

L I F E P O E T R Y

COFFEE

*A N D*

QUOTES

K A T E L Y N M A C O M B E R

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# *Introduction*

Welcome to "Coffee and Quotes". A captivating book that will light up your path as you navigate life's journey. Within the pages of this book, you will discover a treasure trove of empowering quotes, transformative life lessons, and invaluable insights that will guide you toward love, teach you valuable lessons, and help you find lasting happiness. Let the light of these words illuminate your way and inspire you to create a life filled with purpose, growth, and profound joy.



*It's up to you*

*to allow*

*these words*

*to help...*

*to impact..*

*and guide*

*YOU!*

01

H A R D  
T I M E S

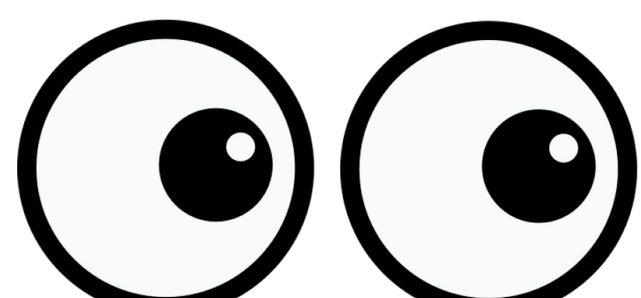
" WITHOUT  
THE BAD,  
THE UGLY,  
AND THE  
WORST,  
HOW  
WOULD WE  
CHERISH  
ANY OF  
THE  
GOOD? "



" LESSONS  
WILL  
CONTINUE  
TO  
TEACH

UNTIL  
THEY  
ARE  
LEARNED "

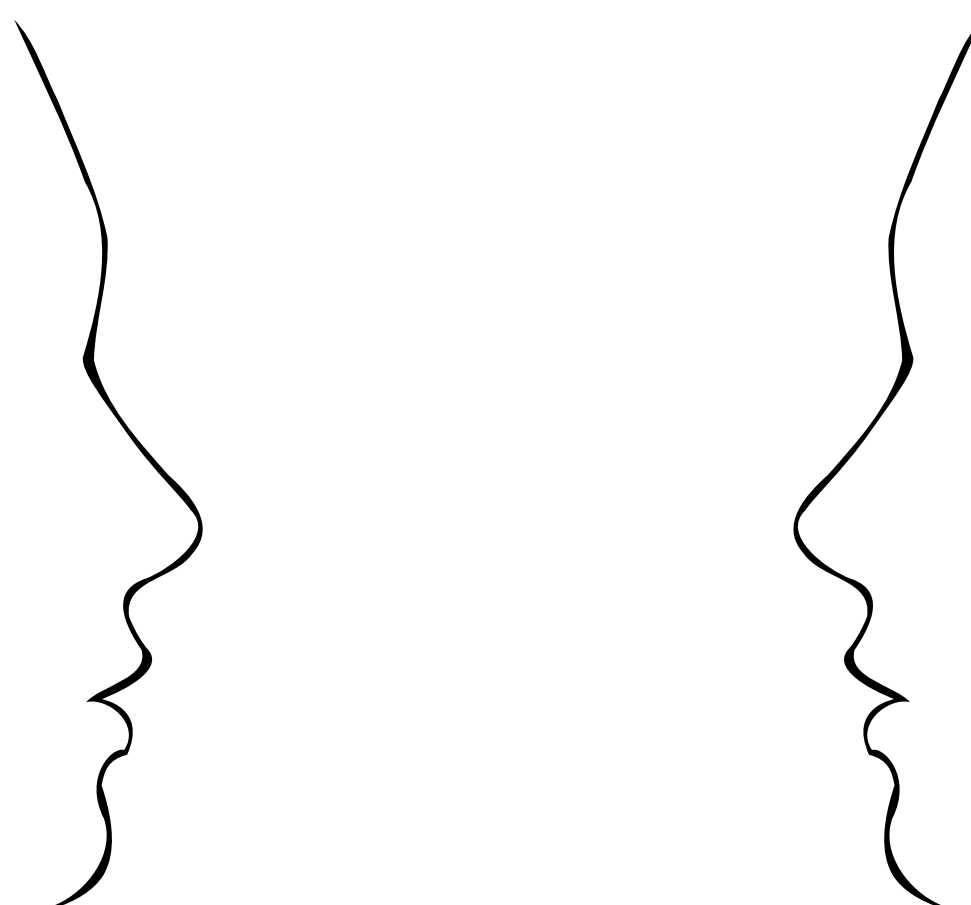




" LOOK AT EVERY  
LITTLE THING  
AS THERE IS  
SOMETHING TO  
BE LEARNED IN  
EVERYTHING. "

