

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
SPECIAL FEATURE ARTICLES		What to do with an inherited gift	SFA003	891
		What is your concept of retirement?	SFA006	797
		Superannuation: making the right choice	SFA007	838
		Home is where the heart is - please protect it	SFA008	984
		5 simple techniques to reduce your tax	SFA011	943
		Superannuation and new cars are very similar!	SFA012	826
		The business of farming	SFA017	821
		Hitting an insurance home run	SFA019	1036
		Living your dream retirement	SFA020	701
		Taking care of business	SFA022	774
		A guide to planning for aged care	SFA023	835
		Thinking of living overseas?	SFA024	640
		Tap into the amazing power of compounding	SFA026	627
		Wealth protection through the ages	SFA028	1292
		When love blossoms late in life	SFA031	1110
		Employee or contractor? There is a difference.	SFA032	709
		Super in your 20s. Boring? Doesn't have to be!	SFA033	892
		Super in your 30s. It's important to squeeze it in.	SFA034	655
		Super in your 40s. It's time to get focused.	SFA035	719
		Super in your 50s. It's time to push the pedal down!	SFA036	641
		Life can change in an instant	SFA037	1116
		Not ready to retire? This might be another option.	SFA038	655
		Super in your 60s. It's not too late.	SFA039	627
		Everything you wanted to know about buying a home	SFA040	1405
		10 common financial mistakes before retirement	SFA041	1055
		Investing in overseas shares	SFA042	867
	Renting in retirement: Is it possible?	SFA043	833	
	Your health and wealth during the Covid-19 pandemic	SFA044	1300	
FINANCIAL E-BOOKS		The 5 key components of financial independence	EBOOK001	4600
		Everything you wanted to know about super	EBOOK002	4700
		Planning ahead for aged care	EBOOK003	4400
		5 common mistakes that may ruin your retirement	EBOOK004	1941
FINANCIAL QUIZZES		How much do you know about investing?	QUIZ001	Quiz
		How much do you know about managing money?	QUIZ002	Quiz
		How much do you know about super?	QUIZ003	Quiz
		How much do you know about borrowing?	QUIZ004	Quiz
		How much do you know about income tax	QUIZ005	Quiz
SMART FINANCIAL HABITS		If I was 25 again I would... develop smart financial habits	SFH001	156
		If I was 25 again I would... pay my credit card off in full	SFH002	146
		If I was 25 again I would... buy a pre-loved car	SFH003	150
		If I was 25 again I would... buy less stuff	SFH004	148
		If I was 25 again I would... pay extra on my mortgage	SFH005	147
		If I was 25 again I would... pay more attention to my super	SFH006	148
		If I was 25 again I would... be wary of investment fads	SFH007	152
INFOGRAPHICS		End of Financial Year tips (infographic)	INFOG001	infographic
		How low interest rates can affect house prices	INFOG002	infographic
		6 investment tips ... from cats	INFOG003	infographic
		4 ways to manage risk later in life	INFOG004	infographic
		What will you do with your tax refund?	INFOG005	infographic
		5 financial tips for "happily ever after"	INFOG006	infographic
		5 steps of financial planning	INFOG007	infographic
		Demystifying finance (infographic)	INFOG009	infographic
		The 4 foundations of successful investing	INFOG010	infographic
		Planning ahead gives you a choice	INFOG011	infographic
		5 ways to give your Christmas a makeover	INFOG012	infographic
		Buying your kids a home - good idea or bad?	INFOG013	infographic
		6 ways to master your debt	INFOG014	infographic
		Financial planning is for everyone!	INFOG015	infographic
		Where DOES your money go?	INFOG016	infographic
		9 ways to manage investment risk	INFOG017	infographic
		8 pearls of financial wisdom	INFOG018	infographic
		Work-Life Balance	INFOG019	infographic
		8 common mistakes before retirement	INFOG020	infographic
