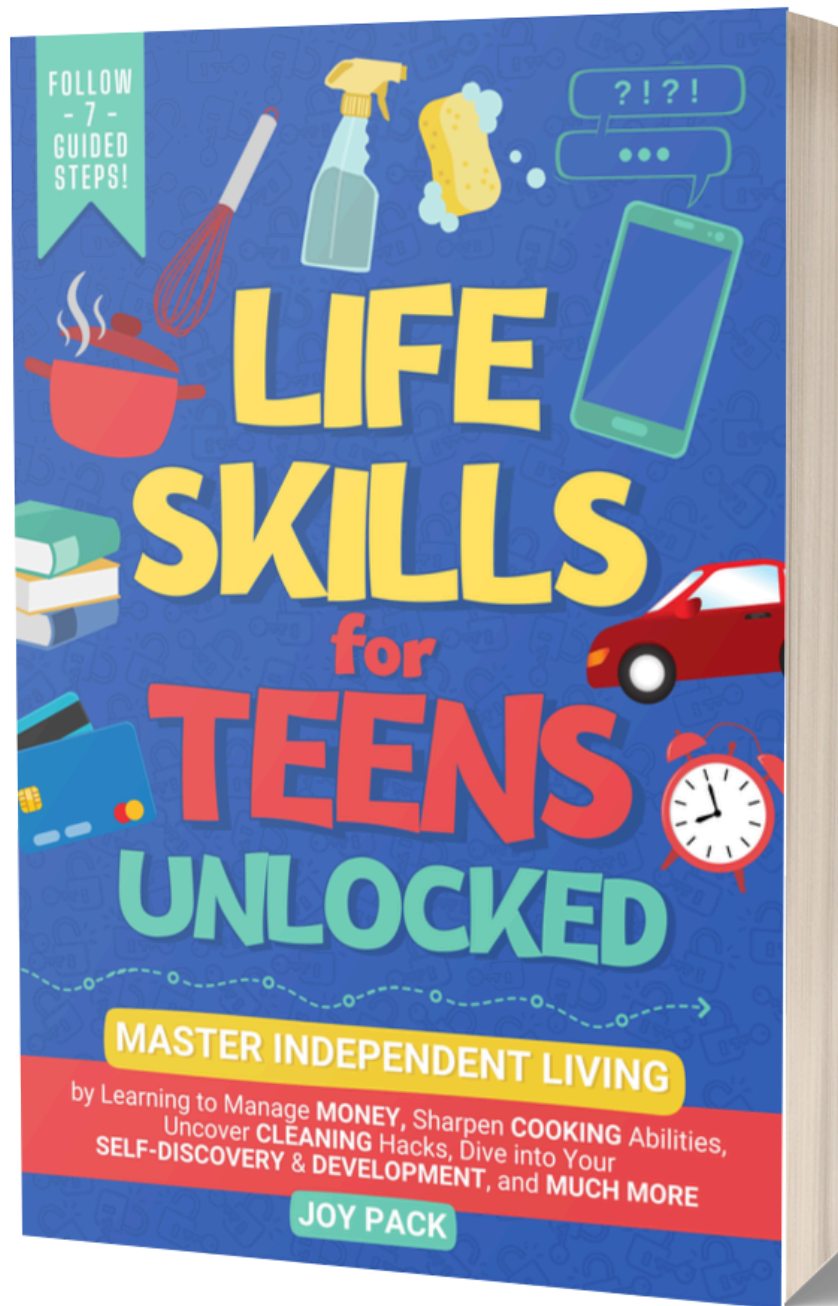


BOOK GUIDE



This book guide is currently under construction

However, I want it to be available as I go along to support my readers.

Please excuse its appearance & ENJOY what you can find!

*Warm Wishes,
- Joy Pack*

If you don't have one already,
[click HERE](#) to get your own
copy of the full book.

