

The Healthy Wallet Project  
Financial Wellness Magazine



# Welcome

Financial Wellness Magazine for the modern day woman, who wants to no longer have her finances and her busy life rule her.

Simplifying life and finding what truly makes us happy and filling our life with the good stuff is what we are all about here at The Healthy Wallet Project.

We have a big vision to make this a magazine that will bring you all you need to know to look after your mind, body and soul when you are on your financial journey.

We are starting small, with this small monthly magazine straight to your inbox.

We are going to be delivering you content that will educate you on the steps you need to take for your own financial journey, empower you to reach your goals and support you along the way.

## Quote of the month

**Be that girl  
who wakes up with  
purpose and intent.  
Be that girl  
who shows up and  
never gives up.  
be that girl  
who believes  
anything is possible  
and is willing  
to work for it**





## TERRI WATSON:

*Money & Mindset*

My palms were sweaty, my heart skipped a beat then panic set in, how did we get like this.

More than 1 in 6 Australians - around 1.9 million people - are struggling to repay their debt (ASIC.) So why did we feel like we were the only ones struggling?

A long time ago I thought wealth was defined by the job you had, the car you drove, the house you lived in. I was always looking for ways to fit in and be like everyone else.

Through my quest to look successful in adulthood I lost what "success" truly meant.

*Success is not defined by others, to truly be successful you need to be doing what you love surrounded by the people you love.*

As I entered adulthood I forgot it is not things that define us.

It was pretty easy to get caught up in it though, when we moved to Perth 10 years ago we wanted to look successful we came over with nothing except 2 very large suitcases and I wanted to prove that I could make something of myself.

As the years rolled by we collected stuff to fill our spaces because to look like a successful adult that is what you did right?



**“Collect moments not things.”**

**“There are all these moments you think you won't survive. And then you survive”**  
David Levithan

We earned a good income, we got married, we got a fancy new car, we bought a house.

On paper it looked like we had it all together.

However that was far from the truth. That fancy brand new car we bought, well we were stuck with a 5 year loan hello interest!

That house that we just bought well if things break we have to fix it, we now have to pay rates and water rates on top of the mortgage

Then the construction industry took a dive.

So back to that night where our budget spreadsheet was blatantly yelling at us

LOOK AT THE MESS YOU HAVE GOTTEN INTO!!!!!! WHAT ARE YOU GOING TO DO NOW HUH!!!!!!

That's the thing though isn't it, you like to think that you would put the extra money away that you earn but when you earn more you spend more. It isn't until it comes crashing down around you that you think "Oh we should of done something when we had the money"

First I wanted to curl up in a corner and rock and hope no one would talk to me BUT because I am meant to be an adult and have children to look after so instead we got the kids fed and in bed. Once they were asleep we both sat numb from shock then I went to bed.

The next day was a new day and time to make a plan.

One wage, a mortgage, a car on finance and more money going out then coming in, some things had to change.

Where do you go? Where do you start?

So many times I wanted to pack up our little family and move to a house in the middle of nowhere off the grid and escape from the pressure of debt and being an adult.

However this was not an option, yes we had made mistakes but now was the time to take a stand, own up to it and enter into a new decade with no debt.

I still have my journal from 2016 where I wrote down my vision, it has stayed close to me over the past 3 years to remind me of where I was mentally and to see how far I have come. That vision we created is still there however I have learned that we are currently living the life we wanted.

***Time to stop caring about what other people think and start taking action to live your dream life tomorrow.***

## 3 STEPS TO CREATE YOUR ACTION PLAN

### 1. CREATE YOUR GOAL

We did not want to be living pay to pay scrambling to pay bills forever. We knew life isn't straight forward and we needed to have a plan A and a plan to support plan A. 3 years was a realistic timeline for us to achieve our Debt free goal

### 2. SET SMALLER GOALS

We wanted to remove the stress of paying bills. We wanted to create a bill only account so we needed to know what our expenses were in detail. What we were paying in our debt repayments, what our credit card repayments needed to be, what expenses we could cut out, what expenses we could decrease. Then we could put money aside each pay to accumulate money in this account to pay bills when they came in.

### 3. ENJOY THE JOURNEY

Budgeting can take a toll on your mental wellbeing. Family time was important for us, taking holidays was out of our budget at the time however instead we dedicated Sundays to our adventures. We pack a lunch and drive somewhere new or just somewhere where we can run around and explore nature.