		The 9 golden rules of investing	INFOG021	infographic
		4 good places to stash your cash	INFOG022	infographic

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
		9 tried a true money tips 8 tips to help your children succeed financially 6 steps to protect the future of your family business	INFOG023 INFOG025 INFOG026	infographic infographic infographic
SOCIAL CARDS		3 steps to mastering debt Debt-free holidays are WAY more fun! Buy now; pay later; manage carefully Compounding is simply... MAGIC!	SCARD001 SCARD002 SCARD003 SCARD005	image image image image
FAST FINANCIAL FACTS		When cash costs more What's your most valuable asset? Giving vs borrowing. Which is better? Happiness = Income \$100 - expenditure \$99 A quick business tax check Know your limits Staying smart online Top up your super before June 30! Want to pay 0% interest? Read the fine print. Aged care fee estimator MyDeductions app makes tax time easier A budget is your guide to success House sharing? Here's a good tip. More equity = lower interest Moving overseas? 3 key areas to address first. Is it time to update your Will? It's to your credit to read the fine print	FFF002 FFF005 FFF006 FFF007 FFF009 FFF011 FFF013 FFF014 FFF016 FFF017 FFF019 FFF021 FFF022 FFF023 FFF025 FFF026 FFF029	96 99 98 96 86 98 98 62 99 92 99 100 95 100 98 98 112
BANKING		7 tips to protect your identity Taking your credit card on holiday Reclaiming your money from the government Virtual currencies - funny money or legal tender? Is this the future for banking? New rules for credit cards: what do they mean for you? The growing popularity of neobanks in Australia	BANK013 BANK014 BANK016 BANK017 BANK018 BANK019 BANK020	423 358 502 534 518 605 501
BUDGETING		Paying for the holiday after the fun is over Mixing money with love How's your budget - surplus or deficit? 4 good places to stash some cash Switch and save Baby budgeting How much money do you throw away? Holidays without financial baggage The cost of owning a pet Create wealth at the tip of your fingers Simple money mistakes - and how to fix them! 5 tips to survive a decline in income 5 financial tips we can learn from an older generation	BUDG011 BUDG014 BUDG015 BUDG016 BUDG017 BUDG018 BUDG019 BUDG020 BUDG021 BUDG022 BUDG024 BUDG025 BUDG026	480 274 452 320 337 422 563 516 524 531 548 524 544
BUSINESS PLANNING		6 steps to protect the future of the family business 10 important tips for business owners Make your succession a success The unique needs of small business owners Good records save small business Getting your bills paid on time The latest business model - because sharing is caring What can you tell your employees about super? Keeping your business safe online A guide for selling or closing down your business 5 small business strategies for kick-starting the financial year 5 ways to recession proof your business	BUS013 BUS014 BUS019 BUS021 BUS026 BUS027 BUS029 BUS030 BUS031 BUS032 BUS034 BUS037	361 363 421 509 377 454 470 488 590 632 546
CHILDREN & FINANCE		3 ways to save for your children's education Adult kids still at home? This gift could make an enormous difference! 8 ways to help kids with their money 3 ways to give your kids a headstart Kids and money - it's never too early to start Kids, money and apps Financial literacy for our children Building a 'family future fund'	KIDS012 KIDS014 KIDS015 KIDS016 KIDS019 KIDS022 KIDS024 KIDS026 KIDS027	467 355 443 331 449 479 394 476 600

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
		What is a Child Maintenance Trust?	KIDS028	456
		Three steps to your kids' financial success	KIDS029	
DEBT MANAGEMENT		Control your debt before it controls you	DEBT010	461
		6 smart ways to build savings	DEBT019	506
		Winning the debt war	DEBT022	583