LIFE SKILLS FOR TEENS UNLOCKED:

Master Independent Living by Learning to Manage Money,
Sharpen Cooking Abilities, Uncover Cleaning Hacks, Dive
into Your Self-Discovery & Development, and Much More

JOY PACK

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CONTENTS

1. MASTERING SKILLS FOR INSIDE THE HOME

CARE & CLEANING
HOME URGENCIES & EMERGENCIES
COOKING CONFIDENCE
FINANCES
TECHNICAL SKILLS

2. PHYSICAL SKILLS FOR OUTSIDE THE HOME

FIRST-AID
TRANSPORTATION
SAFETY & SELF-DEFENSE
OUTDOOR SURVIVAL BASICS

3. DISCOVERING YOUR DEVELOPMENT AND HEALTH

YOUR DEVELOPING BRAIN
YOUR BODY DEVELOPMENT
NEEDS, HEALTH & CARE

4. DISCOVERING & BALANCING YOUR NEEDS

BUILDING ON YOUR NEEDS
WORK & CAREER
HEALTH, BALANCE & WHEN TO GET HELP

5. STEPPING INTO ACTION

SELF-AWARENESS
LEARNING & STUDYING
PLANS & GOALS
ASSOCIATION, FRIENDS & MENTORS

6. THE "INNER-PERSONAL" SOFT SKILLS

TIME MANAGEMENT
STRESS & DISTRESS
EMOTIONAL INTELLIGENCE
RESILIENCE & GROWTH MINDSET

7. THE "INTER-PERSONAL" SOFT SKILLS
RELATIONSHIPS & COMMUNICATION
ONLINE SKILLS

INTRODUCTION

Throughout this book, you'll find cool extras titled "**Tip & Action**." They look like this:

Tip & Action #1: *Take a moment to pull out a notebook, pen, pencil, or whatever means works best for you (notebook, journal, tablet, smartphone, computer). Get ready to track what you are thinking and learning, and the answers to prompts from the **Tip & Action** steps. Feel free to mark up in the book too!*

CHAPTER 1

MASTERING SKILLS FOR INSIDE THE HOME

CARE & CLEANING

Tip & Action #2: Now, don't get stuck scrolling through videos, but watch the first 30 seconds of this dramatic YouTube video (Chris Fleming, 2015, COMPANY IS COMING), it's that classic freak out some moms have to get the house spotless before company comes.

 [COMPANY IS COMING](#)

Tip & Action #3: Check out my site creatingourjoy.com for more cleaning hacks, money and energy saving guides, and ways to organize and discuss clearing and chore standards in your home.

Regular cleaning isn't just about keeping things looking nice—it's about keeping you healthy, too!

- Dust
- Vacuum
- Chores
 - Standard of the household
 - Fair Play (for Teens)
- Laundry
 - Ironing
 - Putting them away
 - Storage in-between
 - Refresh & steaming
- Pests/bugs
 - Food storage
 - Home cleaning
 - Safety

Cleaning & Organizing

- Aps: [Tody](#) , [FlyLadyPlus](#) , [Sweepy](#)
- Website: apartmenttherapy.com

Energy saving hacks

Organizing

- Physical
 - Documents
 - "A place for everything, and everything in its place." Another version is "Outer order, inner calm."
- Electronic files

Maintenance & Repair

- Sewing
- Repair
- Material care

Being a guest, or borrowing

- **Leave things better than you found them.**
 - This builds respect and trust

Tip & Action #4: *Treat anything you borrow as well and precisely as the owner does, and then at least a little better.*

Clean & Fresh, Hygiene






Tip & Action #5: *Vinegar, baking soda, borax, bleach & essential oils (like tea tree, lavender & peppermint) are all powerhouses for cleaning, grooming, and hygiene. You don't need the expensive bottles and toxic chemical mixes.*

Anytime you are working with plant/essential oils, become familiar with their benefits, risks, portions to use, and the carrier oils (like coconut or castor) to mix it with.

Tip & Action #6: *When you have to poop and you want to hide the stench, you can use a before-you-go toilet spray. This can be purchased like the Poo-Pourri Toilet Spray or a DIY spray. A recipe I use is to take an empty spray bottle and mix water, alcohol, and essential oils. A recipe I have used over and over is 3 oz water, 1 tsp rubbing alcohol, and 30 drops of essential oils (I prefer peppermint and lemon for this spray). Then you just keep it by your toilet, and before you go, shake the bottle and spray it onto the water in the toilet bowl 3 times. You can also make it to go and add it to your travel hygiene bag (discussed in a moment) if*


you want.

