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Newsletter



Edition 101: Winter 2022

Training for a healthy Mind, Body & Wallet

Hi Lar,

It's been 12 months since I sent you a proper newsletter! These days people seem to have less time and money and more stress. I've actually drafted three newsletters in the last nine months but since family comes first I've not got around to finishing them. Only when you're mentally, physically and financially at your best can you give your absolute best to others. So what are you doing for your own self care? I've gone horse riding, spent time off grid at my property and have allocated the last Sunday of the month to spend a couple of hours just connecting with nature.

Annually we have **World environment day, Threatened Species Day and Pay it forward day**, among SO MANY others. Oh and there was an election earlier. With everything going on where do we start when we're ready to tackle all of "our issues"? Well actually, with YOU. **It's all about you!** With you thinking BIG, thinking LONG TERM. Will it really matter in three years time if you don't clean the house this weekend or check out that online "stuff", "right now"?

However **what will the difference be if you start a daily ritual to bring PEACE and CALM into your life?** What would the difference be if you prioritised connecting with loved ones in person or by video versus other online activities? What about planting some trees? Without going into detail trees are indeed the backbone of our existence. And our external environment reflects our internal environment. So to what level do we take action? Do we spend 2 hours a week surfing the internet without much of a purpose or do we limit ourselves to half an hour, spending the rest on life enriching activities? When coaching people we look at a **time budget** as much as the money because, with only 168 hours in a week, a lot of people don't realise what they can achieve in a year by **RECLAIMING AN EXTRA FEW HOURS** a week. TIME is our most precious resource, along with HEALTH.

If you'd like to have a healthier wealthier future you're welcome to check out our **12 week PLAN** and I say 'plan' as it stands for **Prioritising Large (or little) Activities Now**. It focuses on all three areas with activities for Mondays, Wednesdays and Fridays that can take less than 5 minutes each. Even my bank manager said that he was enjoying the posts that we incorporated into this plan. My designer's just putting the finishing touches on the print friendly "fun book" and we expect it ready next week. If you'd like to know when it's ready just reply with "Yes thanks" or click through to [here](#) to see our reputation. I say "our" because our courses have been taught across Australia by different trainers. If you're interested in in that aspect please get in touch as well.

So, happy belated NEW financial year! Now it's time to Spring clean those finances. For help with that check out www.financialfitness.com.au or www.yourmoneymistress.com

Lastly, I drafted this before my father passed away in July. So many lessons there – I'll share at a later stage. It was a relief for him after more than 2 years of being bedridden suddenly by stroke. Please, enjoy time with loved ones.

Til next,

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....](#) Valerie who reached out to be connected so I asked her if I knew her because her name rang a bell. Turns out I coached her around **2007 in Canberra**. Her words were:

"My husband and I were clients of yours years ago in Canberra. Are you still doing the Money classes? I've forgotten the name of them. ***That was the best education I've ever heard about managing money!*** Hope all is well in your world!" ***and then***

"Most certainly you can use my comment....I've had a bookkeeping practice for almost 10 years now....I reckon ***small business owners could really do with your work.***"

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

Remember when it all gets too much that we're just a bunch of monkeys on a ball of dirt hurtling through space at 30 KILOMETRES PER SECOND??!!

Fitness Tips (with 85 more tips on [the blog](#)).

For the Mind, Body & Wallet: Having been a yoyo for the last 2.5 years, driving 1650 kms almost fortnightly (1025 miles every 2 weeks for my overseas friends :-)), I can say that living the simple life, finding enjoyment in the early morning bird calls, listening to music and speaking with friends, along with gentle stretching helped all 3 aspects of health (mental, physical & financial). Please adopt Conscious consumerism and we'll all benefit - thank you!



If your organisation would like interactive, entertaining and educational training or a speaker for a one off event contact me directly by pressing *Reply* and ask away, if you have any questions.

For Inspiration:

"If I'm in a mood, I need to move." Yours truly, knowing the benefits of movement for mental health.

If you think someone may benefit from this information please forward this newsletter. The sooner we are all financially literate the sooner we can spend less time at work, giving those who need a job some part time work. You've received this newsletter due to association with National Financial Fitness. If this is an error please notify us. Also, please consider the environment and print duplex, only if necessary.

ALSO PLEASE NOTE: We are currently fixing our Newsletter Subscription page on the website though your friends can still email, asking us to add their name to our mailing list :-)

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www.financialfitness.com.au

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