# BE TAX READY

*with*  
**MICHELLE MAYNARD**

*Michelle is a Chartered Accountant and Chartered Tax Advisor (Tax Institute Australia) with over 15 years' experience in tax and accounting. With varied career working for entities such as the Australian Taxation Office, PricewaterhouseCoopers and now as a Partner at Carbon Group, Michelle has spent her time working with all facets of industry. Michelle's aim is to educate the community on all things Accounting, Tax and business by providing expert insight to complex matters, by*

*explaining them in an easy to understand manner. Michelle was named as 'One of the Top 50 Women in Accounting' in 2018 by practice Ignition and was awarded 'New Partner of Year' at the AccountsDaily Awards (announced May 2019). She was a finalist for the Small Business Advisor of the Year in 2019.*



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One of the easiest ways to boost your tax return is by taking advantage of the deductions you're able to claim. Here's my top tips to help you get more money back at tax time.

## 1. Know what you can claim

The ATO website has a lot of great information about what different occupations and industries can and cannot claim. Take the time to read this so you know more about what is relevant to your situation. If your situation is a little more complicated, seek advice from a Tax Agent or Accountant.

## 2. Records, records and more records

When it comes to tax time, good records are your friend. Take time throughout the year to track your expenditure in regards to your work, business or investments, so you are ready when it comes to preparing your return.

Our tax system puts the responsibility on the taxpayer to be able to prove your claim - so you need to have receipts to show what you have claimed. Bank statements and credit card statements are not sufficient on their own to uphold a claim for a deduction.

## 3. Claim as many work related expenses as you can

Many expenses that you accumulate through your chosen career path can be claimed in your tax return. However, many cannot, and incorrectly claiming these may result in a penalty from the ATO.

Here's a few examples that you might be eligible for:

- Tools and work-specific clothing. The item is needed to perform your job e.g. tools that tradesmen use, equipment that hairdressers use, special shoes such as steelcap boots.
- Safety items. Item's needed for self-protection or safety when doing your job e.g. sunscreen and sunglasses if you are required to work outside.
- Laptops and mobile phones. If these are used for work purpose you're able to claim it on tax (if you have a laptop that you use for work and for personal use, you're only entitled to claim the portion that you use for work).
- Courses and conferences. Self-education expenses, such as courses and certificates, need to be directly related to your current profession and will help you get a promotion or a pay rise.



#### 4. Claim tax deductions for working at home

If you work from home you may be eligible to claim tax deductions.

**Working from home tax deductions can include the following:**

- **Your home internet bill.** You can claim a portion of your monthly internet bill, in line with how often you use it for work purposes.
- **Electricity bills.** You can also claim a portion of your home electricity bills, in line with how often you work from home and your dedicated home working space. Alternatively you can use a cents per hour method to calculate your home office expense.
- **Office furniture.** Purchase and repair costs for office furniture and fittings required to do your job.
- **Your phone bill.** Landline and mobile phone calls related to work matters (you should get an itemised phone bill and highlight the work-related calls.)

#### 5. Car and travel expenses

Car and travel costs seem to be an expense most people want to claim in their tax return. However, taking a guess at the amount of expenses incurred, or your right to claim them, can land you in hot water, as can making an illegitimate claim like travel to and from work. That's why it's important to ensure what you're claiming is considered a travel expense in the eyes of the ATO. Properly claiming these expenses can save you a lot of money come tax time, so it's worth getting it right.

If you use your vehicle for work, claimable vehicle and travel expenses include:

- Depreciation of your vehicle
- Registration costs of your vehicle
- Insurance costs of your vehicle
- Costs of running your car such as fuel, oil and servicing

**Vehicle and travel expenses that are not claimable include:**

- The initial purchase cost of your car
- Parking tickets and speeding fines

**You may be able to claim vehicle and/or travel expenses if you fall into the following situations:**

- The cost of travelling between two separate work places
- The cost of travelling from your workplace to other locations, e.g. client meetings, project work sites
- If you are required to carry bulky work-related items such as tools or a ladder and these can't be left at work

**You're not eligible to claim travel or vehicle expenses for the following situations:**

- Travel directly to and from work, as this is seen as private travel
- If you don't live near public transport and need to drive to work

## How to correctly claim your car & travel expenses

**6. There are two ways to claim your vehicle expenses as a tax deduction.**

- **Cents per kilometre method.** Using this method, you can claim 68 cents per kilometre driven for work related reasons (as determined above) up to a maximum of 5,000 work/business kilometres per car. You need to be able to show how you worked out your business kilometres, in case the ATO requests additional information of proof.
- **Logbook method.** You can work out the vehicles expenses and what percentage of those were work/business expenses. To do this, you need to keep a detailed logbook for a period of 12 consecutive weeks. You need to record the travel dates, times and odometer readings, the kilometres travelled and the reason for the journey.