Body Hygiene & Grooming Personal Health Hygiene and Grooming

- Skin  The science of skin - Emma Bryce
- Body Odor  What causes body odor? - Mel Rosenberg
- Cleaning
 - Two+ towels (red for head, blue for body)
- Moisturizing
 - My go to's
 - My face lotion & oil mix
- Deodorant
 - My best finds, clean
- Acne/pimples  Does stress cause pimples? - Claudia Aguirre
- Dandruff  What causes dandruff, and how do you get rid of it? - Thomas...
 - Tea-tree oil (drops in rosemary water or oil)
- Oral
 - Brushing
 - Cavities  What causes cavities? - Mel Rosenberg
- Freshen-up bag
 - Show mine
 - Now, let's stock it up! Here's what you'll need:
 1. Face & Baby wipes: These little wonders are perfect for freshening up on the fly. Keep a small bunch in your bag for quick clean-ups anytime, anywhere.
 2. Deodorant: A must-have for staying fresh all day long. Choose your favorite scent and make sure to reapply as needed throughout the day. (spray bc HOT in AZ)
 3. Toothbrush, toothpaste, floss, mouthwash: Keep your smile sparkling with a travel-size toothbrush, floss and toothpaste/mouthwash. A quick brush after meals can keep your breath fresh and your teeth clean.
 4. Gum: For those moments when you need a quick breath freshener, throw in a pack of your favorite gum or mints.
 5. Menstrual hygiene products: For those days when Aunt Flo comes to visit, make sure you're prepared with pads, tampons, or whatever you prefer.

6. Clean socks, underwear/knickers, and a shirt: You never know when you might need a quick change of clothes. Keep a spare pair set in your bag for emergencies.
7. Hair comb: for quick fixes to tidy your hair before an interview, date, or seeing relatives.
8. Hand sanitizer: to keep clean and reduce spread of germs and disease. I make my own recipe with 2 parts rubbing alcohol, 1 part aloe vera gel, and some essential oil drops like lavender.
9. Baggies: Keep something like Ziplocks or small trash bags handy for dirty clothes and rubbish (from every day trash to use tampons/pads if needed). You'll thank yourself later for keeping things neat and tidy.

Tip & Action #7: Put together a freshen-up bag, like the travel hygiene bag you would put in your suitcase on a trip. Make it personalized, however small or big you want, so you can bring it along and stay fresh.

- Other
 - Ear  What is earwax — and should you get rid of it? - Henry C. Ou
 - Baking soda, vinegar, borax, essential oils..
 - ACV wash
For ACV wash put it in a spray bottle with 1 part ACV and 1 part water, and voila! You've got a magical spray that keeps bacteria at bay and leaves you smelling fresh as a daisy.
 - Baking soda
For baking soda you can add ¼ cup to a warm bath and soak for up to 40 minutes to relieve itching, irritation, infections, and detox.
 - Poo-pourri (DIY spray)
 - Bidet (first time!)
 - Clean shoes
 - Breath, change, socks, spray
 - My go-to

Each part of your hygiene, cleaning, and life is slowly becoming, or already is, your full responsibility. Take charge of your schedule and develop a routine like:

- Brush my teeth every morning, after school, and at night (this is especially important for good looking teeth, and oral health which directly connects to many parts of the body!)
 - Brush my teeth & use mouthwash every morning
 - Brush my teeth after school/lunch
 - Brush & floss my teeth, then scrape my tongue every night
- Face skincare routine every night
- Fully clean my bathroom every Monday
 - All stuff put away, sweep & mop, scrub shower & toilet,
 - Wipe down mirror & counter & toilet, trash out
- Fully clean my room every Tuesday
 - Trash/dishes out, all stuff put away, vacuum, wipe down
- Do a load of laundry fully every Thursday
 - Wash pillowcases & towels every week
- Fully clean my car every Saturday
- Wash all bedding every other weekend

HOME URGENCIES & EMERGENCIES

Fire Safety

You do not want to be trapped in a fire-safety or first-aid issue unprepared!

Tip & Action: *DO NOT fall into a scrolling paralysis but, check out this classic clip (The Office, 2023, Fire Drill - The Office US) to get the vibe!*

 [Fire Drill - The Office US](#)

Fire safety is a skill that everyone should know because you never know when you might need it!

Fire plans

Smoke detectors

Fire extinguishers

Traditional extinguisher

The Prepared Hero Fire Blanket

Gas Lines

Plumbing

Plumbing is like the lifeblood of your home—it's the system of pipes and fixtures that bring fresh water in and waste out. Think sinks, toilets, showers, and water heaters—they're all part of your plumbing setup.

Water lines

In

Out

Plumbing fixtures

Toilets

Clog

Drains

Etiquet

Sinks & showers

Low pressure

clogs

Tip & Action: Now, you know the drill: Don't get sidetracked with scrolling after you watch this but, check out this clip (Peacock, 2023, Zero-tolerance Phil is a monster,) and learn about the chore of unclogging the shower drain, sometimes it's just gotta be done, but see why prevention is key!

 zero-tolerance Phil is a monster #Shorts #ModernFamily #PhilDunphy

Without question, taking initiative and addressing issues promptly is a superpower everyone should harness!

