

Subject: FW: Larissa, what's it all for?

Newsletter



Edition 97: Summer 2019 / 2020

Training for a healthy Mind, Body & Wallet

Hi Larissa,

Life's not about marketing a business or sitting at desks reading emails. It's about creating, learning and loving experiences. Yes, earning money helps us live that wonderful life however the issue is that most people feel they have to keep earning and it's because they've not taken a little time to do prior planning. The earlier we plan for our future the easier the path will be.

Coupled with this, most people have life changing events of varying degrees. If we develop healthy coping mechanisms, as we experience more of these it helps us put life in perspective. I actually had 2 other half drafts of this newsletter as there's always so much I want to share in the quarterly edition. There's new [research around financial stress affecting the workplace](#), client successes, lessons and current affairs. I guess a key message this time round is if we lose something, let's at least keep the lesson. By asking quality questions we can learn many lessons from a less than positive experience. What could we have done to mitigate the loss? What can we do to ensure it doesn't happen again? How can I ensure a comfortable retirement and many other questions.

Next quarter I'll be sharing Captain Zed's Survival School: Lifestyle Skills for the Future. The Training Continuum will span age groups, include all the mind, body and wallet skills currently taught, while including employability and sustainability skills. Basically a Life skills course, hence the tagline of Lifestyle skills ;-)

Remember the [TAFE Queensland Successful Graduate Financial Fitness \(SGFF\) course](#) is still available as are many other options at

Any questions just hit reply and ask away.

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 Richmond - Upper Clarence Regional Library for this testimonial. Yes Miss Moneywise is another persona I have ;-)

Larissa presented two money workshops for children as part of our school holiday program. Both "Money is my friend" (5-7 year olds) and "Being the rich kid" (8-14 year olds) were insightful, fun and engaging. Larissa responded to the myriad of questions from the children with honesty and practical examples they could relate to. Larissa's passion and energetic style is undeniable. We strongly suggest you include Larissa in your next school holiday program!

Coordinator Programs and Events

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

A boy asked his father how much it costs to get married. The father replied "I don't know son. I'm still paying!" ;-)

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

For the Mind: To get great sleep turn off all screens at least half an hour before bed.

For the body: Ensure you get at least 7 hours sleep a night.

For the wallet: Have a conversation with your money. Yes, ask it what it thinks of how you treat it? Do you value it? Or disrespect it? Do you try and grow its family and friends in your bank account?



PLUS the Money Mistress website has a number of RESOURCES available [here](#). Or for the less risqué see www.financialfitness.com.au 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](#).

For Inspiration:

"You can't stuff up what is meant for you." *Anon*

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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Training for a healthy Mind, Body AND Wallet

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