

Subject: FW: Larissa Time sensitive link for Whipping your wallet into shape

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Newsletter



Edition 91: Winter 2018 Training for a healthy Mind, Body & Wallet

Hi Larissa,

So it's winter down under. It's when a little more self discipline is required to get going on those cold mornings and it's also the best time of the year to look at the finances. With the Government taking an interest in how much we earned and no Festive season frenzy as an excuse, it's the ideal time to Whip our Wallets into Shape. So have we got a deal for you? No steak knives, just a brighter financial future and it may be tax deductible LOL

How would you like to **help us test the first online Financial Fitness course AND start the new financial year on the right foot?** National Financial Fitness (NFF) and Successful Graduate (SG) have partnered to provide **people of all ages and financial literacy** with a course that covers:

1. The Big Picture
2. Our Relationship with Money
3. The Power of Compound Interest
4. The Unique Basic Budgeting process
5. How to deal with Emotional spending and External Pressure

You have three months to complete the course and **receive unlimited support** from NFF during this time. This is because we want to make sure you've developed the skills and habits required for a financially comfortable future. And to celebrate the New Financial Year we are offering a special introductory price of ***\$21 USD until the 14th of July.***

The course will then come down as we make adjustments and add modules. We just want to make sure we're on the right path for you and remember it's tax deductible if you have any type of investment including superannuation* For information about each company and any questions please go to www.financialfitness.com.au or www.successfulgraduate.com

To enrol and change your financial future for the better use the Code NFFSG for the special introductory price of \$29 USD. Only available until the 14th July! [Enrol here](#) & happy Financial New Year!

*Check with your accountant as courses relating to income producing assets are generally deductible

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

Larissa Zimmerman aka YMM. 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 The Wilderness Society and more

Thank you to ... the Australian National University Staff for organising and attending a Financial Fitness presentation for the Financial Wellbeing month of June! Organised by someone who saw me speak 10 years ago no less ;-)

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

If each day is a gift, I'd like to know where I can return Mondays ;-)

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

For the Mind: Before going to bed, and first thing when waking up, write on a piece of paper something you're grateful for. Keep that with you for a week and at the end of the week, review before releasing them for more great things to come your way.



For the Body: Placing your fingers on your head, massage behind your ears and the top of the neck with your thumbs.

For the Wallet: Last newsletter we mentioned a stocktake of assets and liabilities. Have you done that? If so have you worked out your ideal financial weight (ie Net position with money coming in and going out - just like a body weight with energy in / out). If so, awesome! Have a mini holiday because you deserve it. That's what Financially fit people do ;-)

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:

"For every minute you are angry you lose 60 seconds of happiness forever!" Ralph Waldo Emerson

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. 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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