If something's bothering you, take care of it ASAP!

This can be anything! Like, the shower isn't draining well, the trash is full, the toilet paper is gone, or the squeaky door hinge drives you crazy. The energy it takes to harbor resentment, or the extra time you have to deal with a problem waiting for

someone else to solve it is so avoidable. Just take responsibility and action and solve the immediate problem! Unclog the shower drain, replace the toilet paper, and put a backup close, or oil the hinge.

Electrical

How it works

Outages

Safety

Breaker box

Outlets

GFI outlets

Weather

Understanding and preparing for local weather conditions is crucial for staying safe during emergencies. Different regions face unique weather challenges, so it's essential to know what to expect and how to respond. Whether it's tornadoes, earthquakes, flooding, hurricanes, or other severe weather events, being informed and prepared can make a significant difference.

Weather knowledge

Safety

Water and Food Storage

Water

Drinking

Cleaning

Hygiene

Food

You

Family

Animals

Others

Cooking

Without electricity

72-hour kits

www.ready.gov/kit

Emergencies and Safety

In any emergency, call the emergency number for help.

- **In the US & Canada, the emergency number is 911.** This number is used to contact police, fire, or medical services in case of an emergency.
- **In the UK, the emergency number is 999.** This number is used to contact the police, fire brigade, ambulance service, or other emergency services in case of an emergency.

[Phoning 999, 112, 111 or 101: Which Number is Best?](#)

<https://firstaidtrainingcooperative.co.uk/>

- **Where is it where you live??? Be prepared.**

Tip & Action: To prepare ahead of time you can take a picture of your applicable chart below and save or favorite it in a way that is easy to recall. You could also save the numbers in your phone as a contact, or write them down and keep it in an easy to access place like your wallet.

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS OR STRUGGLING,
HELP IS AVAILABLE**

IN AN EMERGENCY

Call (or text) 911 or go to the nearest emergency facility

(emergency facilities: fire station, police station, hospital ER)

IF URGENT

Call or text 988 or chat on 988lifeline.org

Text MHA to 741741 to connect with a trained Crisis Counselor

Canada & United Kingdom

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS OR STRUGGLING,
HELP IS AVAILABLE**

IN AN EMERGENCY

Call 911 (CA) or 999 (UK) -or- go to the nearest emergency facility

(emergency facilities: fire station, police station, hospital ER)

IF URGENT

(CA) Call the Crisis Services Canada hotline at 1-833-456-4566

Text CONNECT to 686868 to connect with a trained Crisis Responder

(UK) Call Childline 0800 1111 -or- Samaritans 116 123

Text SHOUT to 85258 to connect with a trained Crisis Counselor

If you are in need of support, but not in crisis, consider reaching out to a warmline. Warmlines offer a place to call when you just need to talk to someone. Speaking to someone on these calls is confidential, usually free, and run by people who understand what it's like to struggle with mental health problems.

Tip & Action: To find a warmline go to (US) mhanational.org/warmlines, (CA) cmha.ca clicking [Find Help], or (UK) mind.org.uk and click the red [Get help now] button.

COOKING CONFIDENCE *

OTHERS

TOXINS

- ▶ Endocrine Disruptors - Common Chemicals That Severely Alter Your H...
- ▶ Chemical Farming & The Loss of Human Health - Dr. Zach Bush

WATER

- ▶ What would happen if you didn't drink water? - Mia Nacamulli
- ▶ When is water safe to drink? - Mia Nacamulli

NUTRITION

- ▶ How the food you eat affects your gut - Shilpa Ravella
- ▶ 5 Tips for Smart Healthy Grocery Shopping - Avoid the Rat Maze

POSTURE

- ▶ The benefits of good posture - Murat Dalkilinc

MENSTRUATION

- ▶ How menstruation works - Emma Bryce

SLEEP

- ▶ What would happen if you didn't sleep? - Claudia Aguirre
- ▶ What causes insomnia? - Dan Kwartler
- ▶ How does your body know what time it is? - Marco A. Sotomayor
- ▶ The Optimal Morning Routine - Andrew Huberman
- ▶ 6 tips for better sleep | Sleeping with Science, a TED series

