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**Subject: Would you be interested in a Financial Literacy Grant ?**

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# Newsletter



**Edition 85: Apr / May 17**

**Training for a healthy Mind, Body & Wallet!**

Dear Larissa,

Firstly, thank you to those who fed back what they liked and what they'd like to see in the newsletters. Feedback included "Less content and more short, sharp tips" and "no changes required - I love it." So I'll work with those ;-)

Now if you know of a community organisation that would like funding assistance for a Financial Literacy project there's **up to \$1.5 million available until 30 June**. Covering innovation for new projects, evaluation of existing projects, scaling up, product development and research, there's sure to be something your local community group is interested in. Of course we're here to help having conducted (just a couple of ;- ) major projects over the 13 years we've been doing this. We've worked with 4 year olds to 90 year olds, with groups of 4 to 400 and location is no barrier (Tasmania's the only state we haven't taught in). Expressions of interest close on 30 June so check out [Financial Literacy Grants](#).

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

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

So much more than financial discipline! [Link In with me](#)

*Providing Australia wide Government accredited training, supporting PLAN International and more*

**Thank you...**to [Byron Youth Service](#) for asking me to work with the [Links to Learning Program](#). I've taught on this Program in various locations since 2006 and recommend getting involved if you can.

**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*

Does life begin at conception or when the embryo takes shape? Well anyone with children knows that life begins once they move out and start paying their own bills!! *D L Hughley*

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



**For the Mind:** With the New Financial Year only weeks away get clarity about what you may think are non financial goals (eg more time with loved ones, cleaning out the garage, physically fitter). Realise that time is money and that, if you could reduce your hours / income comfortably, you'd be able to achieve those (non financial) goals.

**For the Body:** Have you had your 5 serves of veggies & 2 of fruit today? It's easy when carrots, zucchinis, mushrooms and capsicum (peppers), among other vegetables can be eaten raw (dipped in a dip is even better ;- ) Try it!

**For the Wallet:** It's easier to make resolutions on the New Financial Year (30 June in Australia), so take some time in the following weeks to do what I call strategic visioning. I do it twice a year. It's where you assess where you've come from and where you "plan" (not 'wish') to be. Then write down 3 Action steps that can be done within half an hour (eg Phone the bank asking for a better rate after checking the internet).

And there's always the [Face Book page](#) with Wealth Tip Wednesday or the Money Mistress website has a number of **RESOURCES** available [here](#).

### For Inspiration:

*"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." Jimmy Dean*

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education are risque check out [www.yourmoneymistress.com](http://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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### Training for a healthy Mind, Body AND Wallet

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