

A Money Trainers Money Tip Sheet

In this Tip Sheet - Taking A Nap

Remember as a child, a little snooze in the afternoon. Directly after lunch gave you a boost for the afternoon. After you could play for the rest of the day.

You'd love to have one now, just ten minutes. Maybe even twenty.

Then you should. They work.

Learn how to do it, it will take a bit of practice. Try a ten minute meditation and then a ten minute nap.

Or try this.

A Coffee Nap.

<https://www.bulletonproof.com/sleep/sleep-hacks/coffee-naps-bulletonproof-power-nap/>

Richard

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If the financial advice industry had the answers to true financial independence – they'd do it for themselves first. Fact is, this is true.

Advisers don't make people wealthy. You need more than advice and sadly that's a truth the industry won't admit. Knowing how to make sure your second most important resource works is the most important thing you can ever know. ”

Money Trainers is the only UK based Financial Education Business that brings together financial planning, money education and practical money skills in both formal and informal settings.

We include money, mindset and practical planning.

- Workshops and Events
- Online Training
- Access to Independent Financial Advice
- Access to Spiritual Advice - Death and Dying

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Under 40's - making and growing your investments, managing your pensions properly. Borrowing and debt. Avoiding financial scams.

Under 50's - Working towards retirement, solving money problems in later life. Working with elderly parents and teenagers mid life - money only. Avoiding financial scams

Under 65's - Preparing for retirement, retirement options, state benefits, pension flexibility. Avoiding financial scams

Dying to Know - Preparing for end of life, documents, tax, practical steps, death. Avoiding financial scams. These are co taught with Judy Sharp - IndigoUmbrella.co.uk

Specific Financial Product and Planning Advice/Trusts one to one - Laurence Gould DipFA, AwPETR, CeMAP - Independent Financial Adviser
Part of the Julian Harris Network