-KM

" S T R E N G T H  
D O E S N ' T C O M E  
F R O M A V O I D I N G  
H A R D T I M E S ,  
B U T F R O M  
F A C I N G T H E M  
H E A D - O N A N D  
E M E R G I N G  
S T R O N G E R T H A N  
E V E R . "

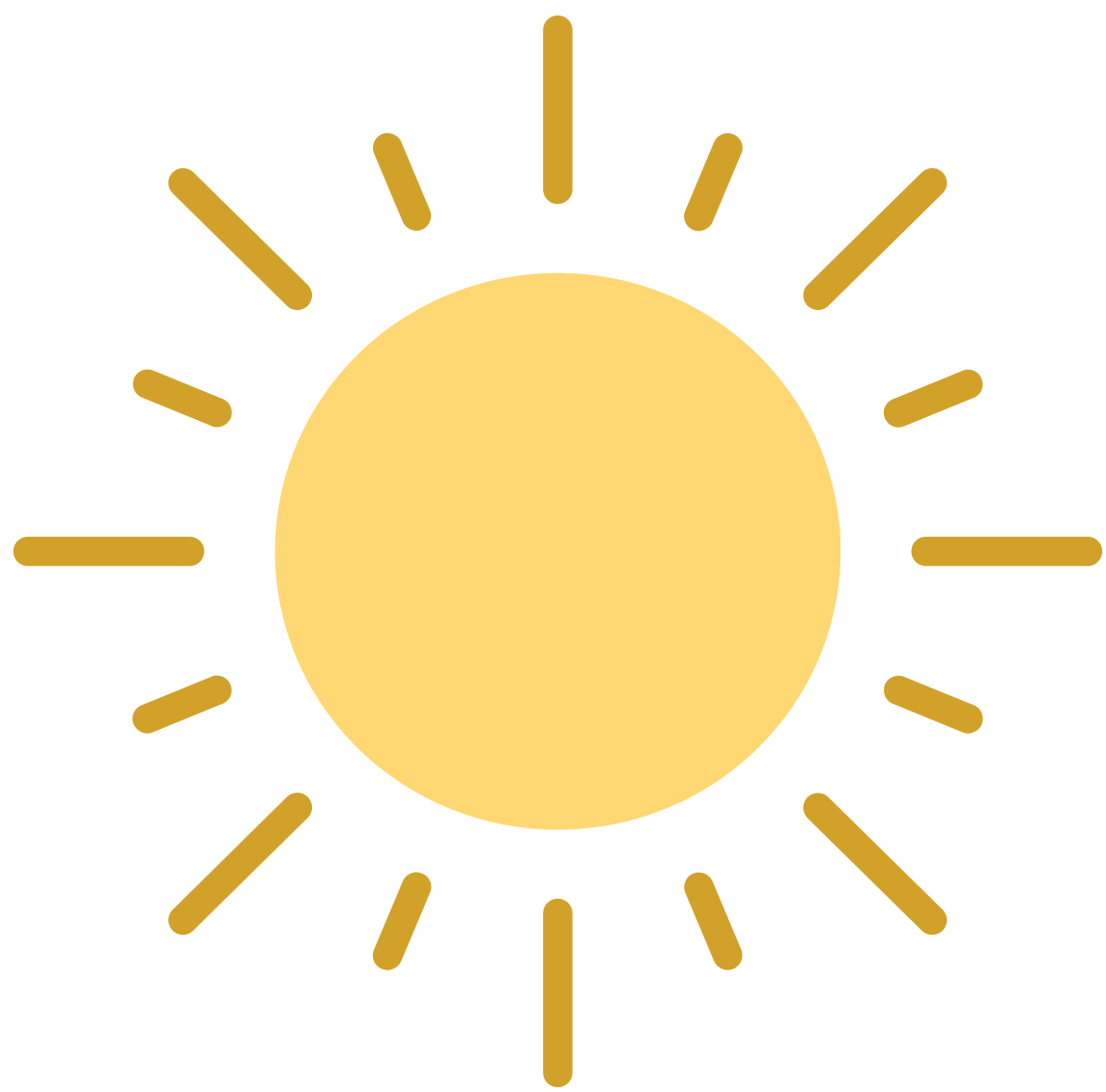


" I T ' S O K A Y  
T O N O T B E  
O K A Y .