		Navigating the loan maze	DEBT023	457
		Are holidays on plastic really just "plastic holidays"?	DEBT025	479
		Christmas on credit	DEBT026	374
		The alternatives for managing debt	DEBT027	459
		Do you know your credit rating?	DEBT030	453
		4 ways to manage uni and money	DEBT031	434
		A smarter alternative to payday loans	DEBT032	485
		How to make friends with your credit card	DEBT033	470
		Lending money to friends or family – should you do it?	DEBT034	492
		"Tap and go" and then what?	DEBT035	587
		The financial implications of technology	DEBT036	396
		How to protect your credit rating	DEBT037	404
		Buy now; pay later; manage carefully	DEBT038	596
		Before you sign...	DEBT039	552
		Making interest-free deals work for you	DEBT040	510
		Is household debt consuming you?	DEBT041	532
		The link between financial stress and mental health	DEBT042	530
		How to create savings while paying off debt	DEBT043	658
ECONOMY		Making the most of low interest rates	ECO035	474
		What is money... really?	ECO039	772
		What is GDP - and why you should care	ECO041	631
		Does the value of the Aussie dollar affect you?	ECO042	581
		Quarterly Economic Update: April - June 2020	ECO043	580
		5 ways to benefit from record low interest rates	ECO044	503
		The true cost of an epidemic	ECO045	596
EMPLOYMENT		Have a plan - just in case	EMP002	490
		What to do if your job is made redundant	EMP003	472
		Do you have the makings of a 'senior entrepreneur'?	EMP005	585
		A popular retirement career – but can you make money from it?	EMP007	499
		Salary sacrificing is not just about super	EMP008	583
		Thriving in the 'Gig Economy'	EMP009	500
		How to ask for a pay rise	EMP010	469
ESTATE PLANNING	General topics	How testamentary trusts work	EST011	352
		Estate planning for single parents	EST013	509
		Managing an inheritance	EST018	377
		What happens to your money when you die?	EST019	488
		Different assets create different outcomes	EST028	538
		How will an inheritance affect your children?	EST029	579
		Is your will still relevant?	EST030	625
		Estate planning for your business	EST031	472
		The tale of two brothers	EST034	564
		May the power be with you	EST035	472
		Estate planning - the basic essentials	EST038	482
		A legacy isn't just about money	EST039	422
		The gift that keeps giving	EST041	342
		The tax effect on deceased estates	EST042	646
		Has your life changed recently?	EST043	400
		Estate planning for your digital life	EST046	478
		Who pays your debts after you die?	EST049	530
		Protecting your estate	EST050	431
		Is a DIY Will Kit enough?	EST051	500
		Ensuring your voice is heard	EST052	604
		Placing your family wealth in trust	EST053	498
	Estates & Super	Who gets your super?	ESTS001	484
		What happens to your super when you die?	ESTS004	337
		The role of estate planning in super	ESTS006	412
		What happens when you can't manage your SMSF?	ESTS007	520
FINANCIAL DEFINITIONS		Demystifying finance	FINDEF015	368
		What do the financial headlines <i>really</i> mean?	FINDEF016	539
		Demystifying finance (infographic)	INFOG009	infographic
		What is a market index & how does it affect your investments?	FINDEF017	723

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
FINANCIAL PLANNING		Important points to consider during your 50s	FINP016	452
		Thinking about finances in your 30s	FINP019	565
		Time to reflect	FINP025	407
		Financial planning - more than just advice	FINP026	243
		What does a good adviser do?	FINP027	457
		Pearls of financial wisdom	FINP028	510
		9 tried and true money tips	FINP029	336
		Financial tips for single parents	FINP031	375
		Achieving a state of independence	FINP032	477
		Take advantage of NOW!	FINP034	479
		Balancing Work, Life and Money	FINP036	589
