

# Golden Nuggets



Wise ideas for young people who grow up and go...

Compiled by Maria Carlton



*“You are here for a purpose. There is no duplicate of you in the whole wide world. There never has been, there never will be. You were brought here now to fill a certain need. Take time to think that over.”*

Lou Austin,  
Author and businessman, USA

Copyright© 2008 Maruki Books Limited and Great Designs.co.nz – all rights reserved.

Except for the purpose of reviewing, no part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or in any information storage or retrieval system, without the written permission from the publishers. Infringers of copyright render themselves liable for prosecution.

Disclaimer: The publishers and the contributors shall not be held liable or responsible to any person or entity with respect to any loss or damage caused or alleged to have been caused directly or indirectly by the information and advice contained in this book.

ISBN: 978-0-9582826-8-0

Published by: Maruki Books Limited

Designed by: GreatDesigns.co.nz

For Nix,

My rock and my inspiration, not to mention the best kid any mother could wish for.  
Go well, have fun, and know that you are loved always.

*mum*

## Introduction

This started as an idea, every time I heard the Leanne Womack song '*May you Dance*'. I loved the words and wanted to find my own way to share wisdom and wishes for a great life with my first born as he prepares to enter the world beyond our family home.

It dawned upon me as I contemplated this book that I had access to an incredible network of people from all round the world who may also wish to contribute, and so I sent emails out to invite others' to send in their golden nuggets of wisdom. This snowballed quickly and I was inundated with replies. As the project continued to come together, I became inspired by everyone's enthusiasm for this book and now offer it to every mother, father and grandparent, guardian, teacher and mentor to share it with a young man or woman embarking on their own journey into independence.

*maria carlton*



## Foreword

by Maggie Dent

The act of leaving home is very symbolic. For young men and women it is a time of great excitement and also plenty of confusion. The final brain development of the prefrontal lobe has not yet occurred which means that the executive function of the mature brain is still not happening. This means that impulse control especially around novel seeking behaviours, decision making, motivation and delayed gratification are still developing.

After having my oldest 3 sons complete their studies and join the work force as independent young men I breathe a sigh of relief! There were many moments of challenge – failed exams, crashed cars, funerals for mates, deaths of cousins, cars broken into, sporting injuries and frequent mismanagement of money! These are all wonderful life enhancing experiences because they have grown in wisdom and skills on how to walk through the dark nights of the soul and reclaim life in the sun. There have been many incredibly brilliant moments like shared surfing holidays, endless games of back yard cricket, parties – lots of parties, new friends, falling in love, concerts, football games and graduations.

It is a very risky time 18–25. I now see this as the riskiest time in life. If an adolescent gets to 25, parents can breathe a sigh of relief because their chances at life survival and indeed success have risen dramatically. Sad but true.

This book shares with this risky age group just some of the many things that may guide them towards success in their lives.

*Maggie Dent is an author, publisher, resilience and parenting specialist committed to the healthy raising of children in a chaotic world. She is also the Author of Saving Our Children from Our Chaotic World, Nurturing Kids' Hearts and Souls and Black Duck Wisdom.*







If in doubt, have the courage to be yourself and the strength to say no to others, this will be a big YES in your life.

You know your own boundaries, listen to that internal voice. The action you take today will have a consequence in the future (and that may be 10+ years down the track) that you may never have dreamt about.

Paul Carrick,  
Financial coach and dad.



Following your heart may at times lead you down some rocky and sometimes painful roads, but it will also lead you to greater happiness. More importantly follow your heart and your inner sense of what feels right, that way the one thing you won't end up with is a whole lot of regrets.

Steve Grounds  
Philanthropist and author

Be yourself—don't let the world shape you, you shape the world around you. Be 100% authentic every time.

Get a mentor—find someone you trust and admire and make time to hang out with them. Share your fears, concerns, frustrations with them and listen intently to their advice. Implement their suggestions and watch your life accelerate.

Neen James  
International productivity expert

Travel! Before settling into a serious, live-in relationship, leave your country!

Get out and see the world for a little while, with or without your friends. This truly helps you to 'grow up' and teaches you responsibility like you've never known. It also introduces you to different cultures, places, foods, and people. You'll return with a much greater appreciation for your home country, and for those who love you.

PS: one golden rule for your travelling: before you finish packing, spread your clothes and money on your bed, then take half the clothes and double the money! Happy exploring!

Marie Farrugia  
NSAA Victoria, Speaker of the Year 2006



The reason most people fail is that they aren't so prepared to do the hard yards, not because they can't, but because it feels uncomfortable. So the secret of success in life is to be constantly pushing yourself to do the things that feel uncomfortable.

