

Subject: FW: Larissa it's e*lections, grants & good times

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Newsletter



Edition 94: Autumn 2019

Training for a healthy Mind, Body & Wallet

Hi Larissa,

Having run in the 2010 Australian Federal election I don't envy politicians. With only four weeks of campaigning in a new state (with more primary votes than an elected Labor candidate), I was surprised by the number and variety of issues I was contacted about. Railway museums, Tibetan monks, funding for ladies of the night to be seen as therapy by those who are wheelchair bound and the list goes on. All important to a segment of society. However what my research then showed is that our life source, trees and the oceans (providing 75% and 25% of our oxygen respectively) are what's most important. **The carrying capacity of an environment** for humans is not faring well and I won't scare you with the rest. Let's focus on getting it back to equilibrium as best we can.

So how do we help to do this? By becoming Financially Fit. **With more money and education, we can make better choices and do more good.** While some politicians could do a much better job than they are, by looking after (y)our own life as best we can, it won't matter too much when they change their Cabinet Ministers or don't stick to their promises. And there are so many factors at play that it would be irresponsible to expect others to fix these issues for us without doing as much as we can ourselves. I believe that only when we have no financial issues that we can point the finger telling others how to manage the budget for 25 million people with different priorities. As for handing out money without the education on how to manage it, well that's just a recipe for disaster. Remember it's not about the numbers - if it was then everyone over a certain income level would have a certain level of Financial Fitness and we KNOW that's not the case.

Individuals and Organisations alike can make a real difference, regardless of what happens on the 18th May (in Australia, that's our Election Day). See below for one workplace training testimonial and if you're a Community group have a look at <http://www.communitysectorbanking.com.au/grants>. NFF would be happy to help as we've been working with Community Groups since 2004.

As for the good times how good is it that we're coming up to the new financial year? In some parts of Australia it's time for hot chocolate and in others, it's time to get outside without too much humidity. Either way, it's a great time to look at new financial year goals. And if your fiscal year runs January to December, it's still a great time because it's not the silly season.

There's more on [the blog](#). At the time of writing Tech Support are fixing Play Point 85 (the other 84 work), but I wanted to get this out before returning to the beautiful 300 acres I call home - where you're most welcome to visit ;-). For those based in Canberra I'll send an invite to a presentation on the evening of 20th June. For USA subscribers I'll be taking Mum to the US for a bucket list trip for five weeks in August. If you'd like an entertaining

speaker for your organisation just [let me know!](#)

Hopefully I've piqued your interest about what you can do and if you need more fun managing your money check out the products and services at www.yourmoneymistress.com.

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 ... Sigma Bravo, a KBR Company, for this testimonial.

Sigma Bravo, a KBR Company, prides itself on looking after staff. Our people are our company and we always look for ways to provide tangible benefits back to our teams. We engaged Your Money Mistress to present at our annual company conference in Nov 2018. She provided an insight into financial management in a fun and simplified way. Larissa pitched to her audience well, which ranged from Senior ex-military staff with over 40 years' experience to young graduates and software developers brand new to the workforce. Her holistic approach to health and wealth made the session relevant to everyone and inspired a number of staff to consider their personal financial situation in a new light. You could say it was an indirect payrise for some and an awakening for those willing to take action to empower themselves. I would recommend Your Money Mistress as a great way to provide a real benefit to staff that reaches beyond their work-life and into their personal wellbeing.

[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](#)

Why are bed names female like Kirsti or Chantelle? I want to go to bed with Tom, D*** or Harry ;-)
This one's an original as I look to furnish the cabin in the woods.

Fitness Tips (with 84 more tips on [the blog](#))

For the Mind: How do you feel if your day doesn't go according to plan? Do you get frustrated beyond reasonable? If so, is there something else going on for you? Or do you have faith in something greater, that all is as it should be? Once we realise we can only control some things, influence others and accept the rest, our life will be more relaxed.

For the body: Not all exercise has to be structured or aiming to raise the heart rate. Stretching can be done anywhere. On a plane, in a train and in a chair. Look out Dr Sues ;-) How about giving yourself permission to stretch for 30 seconds now? How good does it feel?

For the wallet: With the end of the Financial Year nigh, spend 15 minutes seeing how your nett worth has changed in the last 12 months. What's come in and gone out? Are there areas of spend you need to be more aware of?

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:

"The quality of our life's determined by the quality of our questions." Tony Robbins (although one magazine recently had this written as if it was my own quote - I do use it but it's not my own)

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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