

Newsletter



Issue 67: Feb / Mar 14

Training for a healthy Mind, Body & Wallet!

Dear #firstname#,

Yes I'm talking about the Financial Year (FY). You see here in Australia our fiscal year ends on June 30 so we're almost 75% there. Just like the countdown to the festive season each December, are you working out how and what you'll do around the new FY? Will you spend less because you haven't yet become financially fit or does your strategy involve prepaying interest to get a deduction?

The precursor to strategy though is mindset. A friend recently said that she remembers equating wealth with her unhappy childhood. Her friends had much less luxurious lives but were much happier, so she vowed never to be tainted with materialism. Only now she realises that wealth does not have to equate to misery and is doing well to change her and her children's situation.

So what subconscious limiting beliefs can you find? Start by sitting quietly, remember your childhood experiences, how and who taught you about money and **take comfort that we can only fix something by bringing it to light (meaning any subconscious pain can be fixed instead of festering)**. Believe me I still do exercises to "tune up" my mental health. Here's to a happy March (it's my niece's and my birthday month so we're enjoying it ;-)

Oh and if you're interested in a great number for your business please get in touch. The number **1800 YES NOW** (1800 937 669) was one we purchased a while ago and haven't ended up using.

Until next time, stay healthy, happy & wealthy, inside & out!

Larissa Zimmerman aka Your Money Mistress. BSc (Maths) plus a few other pieces of paper

Whipping wallets into shape! [Link In with me](#)

Providing Australia wide Government accredited training, supporting the Wilderness Society and more

Thank you... to the Richmond Valley Council who put on a complimentary Financial Fitness talk last week. And **ACE Lismore who are running some courses**. Details can be seen [here](#).

Life's lighter side *Please accept that no offence is intended. If you have a sense of humour, you are on the way to good health*

The market is a funny thing. One guy buys and one guy sells and they both think they're smart.

An investor asks his broker "Is my money really all gone?" Investor: "No, it's just with somebody else."

Who was the world's first stock broker? Noah. He floated his stock when the world was in liquidation.

Fitness Tips (with more on [the blog](#))

For the Mind: Your emotional bank account is as important as your financial bank account. If it's depleted you'll find yourself having a short fuse and perhaps even over reacting to events. **Make sure that you get your daily fix of "feel good" time** (eg dancing, exercising, quiet mocha time, connecting with loved ones or even cleaning the dust off your indoor plants' leaves with a loving touch - yes you'll be surprised how calming this can be).

For the Body: A Doctor told a friend that "**pain is in the brain**" meaning the brain decides the sensation. If you have pain in the body try and find out where in the brain this is registering by mentally scanning your brain. If you're like me and others who have recognised this, less intense pain will disappear (like my sore hip when I fell off a chair - yes it was funny). By focussing on my brain (looking for where the pain was registering), the pain seemed to diminish compared to when I focussed on the hip.

For the Wallet: Being 3 months from the new FY, for a bit of fun, print out your bank statement, liquid paper and change the amounts to what you realistically want them to be. Make the amount something you think you can achieve with some effort and then add 10%. Really imagine and feel (even go through the motion) of logging in and seeing the balance. **Just like actors rehearse their parts** we must feel comfortable with this new amount in order to achieve and maintain it. More tips and my latest video are available



on the blog [here](#). As I'm travelling the USA May - July any suggestions of who may be interested in YMM or NFF in the US would be appreciated. Thank you in advance for your help! ;-) x

And as usual, our recommended resources can be found [here](#) and my alter ego (Your Money Mistress) has her book available [here](#).

For Inspiration:

"The wound is the place where the light enters you." Rumi

If you think someone may benefit from this information please #forward_to_a_friend#. If you'd prefer your financial education a little more risque check out www.yourmoneymistress.com. The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

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