		Managing the financial effects of divorce after 50	FINP037	539
		The essential ingredient of a financial plan	FINP038	511
		Preparing for tomorrow	FINP039	510
		Time to cool off	FINP041	502
		The financial difference for women	FINP042	554
		Does money bring happiness?	FINP043	476
		Managing the "suddenly" of "suddenly single"	FINP044	537
		The secret to "living the dream"	FINP045	576
		Money and love: how to make it work	FINP046	540
		5 common mistakes people make in their 40s	FINP047	607
		Financial advice is not the same for everyone	FINP048	570
		8 common financial mistakes people make in their 30s	FINP049	619
		Don't wait until your 60s to see a financial adviser	FINP050	608
		Financial Advice, Royal Commission and You	FINP051	512
		Achieving financial freedom	FINP053	331
	The fast way to a life supported by passive income	FINP054	454	
FINANCIAL REVIEW		New Year Financial Checklist	FINR010	484
		When was your last financial review?	FINR013	207
		Service your future regularly	FINR017	320
		To stay on track, it pays to look back	FINR018	478
		Make this year a financially healthy one	FINR019	591
FINANCIAL SCAMS		How to protect yourself from being scammed	INVSC011	374
		Beat the scammers at their own game	INVSC016	478
		If you think you'd never fall for a scam, read this...	INVSC018	651
GENERATIONAL PLANNING		Wealth planning across the ages	GEN014	439
		Be different today so you can be different tomorrow	GEN018	628
		Planning ahead for the "Sandwich Generation"	GEN019	473
		Millennials & Money - your unique needs	GEN021	574
		Start planning early to get what you want!	GEN022	517
		A different way to help the grandkids	GEN023	453
		An important conversation	GEN024	550
HOME LOANS	Interest rates	Fixed? Variable? Or both?	HLIR009	444
		Interest Rates 101	HLIR012	586
		The relationship between interest rates and housing affordability	HLIR014	573
		You might be surprised at what really drives interest rates	HLIR015	562
		Managing the transition of your interest-only loan	HLIR016	521
	General Topics	Take control of your mortgage	HLG001	317
		How to own your home earlier	HLG005	329
		To renovate or to upgrade – which is best?	HLG007	285
		Guaranteeing your children a new home	HLG011	462
		Making your home loan fit your needs	HLG012	253
		Making clever use of Offset Accounts	HLG013	501
		Buying your kids a home - good or bad idea?	HLG019	557
		Offset account vs redraw facility – the tax difference	HLG020	515
		Defying mortgage stress	HLG021	585
		How to improve your chances of getting a home loan	HLG022	545
		What to do if your loan application is rejected	HLG023	565
		The super scheme for first home buyers	HLG024	560
		Should I pay off my mortgage or contribute to super?	HLG025	635
		You've paid off your mortgage! Now what?	HLG026	406
		What is responsible lending and why does it matter?	HLG027	505
		Why it just got harder to get a home loan	HLG028	465
		5 reasons to refinance your home loan	HLG029	383
		Using your equity to build wealth	HLG030	505
		Is paying your mortgage off quicker really the best option?	HLG031	666
		A helping hand to step into your first home	HLG032	574
		The benefits of using a mortgage broker	HLG033	547

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT	
		Beating mortgage stress	HLG034		
INVESTING	Getting Started	How perception affects investing	INVSTR020	215	
		Compounding: it's simply magic!	INVSTR024	916	
		You CAN save one million dollars!	INVSTR026	639	
		How much do I need to start investing	INVSTR027	564	
		Investing 101	INVSTR028	907	
	Asset Allocation	The power of "average"	INVSTR033	477	
		All assets are not the same	INVSTR034	429	
		The benefits of investment diversification	INVSTR035	420	
		Investing: how to reduce concentration risk	INVSTR036	437	