I T R E A L L Y I S

B U T . . .  
I T ' S N O T  
O K A Y T O  
T H I N K  
Y O U ' L L  
N E V E R B E  
O K A Y  
A G A I N . "

A s h a d o w  
c a n o n l y  
b e c a s t  
t h r o u g h  
l i g h t , s o  
w h y a r e  
y o u o n l y  
f o c u s i n g  
o n t h e  
d a r k n e s s  
t h a t  
f o l l o w s  
b e h i n d ?



-KM



" H A R D   T I M E S  
D O N ' T   L A S T  
F O R E V E R ,  
B U T   Y O U R  
R E S I L I E N C E  
D O E S .   H O L D  
O N   A N D   K E E P  
M O V I N G  
F O R W A R D . "

-KM

## C O F F E E   &   Q U O T E S

" Y o u r   c u r r e n t  
s i t u a t i o n   i s  
n o t   y o u r   f i n a l  
d e s t i n a t i o n .  
B e l i e v e   i n  
b r i g h t e r   d a y s  
a h e a d   a n d  
k e e p   s t r i v i n g  
f o r   t h e m . "

"HARD TIMES ARE  
NOT A SIGN OF  
WEAKNESS; THEY  
ARE AN  
INVITATION TO  
DIG DEEPER AND  
DISCOVER THE  
DEPTHS OF YOUR  
INNER STRENGTH."



-KM



## C O F F E E   &   Q U O T E S



" I N   T H E  
D E P T H S   O F  
D A R K N E S S ,  
R E M E M B E R  
T H A T   E V E N  
T H E  
S M A L L E S T  
F L I C K E R   O F  
H O P E   C A N  
I L L U M I N A T E  
T H E   P A T H  
A H E A D .   K E E P  
G O I N G ,   F O R  
W I T H I N   Y O U  
L I E S   T H E  
S T R E N G T H   T O  
W E A T H E R   A N Y  
S T O R M   A N D  
E M E R G E  
S T R O N G E R ,  
W I S E R ,   A N D  
F I L L E D   W I T H  
T H E   L I G H T   O F  
R E S I L I E N C E . "

-KM

coffee & quotes

" O N E D A Y  
Y O U R " W H Y S "  
W I L L B E  
A N S W E R E D . . .

A N D T H E N

Y O U ' L L  
U N D E R S T A N D W H Y  
I T W A S  
N E C E S S A R Y . "