John Shackleton  
Inspirational speaker and father of two

All you need to be happy is to have something to do,  
something to look forward to and someone to love.  
Otherwise known as faith, hope and charity.

Mike Hutchison

Author and Kiwi 'bloke focused on getting through life the best way he knows how'

Whatever you do, from slicing your bread to creating  
something really big, treat it as a masterpiece and  
strive for excellence at all levels of it. Everything  
has a consequence; what you do now will have some  
result sometime in the future.

Giampietro Fren

Father of two

If you have nowhere to go,  
you can always go 'Home'.

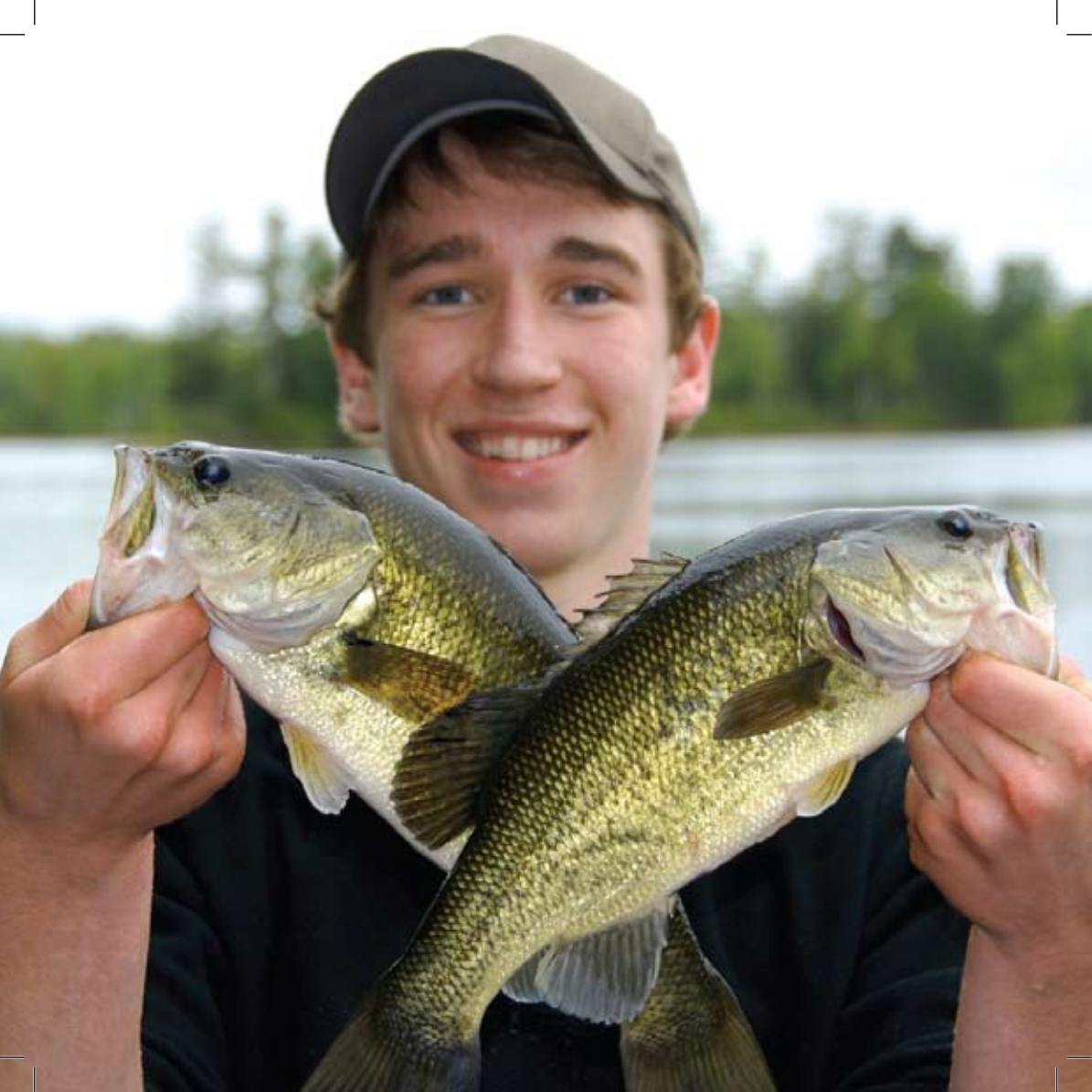
Today is tomorrow's history, and part of your  
life's track record, so why not make it  
a great thing to review?