#### 7. Don't forget about charity donations

There are just a few things you need to check before claiming a gift or a donation. This is one of the most common things people forget to claim, or incorrectly claim as a tax deduction. If you've only dropped some spare change in a bucket at a convenience store counter you're probably not eligible to claim something back at tax time. You must have a receipt for your donation.

If your contribution meets the below conditions, you're most likely eligible to claim it as a tax deduction:

- Does the organisation have DGR (Deductible Gift Receipt) status?
- Is the gift truly a gift and not something you receive material benefit or advantage for?
- Do you have proof of these payments in the form of a receipt or bank statements?
- The donation must be in the form of money or a financial asset (i.e. you can't gift items like clothes and claim the cost as a deduction)
- The gift must be \$2 or more

Below are the contributions that the Australian Taxation Office (ATO) does not classify as a gift or donation:

- Raffle or art union ticket
- Items such as chocolates and pens
- Cost of attending fundraisers
- Membership fees
- Payments to school building funds as an alternative to an increase in school fees
- Payments that may provide a material benefit for the donor including raffle tickets which may win a prize

## Bonus Tip

Here's how to claim work clothing correctly

Work clothing is something that many people claim incorrectly, and the ATO is heavily focused on work clothing related to deductions. So it's important to get it right. It must be specific work clothing that is required for your job and compulsory to wear. Despite what many people think, not everyone is entitled to claim laundry expenses as a tax deduction. Make sure your clothing meets one or more of the following criteria before claiming it as a tax expense:

As with all other deductions, it's best to check anything you want to claim with your tax agent to ensure you're eligible and avoid penalty with the ATO.



# THE WELLNESS TWINS:

## *Combining knowledge*

You always know magic is going to happen when sisters team up.

Rachel Dhanjal and Chloe Dennison are twin sisters who have combined their experience and knowledge to empower you to make conscious choice to your mind, body and home.

They have filmed epic YouTube videos to give you the best tips to get your health back on track.

Chloe is a Naturopath with over 11 years experience in the natural medicine industry she has a genuine love for health, wellness and helping people.

She believes that empowering her patients to take charge of their health will lead them to optimal and vibrant wellbeing and health for life.

Rachel is a Mindset Coach and Kinesiologist and loves supporting women to move through fear, kick self-doubt to the curb and connect with their true authentic self, so they can thrive in life and business. Her personal story lead her to the work she does today.

We just had to find out more about them and why they decided to team up to create the magic that is The Wellness Twins.

**“Chronic stress can create major havoc in the digestive system. It is so important to manage the stress and support the microbiome for better digestive wellness.”**



**Chloe and Rachel, you both have your successful businesses why did you decide to team up and create The Wellness Twins?**

We realised there was often a missing component to the treatment strategies we provided for our clients when it came to complete wellness. Both the mind and body are so intricately connected that you simply can not ignore one over the other.

Rachel: I found clients who come in to see me for feelings of stress, overwhelm & anxiety, often have accompanied gut complaints. The evidence now with gut health is huge in helping regulate mood and promote calm. This is where I need Chloe's expert experience to address not just the mind, but gut, hormones and nutritional health too.

Chloe: For me through helping clients with herbal and nutritional medicine for stress and mood disorders, I came to realise the equal importance of mindset - what you say to yourself, your behaviours that keep you in a cycle of stress and the emotions you hold onto, can exacerbate symptoms if not also addressed.

So this is when we decided we needed to team up and empower the modern day woman who tends to put health as their last priority to their to-do list, and provide manageable steps for change

**I see a lot of people saying yes to things they don't want to do but they think they are meant to do them which just adds more stress onto their already hectic lives. What are your 3 top tips for taking back your power to say yes to you and your needs?**

1. Understand why you don't say no. Not saying no is often an ingrained habit many of us have grown up with from childhood. We often don't say no for fear of disappointing others or letting others down. When you can understand your fears, you take the power away from it. Ask yourself: "The reason I don't like saying no, is because...." go with the first thing that comes to mind.

2. Make a list of what your needs are. If you don't know what you want then you won't be able to create healthy boundaries and prioritise your needs. Does it look like spending an hour to yourself once the kids are in bed? Does it look like 20 minutes of meditation or exercise in the morning once you have dropped the kids at school?

3. Implement boundaries. Put boundaries in place that protects your needs. If you schedule in an hour to yourself in the evening let your family know "this time is uninterrupted mummy time." This way you are looking after yourself physically and emotionally and can show up as a better parent, wife, or business woman.