		Waiting in cash until share markets fall	INVSTR037	521	
	Dollar Cost Averaging	The key to smart investing	INVSTR041	615	
		Dollar Cost Averaging 101	INVSTR043	202	
		There's no time like the present	INVSTR044	453	
	Ethical investing	What is 'Socially Responsible Investing?'	INVSTR051	290	
		Ethical investment - putting your super where your heart is	INVSTR053	528	
	Investment Options	What is an annuity?	INVPR024	530	
		What we mean by "investment styles"	INVPR029	382	
		How to make term deposits work harder	INVPR035	452	
	General Investment Topics	The foundations of successful investing	INVTGEN012	464	
		The 9 golden rules of investing	INVTGEN016	288	
		Good cash flow makes life easier	INVTGEN034	410	
		9 ways to manage investment risk	INVTGEN037	420	
		What are investment bonds?	INVTGEN039	567	
		You've won - now what?	INVTGEN040	539	
		Why the interest in index funds?	INVTGEN042	601	
		The upside of a market downturn	INVTGEN043	525	
		When investing becomes gambling	INVTGEN044		
	PROPERTY INVESTMENT		6 tips for investing in property	PROP012	480
			Buying vs Renting	PROP013	554
			The property vs shares debate	PROP014	406
			Entering the investment property market	PROP019	459
		The holiday home romance	PROP046	468	
		Rentvesting: the not-so-new phenomenon	PROP049	510	
		When buying property, don't forget...	PROP050	471	
		Purchasing a property later in life	PROP052	521	
		A different type of house sharing	PROP053	547	
		Renovating? Be careful not to over-capitalise	PROP054	519	
		The art of downsizing	PROP055	530	
		Getting the biggest bang for your renovation buck	PROP056	500	
RETIREMENT		Aged Care	Planning ahead for aged care	RETAC001	409
			Aged care - making the right choice	RETAC002	394
	Aged care - how will it affect your family?		RETAC007	374	
	Putting aged care costs into perspective		RETAC008	686	
	What is your aged care funding strategy?		RETAC009	543	
	Aged care – independence with dignity		RETAC010	515	
	How the family home can affect aged care fees		RETAC011	517	
	Aged care for those on the land		RETAC012	426	
	Age Pension	Will there still be an age pension when I get there?	RETA010	428	
		Want to give away assets? There are rules.	RETA011	253	
		How the assets test affects the age pension	RETA014	381	
		What is the Pension Loan Scheme?	RETA016	626	
		To gift or not to gift? What about your pension?	RETA017	516	
		How the new deeming rates could affect you	RETA018	512	
	Planning	A glimpse of the future	RETP030	595	
		The future for 'retirement'	RETP032	486	
		When is a good time to retire?	RETP043	475	
		Funding a fulfilling future	RETP048	497	
		Ten tips to prepare for retirement	RETP050	556	
		The inflation effect on retirement	RETP052	390	
		Retirement living: oh, so many choices!	RETP056	556	
		Sequencing risk: the order of things	RETP057	541	
		A tale of two retirements - which would you choose?	RETP058	541	

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
		Transitioning into retirement	RETP059	481
		Retirement: it's time to get busy living!	RETP060	535
		Retire at 65 but don't retire your money	RETP061	531
		3 things you may have forgotten to plan for in retirement	RETP062	697
		The tips, traps and costs of retirement villages	RETP063	
	Traps to avoid in retirement - Mini Series	Going too hard too fast	RETT061	293
		Investing too conservatively	RETT062	278
		Leaving it too late to achieve your goals	RETT063	260
		Ignoring estate planning	RETT064	276
		Carrying debt into retirement	RETT065	273
RISK MANAGEMENT	Income protection	Protect your income!	INSIP010	403
		The difference insurance can make	INSIP013	483
		How to protect your income if you're self-employed	INSIP014	470
		What would happen if you couldn't work?	INSIP015	330