Listen to your grandparents, they have lived a long  
life and experienced many good and bad times, and if  
you're lucky your Grandma will feed you.

Paul Carrick  
Financial coach and father of three

Laugh often; each day find a reason and a way to  
include laughter in your life. This is vital for your  
physical, mental and spiritual health. Listen to those  
around you. Learn from their experience and make  
your own decisions.

Neen James  
International productivity expert



Ask yourself constantly:  
'what is the one thing I can do today  
to move a step closer to my dream?'

You have heard it said that you are  
what you eat, but I tell you, you are  
what you think.

Brad Cork  
Business coach, speaker









Living a life of happiness  
consists of 4 L's

Love - Love what you do,

Loyalty - Be loyal to those you love,

Laughter - Laugh at every opportunity,

Learning - Always keep an open mind and  
**NEVER** stop learning

Anna Stonnell  
Music teacher and speaker coach

When you feel people are being D=Difficult, perhaps it is just that they are D=Different. Each of us is a unique, multi-faceted gem with our own set of thoughts, opinions and feelings. In order for others to respect and sometimes tolerate our (D=Different) thoughts, opinions and feelings, we must first be open to and respectful of theirs.

Camille Valvo  
Master of ceremonies

Don't dwell on the past  
with regrets when you  
can look forward to the  
future with plans

Greg Prosser  
Engineer and father of four

It is important to give others positive affirmation and to accept the same from others as precious jewels. It not only has an instant effect, but also the potential to become increasingly profound and meaningful in life's journey.

It may be a celebration of one aspect of a person.

It may also be a gift of words that are heavily relied upon when doubts, fears and uncertainty kick in and create self-doubt.

so my advice is to speak honest words into the lives of others that will cause lasting positive impact, and also

listen to those words that others speak into your own life. Let them take root in your heart, and use them for growth. They have the potential to become more real each day. A colleague of mine once told me: "I admire your gentle strength".

After thirty years, and sadly we've long since lost touch with each other, his simple observation of my character and value has stayed with me, and yet I imagine he has no idea how memorable and useful this has been to me throughout my life.

Ian A. Williams,  
Author and personal coach



*Expose yourself to as many activities as possible.*

*Each weekend ask yourself whether you have 'done this' before. Don't hang around with the same people and keep doing the same things, strive for new experiences.*

Dan Poynter  
International parachuting expert and author

Make exercise a part of your everyday routine.

If you are not fit then you are not  
performing at your best.

From 18-28 it is essential to maintain your fitness;  
if you let it fall, it's much harder to get back in  
shape later in life.

In today's world of convenience and automation,  
it's impossible to keep fit if you are not doing  
some physical exercise most days of the week,  
so whenever your life's routine changes, it's  
important to get regular exercise back into  
your routine, and make it a top priority.

Like saving for the future, exercise is an  
investment in the rest of your life.

David Beard  
Fitness and aging specialist, speaker and author

If you hear a bump in the night, get up and investigate it, because if it turns out to be something, it's going to be something anyway. If you find it's nothing, then you'll get back to sleep much better and not waste so much time worrying about it.

Sonia Wilson  
Mortgage broker

Happiness is wanting what you have!  
What we choose to see is up to us;  
choose well. Happiness is an inside job.

Di Riddell  
Presenter, author and breakthrough coach, Queensland



*Don't do anything you'd be  
ashamed to tell your grandma  
or poppa about.*

Anna Stonnell  
Music teacher and speaker coach

During finals in law school, a close friend said he knew where we could go skydiving (seemed like a great alternative to exams) I made my first jump on a Saturday, stayed over and jumped three more times on Sunday.

I fell in love with skydiving and couldn't wait for the following weekend. Two years later I decided to pursue the parachute business, turning my avocation into my vocation.

I travelled the world, became a parachute designer, and began writing. Loving every minute, I never have trouble getting up in the morning.

Discover your passion and turn it into a profit centre.

Dan Poynter  
International parachuting expert and author



Don't ever let yourself  
become uninsurable.

You may not think you need it now, but  
eventually you will do, and life without being able to  
insure your car, home, belongings will be a  
heavy burden to carry.

Maria Carlton  
Publisher, author and mother

In life, it is equally important to  
have a 'dream' and a 'path to get  
there'. Avoid mixing them up. The dream (goal)  
is always there. The path to  
get there (action) can and will vary  
and will have highs and lows. Enjoy  
your Journey that's life.