**Chloe, you talk a lot about the brain - gut link which I think is so fascinating! I didn't know this until I started researching why all of a sudden my stomach was causing me issues back at the height of our financial stress, had all kinds of tests were done with no results until I realised it was stress related! With people struggling with the effects of stress on their bodies, how can you help them get their gut health back on track?**

Stress impacting gut health is very common, but often is something that is easily overlooked in those with ongoing digestive problems!

High stress hormones have been shown to completely upset the balance between good and bad bacteria in the digestive system, leading to more inflammation, pain and irregular bowel habits.

It's important to address both the stress and gut health at the same time, as they are both intimately linked. I often recommend tailored herbal preparations that help support the nervous system during times of stress, by reducing the detrimental impact of cortisol (stress hormone) on gut health and helping you feel calmer, less anxious and more in control.

Depending on the severity of gut symptoms, I may also recommend a microbiome test to provide a snapshot of the good and bad microbes living in your digestive system that have been impacted by long term stress. I will then recommend a tailored diet and evidence based supplements shown to increase the good bacteria in the digestive system which will protect the gut from the negative impact of stress long term.

**Rachel, I love how you found your passion and purpose in life while on a journey to discover why you were suffering from chronic back pain. I love how you share your story to help give other women some hope and courage that they can come out the other side anxiety free, calm and confident. To be completely honest I never heard of Kinesiology before I met you :D this sounds like something I could of really used when I was suffering with my financial stress back in 2017, for those who haven't heard of Kinesiology and how it can help could you please let us know what it is?**

Thanks Terri! Kinesiology is a great mind body modality which uses muscle feedback to identify blocks within the body and mind, that can be contributing to stress. It is like using a mouse to navigate information from a computer. Except your body is the computer, and your muscle is the mouse and I am the detective. Through this feedback we can get an idea of what is contributing to your stress. Such as mental stress (negative attitudes), emotional stress (anger, frustration, fear), or physical stress (tension in the shoulders). I then use techniques to release stress by using acupressure, holding points, reframing thoughts, sound etc.

The thing is your body knows how to heal itself, but accumulated stress (mental, emotional, physical) can get in the way of the body's mechanisms to find balance. I love working with women to let go of negative emotions, change old patterns, feel confident in themselves, increase energy, reduce physical pain, and support a healthy nervous system!

**I just had to ask Rachel and Chloe what their favourite smoothies and meals were! Check them out on the next page!**

# Chloe

Cocominto -

- 1/2 handful kale
- 1 green apple
- 1/2 cucumber
- 1 cup coconut water
- 1/4 avocado
- 8 mint leaves
- 1 scoop vanilla plant based protein powder
- 6 ice cubes

1. Blend all ingredients in a high speed blender and enjoy.

My favourite at the moment during Spring is what I call a Cocominto. This smoothie contains a healthy balance of fats, protein, carbohydrates and fibre providing a filling and satisfying breakfast whilst gently cleansing the body. It's also a great way to sneak some greens in, particularly kale which supports the liver to detoxify environmental toxins and balance hormones.



## Dinner

### Coconut Lentil Curry

- olive oil
- 1 brown onion
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 teaspoon cumin powder
- 1 cup french green lentils
- 1 400 ml can coconut milk
- 400 ml of water

1. Chop the brown onion and sauté in olive oil in a saucepan.
2. Add the minced ginger, minced garlic, coriander, and cumin powder and sauté for 5 minutes or until fragrant.
3. Add coconut milk, water and french green lentils to the saucepan and bring to the boil.
4. Once boiling, turn the heat down to a low simmer and cook for approximately 30-40 minutes or until soft and the lentils have completely soaked up the liquid.
5. Serve with brown rice, and greens such as silverbeet, broccoli or broccolini. This is a staple recipe in my household! I am not vegetarian, but we aim to eat a vegetarian meal at least two evenings a week. It's so simple to make, but so tasty and it's a great way to incorporate legumes into the diet which is great for long term gut health and feeding the microbiome. I also like to add extra vegetables into the mix such as zucchini, swede, sweet potato or carrot.

*Favourite quote*

**The food you eat can either be the best medicine or the slowest form of poison.**

**Above**

Left: Chloe Dennison  
Right: Rachel Dhanjal

**The Wellness Twins**  
**@thewellnesstwins**  
**Check out their YouTube Channel!**



# Rachel

## Smoothie:

### Low Sugar Green Smoothie (Rachel)

1/2 avocado  
1 scoop vanilla protein powder  
3/4 cup almond milk  
1 pear or 2 kiwi fruits  
1 lemon freshly squeezed  
1 1/2 cups of baby spinach  
6 ice cubes

Blend all ingredients in a high powered blender and enjoy. 2. Drink within 24 hours.

