

July 2017

Sale, Sale... SALE



We all know that the end of the financial year brings many fantastic SALES but it's also a time to get your finances in order!

Finally, the financial year is over. Time to celebrate by enjoying some shopping! Or maybe, start getting everything in order to claim so you have some money to spend.

IF you're new to tax, or want to do your return yourself, then read through our guide to some terms you might not have heard and deductions you might not know you can make.

What's the tax free threshold?

If you're an Australian resident, you'll be pleased to know that the first \$18,200 of your yearly income is not taxed. This neat little thing is called the tax-free threshold and it works to reduce the amount of tax that is deducted from your pay each year.

The rules differ slightly if you are not an Australian citizen, or if you spend part of your time living and working abroad. Tax case for non or partial residents is slightly more complicated, so

you might be best consulting a tax professional if you're struggling to get your head around it.

Claiming car allowance?

If you use your car for work then you might be eligible to claim the expenses that relate to the business costs of running your car as a tax deduction.

Can I claim for my home office?

If you're an employee who works from home then you might be able to claim your computer, phone or other electronics that you use for work.

Out of pocket medical expenses?

If you paid out of pocket for medical expenses for you or your dependants then you might be eligible to claim a tax offset.

Investment property tax deductions?

If you rent a property for income then you may be able to claim expenses relating to your property for the period that it has been rented or advertised for rent.

Salary sacrificing and salary packaging?

Salary sacrificing is an arrangement where you give up part of your salary to your employer in return for benefits of a similar value. This can work to reduce your tax rate, as it reduces your taxable income while providing you with services of a similar value to the cash you would have gained.

Superannuation co-contributions?

If you're not an employee or only gain a small portion of your income from work as an employee, then you may be eligible to claim a tax deduction for contributions that you make to your superannuation.

For more information on this, please visit Australian Taxation Office.

[Australian Taxation Office](#)

[Lodge your Tax Return](#)

Above reference: <https://www.finder.com.au/tax-tips>

Going dry in July?



Dry July is more than just giving up alcohol for a whole month...

Dry July is a not-for-profit organisation determined to improve the lives of adults living with cancer through an online social community giving up booze for the month of July. It's a chance to raise awareness of individual drinking habits, the value of a balanced healthy lifestyle, a personal challenge, encourage positive change and an awareness of a healthy attitude to alcohol consumption

[Want to get involved?](#)

[Want to donate?](#)



The Book of IT

by *Bev Aisbett*

On Sale: 01/02/2008

Review by *Natalie Turvey*:

I love this book because it's a quick and easy book to read that uses really great practical, sound advice on how to recognise and tame anxiety, whether it affects you just occasionally or every single day. Do you beat yourself up over mistakes? Do you often worry, worry, worry? Do you tend to expect the worst? Do things have to be perfect before you can enjoy them? Do you have a belief that life is hard? Are you overly concerned about what others think of you? Do you compare yourself to others? Do you find it hard expressing your feelings, especially anger? Do you give more than you get? Do you look after others more than you do yourself? Are you critical of yourself and others?

If you answered 'yes' to even half of these questions, would you say that your life and emotions are in balance? Anxiety isn't a punishment - it's a wake-up call, and you can do something about it!

Using 10 steps Bev Aisbett provides you with practical, sound advice on how to recognise and tame anxiety, whether it affects you just occasionally or every single day. Happy Reading!



To our newest Receptionist

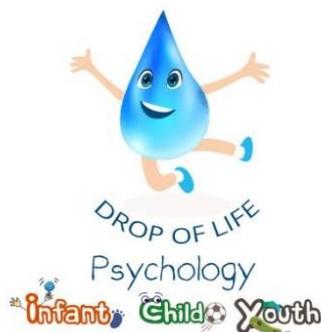


Christie Spellacy

Christie was born in Liverpool, England and moved to the Gold Coast with her family in 2001. Christie has over 2 years work experience as a receptionist and is currently studying a Bachelor of Psychological Science. In her spare time, Christie enjoys playing her guitar, spending time with her family, friends and hanging out at the beach with her dog Sasha.



We now have a new branch of Drop of Life for Infant Child and Youth?



A tip from

Benji



THE REASON WHY PEOPLE GIVE UP SO FAST IS BECAUSE THEY TEND TO LOOK AT HOW FAR THEY STILL HAVE TO GO, INSTEAD OF HOW FAR THEY HAVE GOTTEN.

HEY!

Have you seen

our



The team at Drop Of Life have been gathering information from their collective experiences and have brought it to the practice for your reading pleasure.

We have been tackling subjects such as:

- How self-compassionate are you?
- Why we love Sheldon Cooper from The Big Bang Theory?
- When Children Lie.
- A message to parents and carers about the importance of caring for yourself.
- "Have 3x30 daily and call me in the morning"
- How Can I Manage Stress?
- Grief and loss in children with intellectual disabilities.

- What do woman really want?
- Conforming to the norm.
- The arrival of the new baby and adjusting to parenting.
- Therapy with kids and teens.
- Depression.
- The tough teen years.
- How to teach your children Emotional Intelligence.

If you are interested in reading more about these topics or would like to subscribe to our blog, please click link below.

[Drop Of Life Blogs - Please Click Here](#)

It's our famous



Please see Jasmine or Christie at Reception to
guess how many

JELLY BEANS

are in the jar.. to WIN the **WHOLE JAR!**

ONLINE BOOKINGS

NOW AVAILABLE

With

HealthKit

Each of our providers has their own link on our website

www.dropoflife.com.au

or click on the link below and get started

Have a browse
through our
previous
Newsletters

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