Di Riddell  
Presenter, author and breakthrough coach



*Adopt and nurture a gentle strength.  
Like leadership and humility, this is in short  
supply, and will serve you well.*

Ian A. Williams  
Author and personal coach

When you are in a situation where you find yourself frustrated with someone else and are ready to lash out at them, take a deep breath and ask yourself this question: "What do I REALLY want here?"

Often times we may react to a person or situation from a high emotional set point and later we live to regret that reaction. If during times of conflict we see the other person as a barrier or 'thing' in the way of our own goals, we easily forget that they too have dreams, passions, and their own goals.

Instead all we see is that they are a problem to move around or through.

The next step is to create our own story about why this person is acting this way, we make judgements, and create labels about them making assumptions about their behaviour based on our story. This leads to justifying our distress and our own position.

Learn to separate the Task from the Relationship, and the Behaviour from the Person!

Shelley Holmes  
Creator of highly interactive and informative leadership development programmes, and  
Connor's mum

Live your life so you don't have to hide your diary  
(including from us mothers!!)

Yes, the shower does need cleaning. That's not just  
mould, it's a fungal infection

The first step to independence is leaving home, the  
first step to adulthood is realising it doesn't mean  
you immediately have all the answers.

Sandra Bain  
Influential mother of three plus two

When life is getting you down, find happy  
people to hang out with. I've always  
found that happiness is infectious.

Mark Maxwell  
Author and philosopher



*If you are given advice, consider it carefully,  
or seek a second opinion if you don't feel  
the advice given is sitting well with you.*

Maria Carlton  
Author, publisher and mother

Be willing to make mistakes. Remember a baby learns to walk by falling down and having another go. Babies don't get discouraged at their inability to walk at the first attempt, but willingly they all strive again to achieve the goal.

We can also benefit from our mistakes if we're willing. Much of life is trial and error. The errors can be very valuable because that's how you get feedback on the choices you make. I've made many 'mistakes' in my life - more than most people would make in a lifetime I suspect.

I conclude that I know so much more now because I've been willing to learn from my mistakes I've fallen down, picked myself up, dusted myself off and had another go. Life is a wonderful journey! Enjoy it!

Mary King  
Author of The Intuitive Voice Your Guide to Successful Living

"If you must be a bush, not a tree, then  
be the best bloody bush you can be!"

I always tell my kids that there is more honour in  
beating your own standards than someone else's, and  
therefore, as long as they're doing their best at  
everything, then the result is secondary.

Mark Bunting  
Full time father of nearly three, part-time radio announcer

No matter how bad you think your parents  
are to live with, it's always MUCH cheaper to  
stay at home as long as possible, and the few  
chores you are asked to do is certainly A LOT  
easier than having to do them all yourself  
and/or cheaper than having to pay someone else  
to do it. Stay at home as long as you can.

Sandra Bain  
Influential mother of three plus two



Don't be afraid of challenges they will help you to understand yourself.

Be kind to yourself and live well.

Don't neglect your family or friends in favour of the dollar!

Be honest and always think laterally!

Pirie Brown  
Eccentric entrepreneur, author and philosopher



Hold on to your confidence, it's your strength.

Keep caring for people when they need your help, and you will never be alone.

Money gives you choices but don't let it rule you.

Always remember how much you are loved,  
and your heart will always be full.

Gail Jamieson  
Business and personal development coach, and mother to Brittany

Don't forget to reward yourself  
on the way through.

If you save everything up until retirement, you'll regret the things you didn't do when the chance was there, and you had the energy and opportunity.

David Kelly  
Author, entrepreneur

Have Fun... Life is amazingly filled with possibility, especially when you are young.

Actively seek to enjoy everything you do.

Do Everything you have ever wanted to do.

- a. Make a list of everything you want to do/achieve in your life.
- b. Spend all your energy pursuing these dreams.
- c. Add to this list throughout your life.

Andreas Dagelet  
Speaker, trainer, coach, traveller, adventurer, writer, sun-God

Pay your bills before you buy your lunch every day!!

Know what is important to you and make your decisions based on those values.

Remember the garbage man doesn't knock on your door.

Karen Coulson  
Speaker, energy coach and dietician



Two words:

Sun Screen

Dannie Cameron  
Graphic designer and mother of two







The only thing that keeps happening, whether you like it or not, is change! And just when you seem to have life ordered in a manner which seems controllable, wouldn't you know it, something, or someone, happens along and we have to practice flexibility. Change is opportunity. The chance to recreate, to begin again, to invite the unexpected and new and exciting colour and form, and feeling into the constantly changing fabric of life.