TOILETS

- ▶ A brief history of toilets - Francis de los Reyes

DEPRESSION

- ▶ What is depression? - Helen M. Farrell

DOPAMINE

- ▶ How to Maximize Dopamine & Motivation - Andrew Huberman

ADDICTION

- ▶ Why is it so hard to break a bad habit?
- ▶ What causes addiction, and why is it so hard to treat? - Judy Grisel
- ▶ How Pornography Distorts Intimate Relationships - Bret Weinstein
- ▶ How Childhood Trauma Leads to Addiction - Gabor Maté
- ▶ Break the Cycle of Addiction - Ram Dass
- ▶ Dopamine Fasting 2.0 - Overcome Addiction & Restore Motivation
- ▶ The Slow Poison of Endless Fantasy

EATING DISORDERS

- ▶ Why are eating disorders so hard to treat? - Anees Bahji

DECISION MAKING

- ▶ How to make smart decisions more easily

CONFIDENCE

- ▶ 3 tips to boost your confidence - TED-Ed
- ▶ How to stay calm under pressure - Noa Kageyama and Pen-Pen Chen

MEANING, GROWTH & POSITIVE MINDSET

- ▶ Master Your Mind - David Goggins - Become UNSTOPPABLE
- ▶ FIXED Mindset vs. GROWTH Mindset - Mike Rashid
- ▶ How Feedback Affects Performance - Andrew Huberman - Growth Mi...
- ▶ 20 HABITS of a Positive Mind - Napoleon Hill
- ▶ How to Find Meaning in a Meaningless World - Written by Pursuit of W...
- ▶ The Most Important Question of Your Life - Mark Manson
- ▶ The Secret to a Happy Life - Dr. Robert Waldinger
- ▶ How to Break Free from the Matrix - Welcome to the Real World - Infini...
- ▶ The Need for Survival vs. The Need to Expand - Sadhguru
- ▶ Living in SURVIVAL vs. Living in CREATION - Dr. Joe Dispenza

MENTAL HEALTH

- ▶ Listen to Your Intuition
 - ▶ 5 Keys to Beating Stress - Tony Robbins
 - ▶ How to Have Mental Clarity in an Unclear World - Russell Brand
 - ▶ How To Overcome Adversity
 - ▶ How Repressed Emotions Make Us Sick
 - ▶ The Dangers of Victimhood - Jordan Peterson
- <https://www.youtube.com/watch?v=zMXjN5gm1c> (language/cursing

warning)

- ▶ Our 2 Greatest FEARS - The Psychology of Conformity - Abraham Mas...

HEALTH & BALANCE

- ▶ How to Find Balance in the Age of Indulgence - Dr. Anna Lembke
- ▶ Use Your Thoughts to Optimize Your Health - Dr Joe Dispenza
- ▶ ATOMIC HABITS - Tiny Changes that Create Remarkable Results - Ja...
- ▶ The Freedom of Being Nobody - Ram Dass
- ▶ How to Change Your Genetic Destiny - Joe Dispenza
- ▶ How to be Completely Carefree - Teachings from Eckhart Tolle
- ▶ The Modern Struggle - Naval Ravikant
- ▶ The Healing Power of Nature!

▶ Busy People vs. Productive People

EXERCISE

▶ High Intensity Interval Training (HIIT) - Maximum Results, Minimum Time

▶ How playing sports benefits your body ... and your brain - Leah Lagos ...

▶ The Best Workout Motivation Ever - Joe Rogan

RELATIONSHIPS & COMMUNICATION

▶ How friendship affects your brain - Shannon Odell

▶ There are NO Justified Resentments - Wayne Dyer

▶ The Power of Radical Honesty - Dr. Anna Lembke

▶ Words That Hide the Truth - George Carlin

▶ How miscommunication happens (and how to avoid it) - Katherine Ha...

▶ The language of lying — Noah Zandan

<https://www.youtube.com/watch?v=i3ku5nx4tMU>

▶ How do you know whom to trust? - Ram Neta

▶ Equity: The Thief of Human Potential - Thomas Sowell

▶ Society's Trap - Joe Rogan

▶ How to Deal with Negative People - Kevin Hart & Joe Rogan

LEARNING

▶ How to Quickly Improve Focus - Andrew Huberman

▶ Knowledge vs Thinking - Neil deGrasse Tyson

CAREER

▶ College is NOT the Only Path to Success - Casey Neistat & Gary Vayne...

(language)

MOTIVATION

▶ How to get motivated even when you don't feel like it

▶ Choose Your Sacrifice - Jordan Peterson's Best Advice to Young Adults

OTHER

▶ Best Insights from Alan Watts, Jordan Peterson, Elon Musk, Aristotle, E...

▶ 5 Life Lessons - Will Smith