

A PRACTICAL GUIDE FOR YOUNG WOMEN STEPPING INTO INDEPENDENCE

LEARNING FROM

Mum

LEAVING THE NEST

Life skills, confidence & faith for your next chapter

EVERYTHING
YOU NEED TO
KNOW, MUM
TAUGHT ME

BUDGETING
MEAL PLANS
HOME BASICS
WORK & MONEY
FAITH & CONFIDENCE
SAFETY & SUPPORT

REAL LIFE SKILLS. MUM'S LOVE. ABBA'S GUIDANCE. ♥



SET UP
YOUR HOME



MANAGE
YOUR MONEY



EAT WELL
ON A BUDGET



WORK TOWARDS
YOUR GOALS



STAY SAFE &
CONFIDENT



KEEP ABBA
AT THE CENTRE

by BATYAH HA MELEK

By Batyah Ha Melek

New Zealand Edition • practical wisdom • gentle encouragement • real-life skills

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This guide offers general life-skills information and encouragement. It is not legal, financial, tenancy, medical, employment, counselling, safety, or emergency advice. Circumstances differ, and official processes can change. For serious, urgent, unsafe, or complex situations, seek help from a trusted adult, qualified professional, or relevant official service.

This edition contains New Zealand-oriented support references where relevant, but readers should always confirm current local requirements, services, and contact details.

FROM MUM

Asking for wise help is not weakness. It is one of the strongest adult skills you can build.

How to Use This Book

This is not a book to rush through in one sitting. It works best like a gentle guide beside you as life changes.

A simple way to use it

Read one section at a time instead of everything at once.

Use the workbook pages to write real numbers, real plans, and real next steps.

Return to the food, budget, work, and safety pages whenever you need a reset.

If you are supporting a daughter or a young woman, work through sections together and talk them through gently.

Come back to the scripture pages when your spirit feels unsettled or fear gets loud.

Best used in seasons like these:

- before leaving home
- while planning a move
- when starting a first job
- when learning to budget and cook
- when rebuilding after a setback
- when needing a practical, motherly voice beside you

FROM MUM

*You do not have to do every page perfectly. The goal is not perfection.
The goal is steadiness.*

Contents

PRACTICAL STARTER TOOLKIT

Leaving-home checklist • first payday • flatmate questions • transport • safety • NZ help • emergency texts

PART ONE - LEAVING HOME

1. You Don't Have to Know Everything Yet • 2. Your First Home • 3. Important Documents • 4. What You Actually Need

PART TWO - MONEY

5. Your First Real Budget • 6. Bills & Adulting • 7. Groceries • 8. Eat Well on a Budget • 9. Savings & Debt

SEVEN SIMPLE RECIPES

Now with one beautiful photo page per recipe

PART THREE - HOME

10. Keeping a Home • 11. Laundry 101 • 12. Kitchen Basics

PART FOUR - WORK

13. Finding Work • 14. CV & Applications • 15. Interviews • 16. First Weeks • 17. When Work Isn't Right

PART FIVE - YOU

18. Looking After Yourself • 19. Friendships • 20. Relationships & Boundaries • 21. Personal Safety • 22. Loneliness

PART SIX - BUILDING YOUR FUTURE

23. Careers Can Change • 24. Starting Something • 25. When Plans Change • 26. First-Year Plan

BONUS WORKBOOK

Budget • Flat Checklist • Home Rhythm • Emergency Meals • Important People • Emergency Plan • Savings • Job Tracker • What I Can Do • 12-Month Vision

ANCHORING SCRIPTURE

Core verses for uncertainty, fear and anxiety with sacred-name wording

BONUS PAGES

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7-Day Budget Meal Plan

Simple meals. Less stress. More confidence.



Use this as a flexible starter week. Swap meals around, repeat what works, and keep one easy backup meal in the cupboard for tired days.

DAY	BREAKFAST	LUNCH	DINNER
Mon	Porridge, banana & peanut butter	Egg & salad wrap	One-pan chicken, potatoes & veg
Tue	Eggs on toast	Leftover chicken	Lentil tomato pasta
Wed	Yoghurt, oats & fruit	Leftover pasta	Loaded baked potatoes
Thu	Peanut butter banana toast	Tuna & corn wrap	Vegetable fried rice
Fri	Porridge with apple	Leftover fried rice	Beef & bean mince
Sat	Scrambled eggs	Beef mince on toast	Vegetable soup & toast
Sun	Banana oat pancakes	Leftover soup	Use-it-up dinner

Simple Weekly Shopping List

PROTEIN + MAIN MEALS

- eggs, chicken pieces, tuna, mince
- lentils or beans, yoghurt, peanut butter

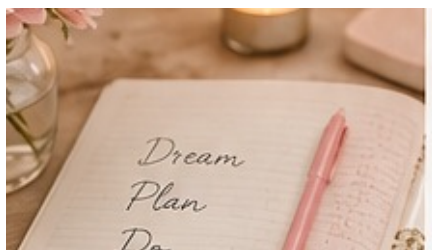
FRUIT, VEG + PANTRY

- potatoes, carrots, cabbage, onions, greens
- bananas, apples, oats, rice, pasta, wraps

MUM'S WISDOM

A good plan is not fancy - it is repeatable, affordable, and kind to your real life.

Start with basics, use leftovers on purpose, and write down the meals your body and budget both like.



Core Scripture to Anchor Your Spirit & Soul

For times of uncertainty, fear and anxiety - using sacred-name wording

Mishlei / Proverbs 3:5-6

Trust in YHWH with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Tehillim / Psalm 46:10

Be still, and know that I am Elohim.

Yeshayahu / Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy Elohim: I will strengthen thee.

Timotiyos Bet / 2 Timothy 1:7

For Elohim hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto Elohim. And the peace of Elohim... shall keep your hearts and minds through Yahushua HaMashiach.

Mattithyahu / Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Yochanan / John 14:27

Peace I leave with you, my peace I give unto you... Let not your heart be troubled, neither let it be afraid.

Tehillim / Psalm 121:1-2

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from YHWH, which made heaven and earth.

FROM MUM

Abba, Father of Lights, strengthen my spirit, steady my mind, and keep my heart in shalom through Yahushua HaMashiach by Your Ruach ha'Qodesh.