Mynda Mansfield  
Author, teacher, resettled-international-nomad, mother of two teenagers

As you grow up and prepare for your adult life, you constantly hear parents and teachers say "get good grades so you can get a good job". We all have various expectations put upon on us to be successful.

My advice is "Don't fall into the trap of looking for a 'job". Start by looking at who you are and what you love. Then design a career around that. You are going to invent your own 'GREAT' job!

Wouldn't it be great if work could be fun, exciting, challenging and rewarding? I say "never work again for the rest of your life and make money out of having fun!"

1. Ask yourself...

"What would I do for fun?"

"What are my hobbies?"

"What makes me laugh?"

"What kind of person am I?"

"Who would be my dream person to work with?"

(Anyone in the world)

Cont...

2. The next step is to find a path to turning these ideas into an income.

Sometimes the hardest part is breaking away from others' (friends and parents) expectations. That's where some courage and self belief comes in.

You need to surround yourselves with supportive people. Only supportive people, who will help and encourage you to achieve your dreams. This is critical.

Remember: Your career and life are just an extension of who you are, and who you were born to be.

Kevin Mayall  
Expert coach, author, and advocate for the "I'll Do It Later" Generation!





*Don't fear change embrace it!*

*change is the open door to new opportunities where you will find growth, learning, and experience. change will alter your perspectives and allow you to move confidently through each new door it opens.*

*Maria Carlton  
Author, publisher, and mum to Nix and Alex.*

Write your own...

one day someone will ask you for advice  
on life, love and living well. Be ready for  
that day. As great ideas occur to you,  
write them here to share with someone...





### *Acknowledgements:*

Thanks to everyone for contributing to this book. It was great to see so much enthusiasm for such a project helping it come together so quickly.

To Robyn Henderson, Neen James and all the many NSANZ and NSAA members who moved the message along and helped it to become a truly internationally flavoured book – thank you.

And to all the people who help to influence our young people as they grow, including the teachers, counsellors and friends – let's keep growing up more great people!

## List of authors:

This is an alphabetical (by first name) list of all those who have contributed to his book. Some of them are parents, grandparents and some work extensively with parents and teenagers. There's quite a mix, and all are contactable if required by writing to the publishers or emailing: [info@MarukiBooks.com](mailto:info@MarukiBooks.com)

### USA

Neen James, international productivity expert

Dan Poynter, international parachuting expert and author

### Australia

Andreas Dagelet, speaker, trainer, traveller adventurer and writer

Brad Cork, Speaker, executive and business coach, consultant and facilitator specialising in self-managed teams

Camille Valvo, professional master of ceremonies

David Beard, fitness and aging specialist, speaker and author

Di Riddell, presenter, author and breakthrough coach

Karen Coulson, speaker, energy coach and dietician

Leonie Russell, speaker, consultant and communications specialist,

Marie Farrugia, NSAA Speaker of the Year, 2006, Victoria

Maggie Dent, author, publisher, and resilience and parenting specialist

Mary King, author and wealth coach

Phil Lee, master franchisee, Sadler Sales Institute,

Shelley Holmes, creator of highly interactive and informative leadership programmes, and executive leadership coach

Tim Richardson, mentor, 'Money Man', and amateur tri-athlete

## New Zealand

Ann Andrews, author, teams specialist and entrepreneur

Anna Stonnell, music teacher and speaker coach

Barry Were, Youth Search and Rescue Program coordinator

Dannie Cameron, graphic designer and mother of two

David Kelly, author, entrepreneur (and new daddy)

Donna and Greg Prosser, parents of an exceptionally well blended family

Gail Jamieson, business coach and sales development trainer

Giampietro Fren, father of two

Greg Prosser, engineer and father of four

Ian A. Williams, author and personal coach

Kevin Mayall, expert coach, author, and advocate for the "I'll Do It Later" Generation!

Maria Carlton, publisher, author and mother

Mark Bunting, breakfast radio host

Mark Maxwell, author and philosopher

Mike Hutcheson, author and speaker, marketing and creativity expert

Mynda Mansfield, writer, teacher, international traveller and mother

John Shackleton, inspirational speaker and author,

Paul Carrick, financial coach,

Pirie Brown, eccentric and Influential entrepreneur, author and philosopher

Sandra Bain, a special influential mother

Sonia Wilson, mortgage broker

Steve Grounds, philanthropist and author



**Maruki Books Ltd**

Specialist Non-fiction Publishing Services

[www.MarukiBooks.com](http://www.MarukiBooks.com)



**GreatDesigns.co.nz**

[www.GreatDesigns.co.nz](http://www.GreatDesigns.co.nz)