I love this low sugar green smoothie because it's not full of banana or high fructose fruits which is better for my blood sugar first thing in the morning. If I eat too much fruit (without protein) I find it can dip my blood sugar and make me feel foggy and low in energy mid morning. This smoothie makes sure I feel energised all morning which is important for the work I do.

## Dinner

Roasted vegetables with Chimichurri & Pan Fried Salmon  
Serves x 2

Roasted vegetables Ingredients  
1 large sweet potato  
2 whole carrots  
1 cup chopped broccolini  
1 cup chopped cauliflower  
2 cups chopped red cabbage  
1 medium bell pepper

Salmon  
Salmon Fillet x 2  
Olive oil

Squeeze Lemon Salt & Pepper Steps: 1. Cut your roasted vegetables & coat with this chimichurri (recipe by the minimalist baker - <https://minimalistbaker.com/easy-chimichurri-sauce-10-minutes/>)

2. Put on an oven tray and roast in the oven for 20 to 30 mins

3. Pan Fry Your Salmon and add a squeeze of Lemon, Salt & Pepper Why do I love this? Because it's quick, healthy, filling & delish. Salmon = healthy fats. Roasted vegetables are the bomb, it's a healthy quick way to get your serving of daily veggies in.



**"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your inner voice. And most important, have the courage to follow your heart and intuition,"**  
**Steve Jobs**

Many of us live our lives dictated by other's opinions of how we should be living our lives. It's important we take the time to question why we do what we do, and why we think what we think so we can begin to live our lives on OUR terms

*Rachel, on why this is her favourite quote*

# Easy Christmas Day Make up

with  
**TARA CLARK**



*I want to help busy women take time out for themselves by bringing my fun and interactive workshops to your home.*

*Think, besties and bubbles while you learn some quick and easy tips to update your make up routine.*

If you are anything like me, Christmas day starts early! I'm generally sitting on the couch by 6.30am strong coffee in hand, watching two thirds of a small forest being torn off of presents I'd forgotten I'd even bought. By the time my kids have finished with Santa's delivery I'm exhausted and have very little motivation to make myself look somewhat put together to deal with the extended family... but maybe that's just me. When Terri asked me if I could write an article on a quick makeup look that busy mums can put together on Christmas day I thought to myself, you bet I can!

The key to any makeup look that is effortless is gorgeous skin. Do yourself a favour and get a Go-To skincare, Transformazing mask. You can get these for \$10 from Mecca. Put the mask on while you watch your kids go feral from eating chocolate for breakfast and let all the goodies soak into your skin. After about 10 minutes it should have done its job, you can peel it off and pat all the leftover moisture into your skin.... You will be glowing like the star on top of the Christmas tree.

At this point you can apply a foundation if you want to, but I try not to wear foundation every day and I know a lot of mums out there don't feel they have the right shade or type for their skin. If you want to keep it simple grab a good sunscreen (Christmas is in summer after all), I like the Mecca Cosmetica SPF30, and apply that over your freshly masked skin. To make it extra special you can invest in a liquid bronzer, Australis make a decent one, and mix a tiny amount of that into your sunscreen before applying it. This will give you a gorgeous bronzed, lit from within look which took little effort.

I then go in with a bit of powdered bronzer. I prefer to go for a matte finish here, especially if I've used the liquid bronzer first, but if you prefer a shimmery strobe like finish then go bananas. I love my Too Faced Chocolate Soleil but most of the brands sold in Priceline do a really nice, and more importantly well priced bronzer. Use a big brush to sweep the bronzer in a 3 and an E from your forehead to your temple and over your cheekbones. I then use what's left on the brush to sweep over the bridge of my nose and my eyelids.

Finish the look with some mascara, curl your eyelashes if you are feeling particularly fancy, and some paw paw, lip gloss or your fave party lipstick. And there you have it, my go to effortless summer look, which is perfect for Christmas day!

*Tara xx*

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## Workshops with Tara

### **Flawless in 5** **Approx 2 hours long**

Agenda:  
Skincare  
Foundation Matching  
5 minute makeup tips  
What's in your makeup bag

### **It's all about the eyes** **Approx 3 hours long**

Agenda:  
Basic skin prep  
Brows  
Techniques for different eye shapes and colours  
1 eye look or technique completed  
Lashes and liner

### **Glam night out** **Approx 3 hours long**

Agenda:  
Skin prep  
Foundation and concealer techniques  
Brows  
Eye techniques  
Liner and false lashes  
Blush and contouring  
Bold lip application