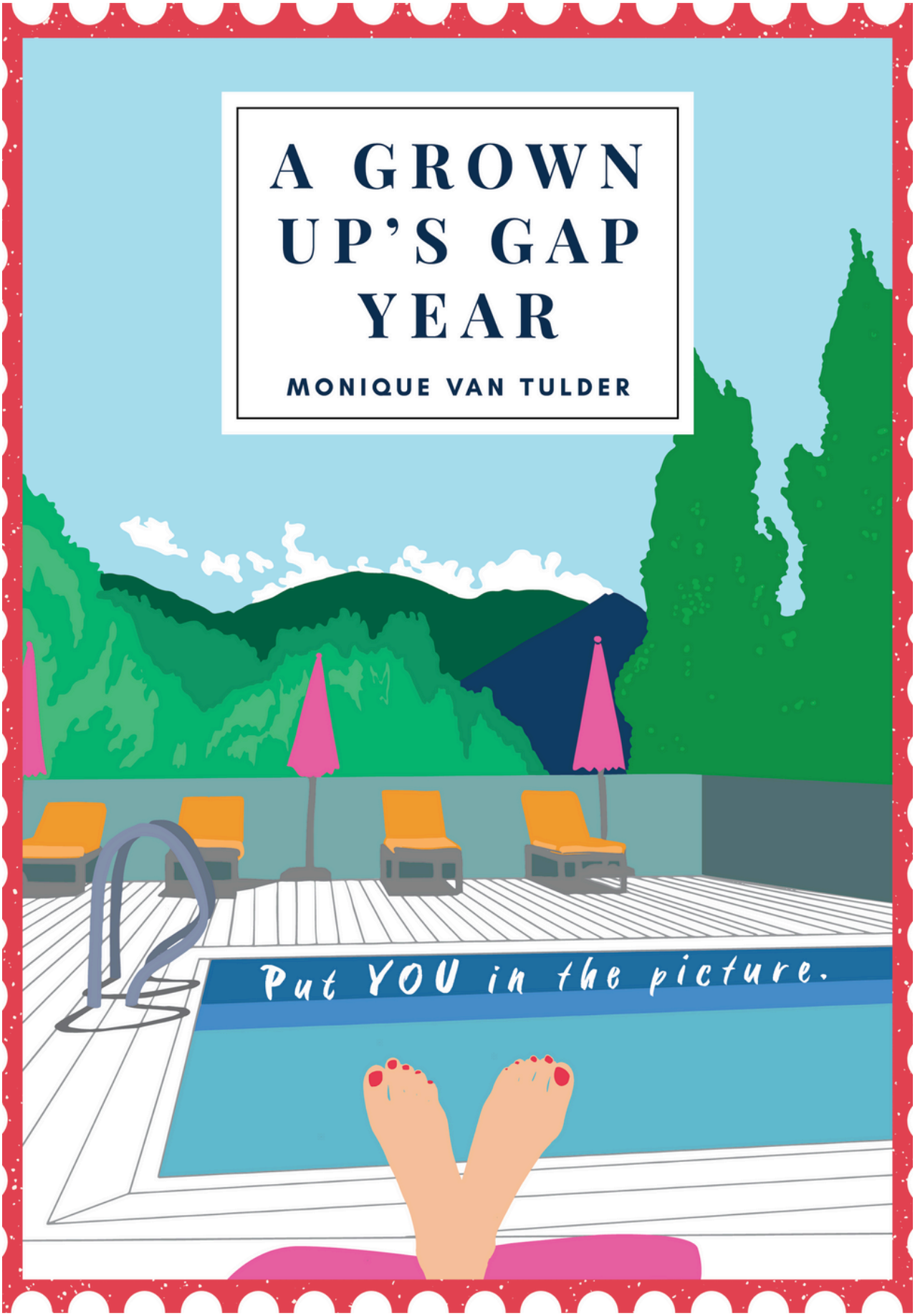
A GROWN UP'S GAP YEAR
MONIQUE VAN TULDER
Put YOU in the picture.

GROWN UP'S guidebooks

CORE VALUES LIST

A helpful list for you to ponder as you assess what shape you want your future lifestyle to take.
Extract from bestselling author, James Clear (Atomic Habits).
First circle your top ten, then try and whittle down to five.

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Calm
- Compassion
- Challenge
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Wealth
- Wisdom

GROWN UP'S guidebooks

LISTENING TO WISDOM

Chatting to my fit and engaged 83-year-old Papa, I asked for his wellbeing mantra – I received the following note:

Dear Eldest Daughter,
Not everything in my life has gone according to plan, but what I do know is a guardrail of sorts helps me feel consistently joyful – even when the road gets bumpy.

Key factors contributing to a joyful demeanour
• Living with a trusted life partner and experiencing love
• Regular communication with family
• A small circle of true friends
• Active outdoors lifestyle, daily yoga, and meditation practice
• Healthy eating habits
• Understanding that nothing is more certain than change
• Lifelong learning, awareness of current and global affairs
• Love of reading
• Social and community contacts, projects, and supporting selected charities
• Passion for ethical, moral, and sustainable values
• Love of nature and the planet
• Practising a creative hobby, writing, gardening

& have some FUN. EVERYDAY.

Isn't this beautiful? Perfect, actually.

GROWN UP'S guidebooks

Ten (mostly free!) ways to put FUN in your day:

Let's not make any of this too hard. You don't have to leave your city – or even your suburb – for life to feel fresh again. The possibilities are endless. I like to call them micronovelties. After all, the best stories often begin with the words 'I decided to try something different ...'.

- **Morning Music Ritual:**

Research shows music boosts everything from sleep quality to mood. Explore your neighbourhood with a fresh playlist in your ears.

- **The Anonymous Café:**

Find a café several suburbs away where you can be gloriously anonymous. Bring a book or journal, or simply sit and people-watch.

- **Random Bus Adventure:**

Head to your local bus stop (or train or ferry), board the first one that arrives regardless of destination, ride to the end of the line, and discover hidden gems in your own city.

- **Creative Pursuit:**

Try a free one-day workshop or class online - pottery, painting, writing - something you've always wanted to explore. Shake off the routine and find a new side of yourself.

- **Awe Walk:****

Walk your usual route, but notice what makes you pause - overlooked architecture, or a resilient plant breaking through concrete. Approaching the familiar with wonder is as powerful as discovering new territory.

GROWN UP'S guidebooks

Ten (mostly free!) ways to put FUN in your day cont...

- **Reconnect:**

Send a handwritten postcard or quick voice message to a friend you haven't spoken to for ages. Surprising someone you care about creates instant joy - for both of you.

- **Dawn patrol.**

Wake up before sunrise and find a local vantage point to watch the day begin. Bring a thermos of coffee or tea and journal your thoughts as the world awakens around you.

- **Cultural Lunch Club:**

Every Wednesday for a month, try lunch from a different culture. Keep it simple: perhaps invite colleagues to take turns bringing a traditional dish to share - communal, and enlightening.

- **Jump into Water:**

Jump into the ocean, a lake, or a pool to reset your senses. Not keen or convenient? Try a daily cold-blast shower instead. Gradually build up your tolerance and notice how invigorated you feel. (*Always check with your doctor first if you have underlying medical conditions.*)

- **Feet-on-the-Grass Break:**

Ground yourself (literally) by spending five barefoot minutes outside each day. Feel your mood elevate with each step.

** ***Scientists have found even brief moments of awe – whether trying something new or seeing the familiar with fresh eyes – can reduce stress and increase our sense of connection.***