		No insurance? Why take the risk?	INSIP016	437
		Which is the more precious..?	INSIP017	345
		A great way to help your kids - and you	INSIP018	342
		Getting more out of income protection insurance	INSIP019	449
	TPD & Trauma	Making sure you have the right cover	INSTPD013	489
		Living insurance fills the gaps	INSTPD014	419
		Protection during parenthood	INSTPD016	292
	Life Insurance	Super life cover	INSLI018	597
		Protect yourself through superannuation	INSLI020	536
		Life can change in an instant (Special Feature Article)	SFA037	1105
	Personal Insurance	Take the risk management test	INSP012	367
		Personal risk management plan - do you have one?	INSP013	504
		Insurance - don't go it alone	INSP014	490
		Reviewing your insurance as you get older	INSP017	415
		Insurance in super – is your cover adequate?	INSP019	565
		How might divorce affect insurance cover?	INSP020	493
		Generational risk management	INSP021	656
		Personal Insurance FAQs	INSP022	540
	Key Person Insurance	Reducing the most important risk to business	INSKEY010	400
		When personal advice is best	INSKEY011	323
	General topics	An often forgotten aspect of insurance	INSUR014	504
		Protecting your entire family	INSUR015	448
		Health Insurance... Yes or No?	INSUR016	540
		Plan for the unexpected now	INSUR017	642
		DIY insurance – is it right for you?	INSUR018	404
		A good time to review your insurance cover	INSUR019	460
		4 ways to manage risk later in life	INSUR020	292
		Is this insurance cover necessary?	INSUR021	518
SHARE INVESTING		The role of franking credits	SHARE041	458
		Where does the money go when the market "corrects"	SHARE042	240
		The art of dividend reinvestment	SHARE043	515
		There's more to shares than numbers on a screen	SHARE044	462
SUPERANNUATION	Self-Managed Super	Self-managed super 101	SUPDIY010	339
		Why are SMSFs so popular?	SUPDIY023	466
		Attention: SMSF Trustees	SUPDIY024	542
		SMSFs: Corporate vs Individual Trustee	SUPDIY036	475
		Am I too young to manage my super?	SUPDIY037	483
		Travelling overseas? How an extended holiday may impact your SMSF	SUPDIY038	463
		Property investing and SMSFs - the differences	SUPDIY039	494
		The ins and outs of 'in specie' contributions	SUPDIY040	482
		The rules governing gifts from SMSFs	SUPDIY041	525
		Managing CGT in a SMSF	SUPDIY042	518
		When a SMSF may be the wrong idea	SUPDIY043	611
		Positioning your SMSF in turbulent times	SUPDIY044	
		Preserved but not forgotten	SUPEL012	416
		Early access to superannuation	SUPEL013	510
	Super strategies	It's not really a sacrifice	SUPERS016	426

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT	
	Managing Your Super	Turbo boost your retirement savings	SUPERS021	497	
		The small business owner super challenge	SUPERS024	607	
		Is your business your super?	SUPERS025	472	
		Salary sacrifice vs personal contributions to super	SUPERS027	533	
		Boost your super before 30 June	SUPERS028	440	
		Downsize your home, upsize your super	SUPERS029	539	
		Super - it's not a case of 'set and forget'	SUPM011	375	
		Don't change for the sake of change	SUPM025	354	
		A lifetime of super - and it's not all about retirement!	SUPM026	396	
		Is it time for a super review?	SUPM031	503	
		Superannuation and splitting up	SUPM033	401	
		Kids and super	SUPM037	388	
		Design your own super adventure	SUPM041	489	
		Super savings for women	SUPM042	560	
		Defining your defined benefit fund	SUPM043	669	
		Lost Superannuation	Get your super together and save	SUPL010	346
			The benefits of consolidating your super	SUPL011	399
			Scattered super? Consolidate now!	SUPL013	622
		General super topics	Guaranteed 50% investment return. Tell me more!	SUPGEN013	373
			Super jargon explained	SUPGEN014	551
