

Hello friends!

Thank you so much for signing up for my newsletter! It means a lot to me to have you here.

I did a series of 50 notes as I turned 50 recently – about who and where I am right now. Some are light musings and some are hard won truths. All are deeply personal and sincere.

I shared all 50 on [Instagram](https://www.instagram.com/nupupress/) (www.instagram.com/nupupress/). Here are three bonus ones! I hope you enjoy them.

These are hand drawn artwork and my (very personal!) writing, so I thank you for not sharing, altering, reproducing, forwarding (or anything else) this document without written permission. This is for your enjoyment only! :)

If you have friends who may enjoy this, I'll be grateful if you ask them to sign up for the newsletter at nupupress.com/newsletter (or click [here](#)) then I will send them one too!

With much love,
Nupu xxx



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bonus 1

I'm learning the difference



between
private & secret.

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Private is sacred.



**It brings me closer
to those I trust &
love.**

**Secret means there's a wall
between me & the world.**



**Secret means being scared
of being 'found out'.**

**Secret is why I kept hiding,
running, dodging.**

I'm now letting go
of secrets.



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bonus 2

**Life is a series
of choices
about what to
commit to
& what to
let go of.**

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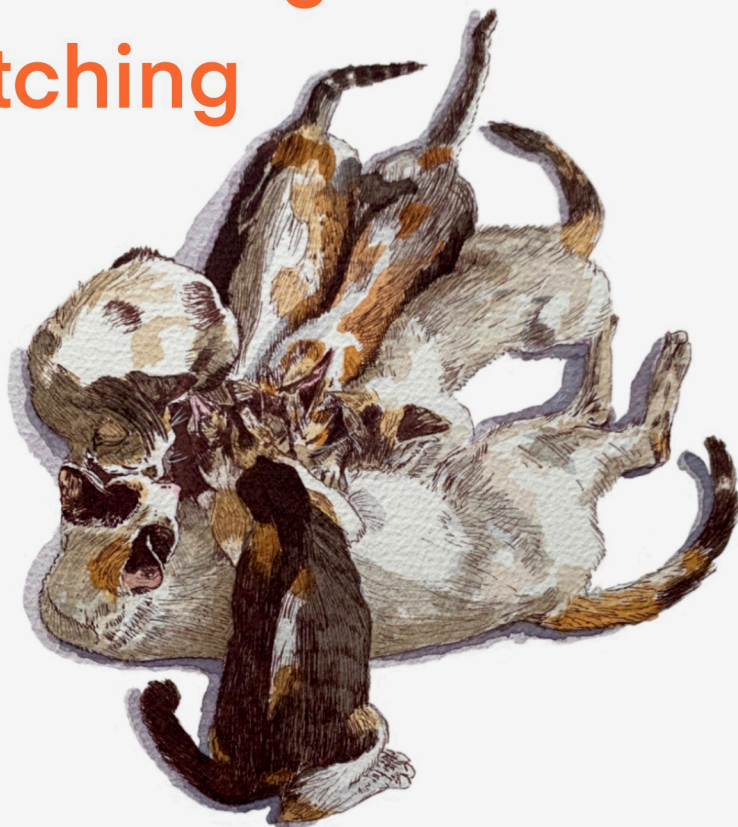
I commit to:

***truth telling**

***the learning curve**

***sketching**

cats



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I let go of:

