

# Newsletter



Edition 100: Winter 2021

Training for a healthy Mind, Body & Wallet

Hi #firstname#,

Last newsletter I said how my time this year will be limited for business. Well, I did find time to teach '*Bush & Urban Survival*' skills and '*How to be the Rich kid*' to teenagers. I was then asked "Can you teach younger children about money and adults about survival?" The answer is YES to both, having already done so over the years.

So as we start the new Financial year, will this one be different, or better than the rest? Will you have learned new 'survival' skills? What if we've deviated from previous successful paths? In that case we can pull ourselves back on track by replicating the habits that set us up for success previously. Remember too that you write the definition of your success! For me, it's spending time on my 300 acres as well as teaching in the (virtual) classroom. Yes, family issues over the last 18 months have seen me deviate. So I've recently recommenced a couple of those habits, such as reading, confirming what I've learned over the decades and daily exercise (even if it's just dancing to a couple of songs).

And **every 6 months I do Strategic visioning**: looking at where I've come from, where I plan to be, what's worked, what hasn't, and adjust accordingly (personally, professionally, mentally, physically and financially). Organisations use this effective method, so we as individuals can too. The flow on effect of individuals who are financially fit is explained [here](#). It's a feedback loop that can start with workplace training, just like the Federal Government's 2007 campaign promoted. The Government wants you financially literate so they don't have to support as many people in their mature years.

So... **organisations who make a booking by the 30th July for either NFF or YMM training will receive a second workshop at half price**. The first training needs to be completed by 17th December 2021 and you could use the second for a refresher up to 6 months later (17th June 2022). You're welcome to forward this to your Supervisor / Sports or hobby Club, and if as an individual you'd like help getting back on track (or finding the financial freedom track to begin with LOL) just hit reply and say "*More info please*". It **will help me train my new assistant** up on our services so thank you in advance! She's the one who created the wonderful bubbles for the '*12 week Health and Wealth Plan*'.

Remember, all services come with a money back guarantee that no-one has availed themselves of since 2004 - that's 17 years of success so thanks again to our clients! Can you tell that another of my habits is being grateful? LOL!

Other offerings can be found at [www.financialfitness.com.au](http://www.financialfitness.com.au), [www.yourmoneymistress.com](http://www.yourmoneymistress.com) and [Successful Graduate Financial Fitness \(SGFF\) course](#)

## Happy Financial New Year!!

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

Book me via my agent [here](#).

Thank you to...

Casino library for asking me to develop and deliver a new workshop called '*Making a little go a long way*'. It incorporated what I've learned recently about end of life instruments such as Guardianship, Powers of Attorney, Advanced Care Directives (ACDs), Aged Care Facilities (ACFs) and more including solicitors getting it wrong. If you're interested in me delivering this for a group of people just hit *Reply* and ask away ;-)

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 reincarnation is real I'm NOT coming back as a spider! Damn if I'm going to rebuild my home every day because a human walked carelessly through it!

*Yep, that's an original from me - living in the bush :-)* x

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

**For the Mind, Body & Wallet:** Try Bush bathing! No you don't have to be in your birthday suit, just be in the bush. Not a little suburban park surrounded by houses. Get out to where there are lots of tall trees - yes even in Sydney along the freeways you can find spaces like this. It will benefit your Mind, Body & Wallet!



If your organisation would like interactive, entertaining and educational training or a speaker for a one off event contact me directly or [via my agent](#). To taste test the Health & Wealth Program go to [Successful Graduate Financial Fitness \(SGFF\) course](#) or press *Reply* and ask away, if you have any questions about the offers above.

### **For Inspiration:**

*"Optimism is the one quality more associated with success and happiness than any other." Brian Tracy*

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.

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