	Why does the value of my super go up and down?		SUPGEN016	594	
	The 'what, why and how' of contributing to super		SUPGEN017	598	
	Unlocking the mysteries of your super statement		SUPGEN018	580	
	Superannuation FAQs		SUPGEN019	595	
	What to consider when withdrawing your super early		SUPGEN020	492	
TAXATION	General tax topics	Claiming expenses on investment property	TAX015	339	
		The impact of tax deductions on investment property	TAX019	448	
		Good records will save you money	TAX020	381	
		Room to rent? Read this first.	TAX022	476	
	Tax Planning	Tax - forward planning reaps rewards	TAXPL010	317	
		End of year tax tips	TAXPL011	281	
		Tax planning check for businesses	TAXPL012	463	
		What will you do with your tax refund?	TAXPL013	353	
		Hands up - who wants to save tax?	TAXPL019	256	
		GST misunderstandings	TAXPL025	390	
		A different kind of "End of year sale"	TAXPL026	475	
		5 simple techniques to reduce your tax	SFA011	943	
		Don't let tax creep up on you	TAXPL027	510	
		Get ready for June 30 - NOW!	TAXPL029	514	
		LIFESTYLE TOPICS	Travel	Save money while you travel	TRAVEL014
You CAN afford a holiday!	TRAVEL040			431	
The opportunity for adventure is limitless!	TRAVEL042			466	
An exciting world for voluntours!	TRAVEL044			163	
Save on health insurance while travelling	TRAVEL046			182	
Your next holiday destination - why not swap?	TRAVEL047			404	
8 handy tips for travelling overseas	TRAVEL048			681	
Travelling with money	TRAVEL049			483	
Work, life, travel - you can do it all!	TRAVEL050			597	
Health & Fitness				Laughing your way to good health	HEALTH019
		Information that could save a life	HEALTH022	511	
		Weathering the cold and flu season	HEALTH024	387	
		The joys of winter exercise	HEALTH026	318	
		Forget the apple, try a banana a day!	HEALTH034	271	
		The Multitasking Effect	HEALTH035	525	
		Don't just sit there!	HEALTH036	508	
Technology		Travel safely on the internet super highway	COMP015	468	
		How valuable is your virtual life?	COMP016	526	
		Managing your eternal life on social media	COMP018	538	
General lifestyle topics		Work? Life? Balance!	LIFE032	390	
		Volunteering makes you healthier and happier	LIFE033	290	
		You want to change because..?	LIFE034	360	
		A place in-between	LIFE036	351	
		Veggie gardens are great for your wealth	LIFE041	365	

MAIN CATEGORY	SUB CATEGORY/TOPIC	DOCUMENT TITLE	CODE	WORD COUNT
		Don't lose your identity	LIFE043	276
		Save money by using food wisely	LIFE044	460
		Retirement - making it the best time of your life!	LIFE045	440
		Working from home - is it better for your lifestyle?	LIFE046	474
		"In my day..." Writing your life story	LIFE047	579
		Building a passive income	LIFE048	376
		Could a tree-change work for you?	LIFE049	544
		The benefits of investing in yourself	LIFE050	588
		Are face to face meetings a dying trend?	LIFE051	
Christmas		How the world celebrates Christmas	XMAS011	349
		Making Christmas a time of joy for you	XMAS013	512
		Cheer today, debt tomorrow	XMAS014	456
		Start saving with Christmas	XMAS015	433
		5 ways to give your Christmas a makeover	XMAS016	424
		Will this year be "same, same" or a new adventure?	XMAS017	355
		Who made January the first month of the year?	XMAS018	407
		The magic of European Christmas markets	XMAS019	487
		Being sensible with Buy Now Pay Later this silly season	XMAS020	426
Recipes & Food stories	"Tastes & Traditions"	Scrumptious Lemon Rice	TT001	362
		Fresh cabbage salad and coconut	TT002	216
		The truth about curry	TT003	366
		Motta (egg) curry	TT004	379
	Quick and simple recipes	Rum banana bread	SSR001	171
		Autumn pear cake	SSR002	198
		Fruit mince morsels	SSR003	193
		World's best quiche	SSR004	191
		Mouth-watering meat loaf	SSR005	214
		Banana and date slice	SSR006	167