***perfection**

***excess baggage**

***being**

too

busy

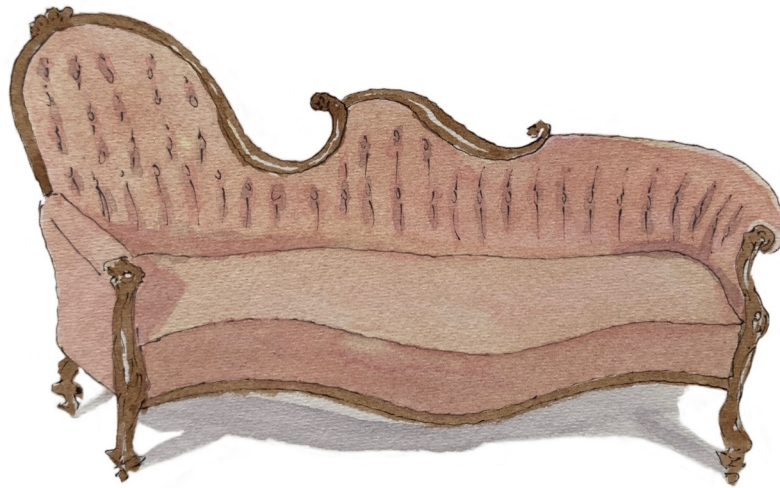
for

friends



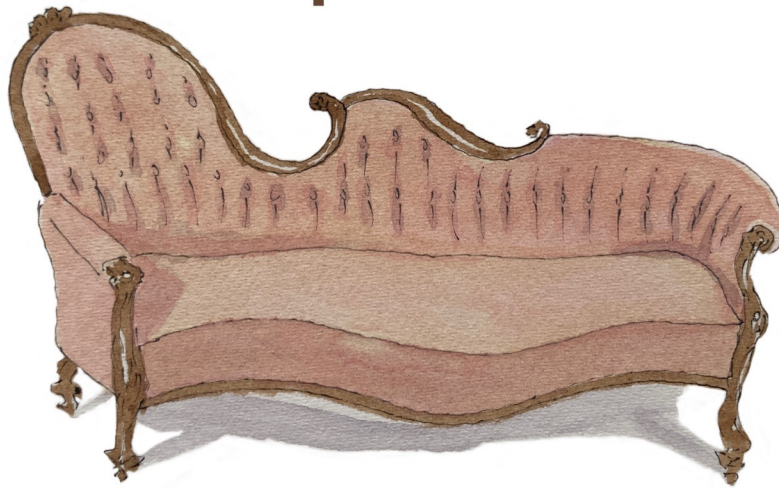
bonus 3

I have a long
history of
clinical
depression.



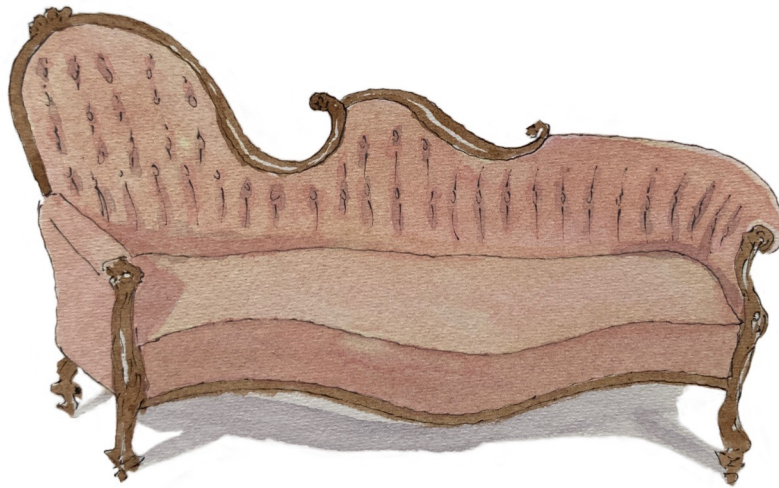
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**Despite the therapy,
medication &
everything else, I still
have spells when I
spiral.**



