

**FAMILY: MOTIVATIONAL NOTEBOOK**

# Libbla's taking note of how to teach wisdom to youngsters

A letter to her godchildren was the inspiration behind author's idea

**CAROLINE LINDSAY**

No matter your age, there's something special about opening up a brand new notebook.

And now Libbla Kelly, from Forfar, has gone one step further and published a version intended to inspire, educate and motivate on every page.

Wisdom While You Work is packed full of wise words designed to enrich the lives of readers.

She has aimed the project at people aged 11 and upwards and is thrilled that a number of schools are now using the book in their classrooms as a way to promote discussion and debate among pupils.

Libbla, 50, grew up in Ireland and Somerset and has been a nanny, a secretary, worked for a High Street clothing brand, travelled the world, set up her own marketing company and become a personal trainer.

"The origin of the book was a letter to my 12 godchildren," she explains.

"I wanted to encourage them to listen, understand, communicate and think about some important values in life.

"As I wrote the letter it got longer and longer and it was then the thought of a book came to mind. I could see that perhaps this could benefit hundreds or thousands of young people."

She says the book is a culmination of her own observations and being involved with people all her life.



Libbla Kelly hopes her notebook will encourage an understanding of important values in life. Picture: Dougie Nicolson.

Although she did not have children of her own, she says the wisdom she gained through being with other people's sons and daughters inspired her to put pen to paper.

"We should never stop learning," she adds.

"I describe it as the nicest notebook you will ever own, with lots of room to write your thoughts and doodles.

"Despite technology, everyone needs a notebook.

**“**  
**We should never stop learning**

"Each page shares lines of wisdom and explains or suggests why that wisdom is important.

"I like to think the book makes us question and improve ourselves.

"Could we try harder, speak nicely to people, care more, be more interested and interesting? If we can we will all be happier for it."

Wisdom While You Work is available from [wisdomwhileyouwork.com](http://wisdomwhileyouwork.com), £11.99 plus p&p.

**MOTIVATION**

## Libbla's tips for getting the most out of life

● Do something good and kind to help others every day.

● Set a goal every day and achieve it, however small.

● Learn something new every day – a song, a fact, build on a new idea.

● Laugh every day and if you can, make others laugh too.

● Share something – talk to people, make the effort. Try the hardest you can and know you really have .

● Go into everything with a positive mind – a room, an interview, a new day.

● Do something good for your health everyday – exercise and eat healthily.

● Things don't just happen; you have to make them happen. Wisdom comes from knowledge and experience.

● Prioritise and get things done. This way you feel you have achieved something every day however small. Success is a great feeling.

● Remember, if you to put effort into life you will get more in return.

## **FAMILY FEEDS:** The Green Welly Restaurant, Tyndrum, Stirlingshire



● **What is it?** A spacious self-service restaurant in the middle of the wilderness close to the West Highland Way – a great place to stop if you're driving north.

● **First impressions?** The car park was busy when we stopped to stretch our legs after a drive back to Dundee from Oban. The queue in the restaurant was long but fast moving. Although there were lots of people looking for lunch, there were plenty of free tables.

● **Much of a wait?** We queued for a few minutes, put in our orders, found a table and the food was brought out fairly rapidly. The system seemed to work pretty well.

● **What did you have?** Having visited the Green Welly before and been delighted with our selections, mum and dad both went for the Scotch Broth (£3.10 each) to start. Our 14-year-old skipped the starter and went for a salmon salad (£5.75) while mum had a tuna Nicoise salad (£5.75) and dad had haggis, neeps and tatties (£6.95). With two coffees, a soft drink and a slice of caramel shortbread to take away, the overall spend was around £30.

● **How was the food?** Great quality and non-pretentious. The soup was made from lamb, vegetables and barley and served with bread rolls. Our teenager's salmon salad, which was proclaimed to be "mega", was served in a large bowl with fresh green

leaves and the poached salmon was tender and tasty. Mum's tuna Nicoise was similarly fantastic and both salad dishes were surprisingly filling. Dad's haggis, neeps and tatties were devoured with relish.

● **Good for kids?** The menu is extensive and offers a selection to satisfy people of all ages. It also offers children's food boxes and while we didn't sample these, we heard fellow diners singing their praises.

● **Good for the rest of the family?** The Green Welly is a wonderful place for a pit-stop. The shop has a wide range of food, gifts and souvenirs, while if you're short of

time, you can pop into the adjacent Snack Stop, which serves up bacon rolls, breakfasts, sandwiches and food to take away. Gluten-free, vegetarian and organic options mean there is something for everyone.

● **Would you go back?** Absolutely, yes.

● **Score:** 5/5

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