



NEWSLETTER

HAPPY. HEALTHY & WEALTHY



Newsletter #001 9th February, 2024 (every friday)

Welcome to our brand new newsletter, created to help you find practical solutions to our modern life challenges: happiness, health, wealth and freedom. Our mission is to empower you with tools and strategies that can make an impact in your life.

In this take what you like and leave the rest style, you can click continue reading on just the sections that interest you and leave the rest.

With so much information floating around, it's easy to get lost in the overload. I hope with this outlay, you can find what you need quickly and easily. While the road to change is challenging, I would encourage you to stay the course. If it's important enough to you then hang in there through the discomfort to discover what is on the other side.

Remember you are not alone, you can reach out to us via [email](#) or through the [Happy, Healthy, Wealthy & Free Facebook group](#).



Financial Freedom - Money Making/Saving

Achieving financial freedom isn't just about following a budget or earning more; it's deeply rooted in understanding our money blueprint and managing our emotions and energy to take meaningful action. This journey is complex, often feeling overwhelming, as our fluctuating love-hate relationship with money can seem like an endless rollercoaster.

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Confidence Boost

Self-esteem and self-confidence might sound like the same thing, but they play different roles in helping us achieve our dreams. As explained in the video, you can think of self-esteem as liking yourself or being your own best friend. It's about

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Optimal Health- Feel great in your skin

We're excited to start a journey to better health together, and we're kicking things off by talking about self-care. You might have heard a lot about self-care, but what does it really mean?

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Mindset, Happiness & FUN

In our debut newsletter, we feature a compelling segment from an interview with Sarah McCrum, author of "Love Money, Money Loves You." Sarah uncovers a refreshing perspective on wealth, emphasizing the power of enjoyment.

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Business Building

Dreaming of building a successful small business or taking yours to the next level? You're in the right place! This section is dedicated to the passionate entrepreneur and, offering insights, strategies, and tools to help your business thrive. In next week's edition, I'll be making my business checklist available so you can start to identify areas of focus.



Community Corner: Support & Growth

They say it takes a village to raise a child, but the truth is, it also takes a village to nurture and grow an adult into the person they aspire to be. In 'Community Corner,' we embrace the power of collaboration support, and giving back, fostering a sense of belonging and mutual growth. Join the community as we lift each other up in pursuit of our goals.

[Join the Community »](#)

Change happens when the pain of staying the same is greater than the pain of change. Tony Robbins

[Have a suggestion- Let us know!](#)

