

# Newsletter



Edition 99: Summer 2021

Training for a healthy Mind, Body & Wallet

Hi #firstname#,

Valentine's Day... Pause. Think. Loving yourself and significant others means thinking about your future. In uncertain times what will make you both happy? How about easing the financial burden and knowing your financial future is secure? Here's a quote from Tamara Ellemans who won the Basic Budgeting prize at the Canberra Wedding Fair (quite a few years ago now but I've always remembered her written 'thank you'):

**"I'm so glad I won this instead of the photos. Given that money issues so often underlie relationship breakdown, learning how to tackle your finances together is much more important than a pretty picture to hang on the wall."**

So ask your loved one if they'd be happy to have a delicious Menu of Moneytalk followed by a massage \*wink, wink\* for Valentine's Day. And if they don't want to talk money at any stage that may mean it will be harder to achieve your goals. One client years ago found out the reason for her boyfriend avoiding the Moneytalk - he'd not done his taxes for 5 years?! You will achieve your desires much better as a team so best to know earlier how you can work together. At the very least, you want to avoid an STD (S\*\*ually Transmitted Debt)!

Re the Coaching spots left - last year I gave complimentary sessions to those who responded to the newsletter with "Share the love". This year I can already see my time (more precious than my money), is going to be limited so I'm only accepting three more 12 month Coaching clients.

You can see Jenny's text to me below after our first call this year and the Money Back guarantee applies as it always has on all products and services (never requested since 2004). You'll get a structured program with 24 tailored calls so if you'd like more information just hit Reply and ask away.

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](#)

Where will you be at 30 June 2021? With Government benefits running out in March, will you be affected by COVID and concerned or not as affected by Covid as most? **Looking forward to helping you! xx**

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 Jenny X for signing up to 12 months of coaching. Yes we have known each other for a couple of years however I was very happy to receive this text on Saturday 16th Jan.

"Hello Larissa, No need to respond. Just wanted to let you know I'm on my way with the finance plan and with 7 pay checks to go I got excited to see I could save 10k in 14 weeks. That made my morning!"

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

I decided to go on a Road trip until I ran out of money. Got to the end of the driveway and had to turn back.  
And if you want someone to remember you just borrow money from them.

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

**For the Mind, Body & Wallet:** For this first newsletter of 2021 check out the [LinkedIn](#) or [FB Page](#) posts where we launched the 12 weeks Post Christmas Health and Wealth P L A N : Prioritising Little (or Large) Actions Now



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 if you have any questions about the offers above.

**For Inspiration:**

*Life always offers you a second chance. It's called tomorrow. Seen online, author unknown*

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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