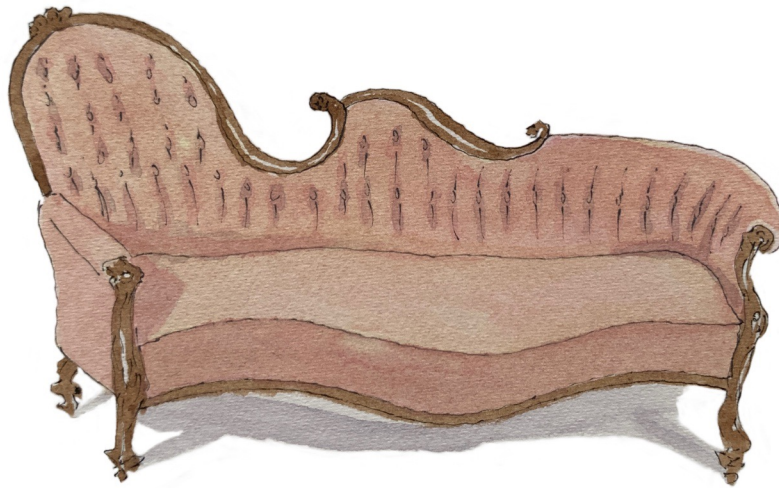
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I thought I was a
failure for not
overcoming it once
& for all.



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Now I see it as
something to
manage.



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I do a baseline
maintenance daily.



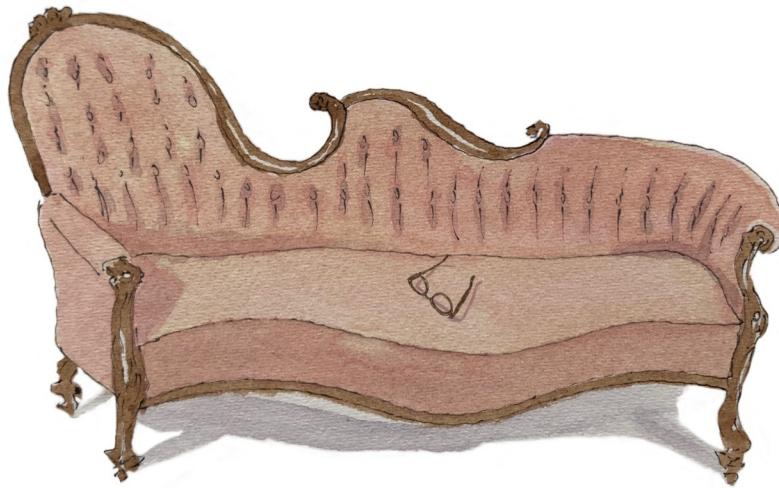
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**When it gets
overwhelming, I
turn to more tools,
techniques &
support.**



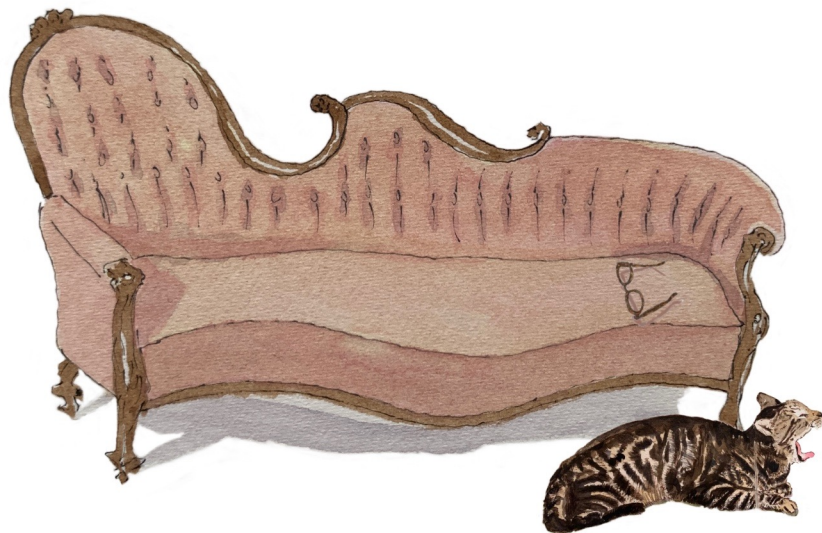
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I handle it episode
by episode,
moment by
moment.



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Doing it this way,
I could even
consider it a success.



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