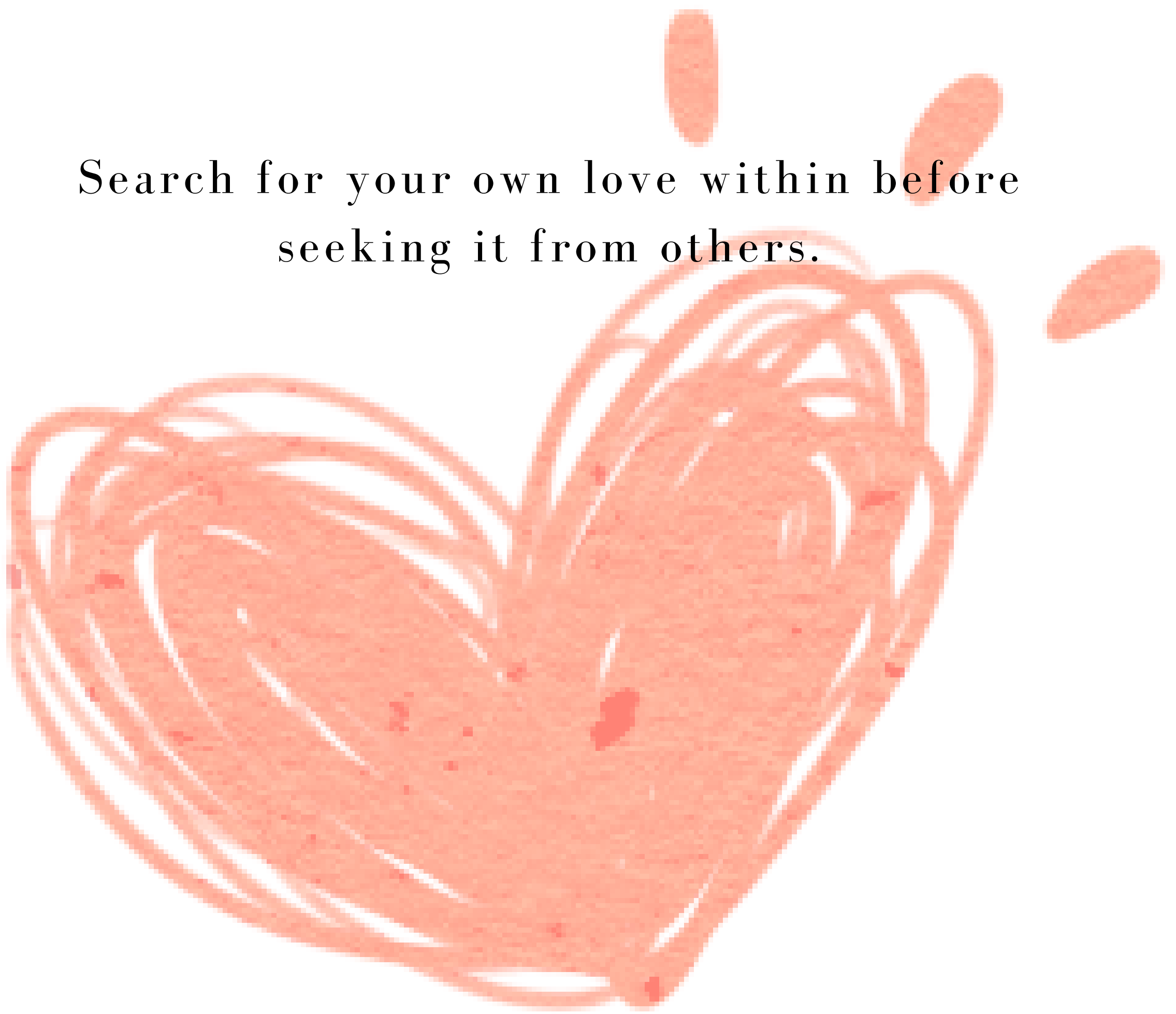
- K M

" I N T H E D A R K E S T  
O F N I G H T S  
R E M E M B E R , T H E  
D A W N A W A I T S W I T H  
O P E N A R M S .  
B E T T E R T I M E S A R E  
O N T H E H O R I Z O N ,  
R E A D Y T O P A I N T  
Y O U R W O R L D W I T H  
C O L O R S O F J O Y  
A N D R E N E W E D  
H O P E . "

-KM

coffee & quotes

Search for your own love within before  
seeking it from others.



- K M

A M I D S T   T H E   D A R K E S T  
N I G H T ,   S T A R S   W I L L  
S T I L L   S H I N E   B R I G H T ,  
A   R E M I N D E R   T H A T  
H O P E   P E R S I S T S ,  
E V E N   I N   T H E  
A B S E N C E   O F   L I G H T .  
E M B R A C E   T H E  
G E N T L E   W H I S P E R S  
O F   T H E   E V E N I N G  
B R E E Z E ,   L E T   T H E M  
C A R R Y   Y O U R  
W O R R I E S   A W A Y ,   A N D  
B R I N G   Y O U   P E A C E .

" I F T H E R E ' S  
N O T H I N G  
Y O U C A N D O  
T O C H A N G E  
I T T O D A Y ,

W H Y L E T I T  
C H A N G E  
Y O U R  
T O D A Y ? "

Y o u   a r e   n o t  
g i v e n   m o r e  
t h a n   y o u   c a n  
h a n d l e ,   j u s t  
b e c a u s e   y o u  
d o n ' t   h a v e  
t h e   *s t r e n g t h*  
t o   o v e r c o m e  
t o d a y  
d o e s n ' t   m e a n  
y o u   n e v e r  
w i l l .

- K M

02

U P S I D E

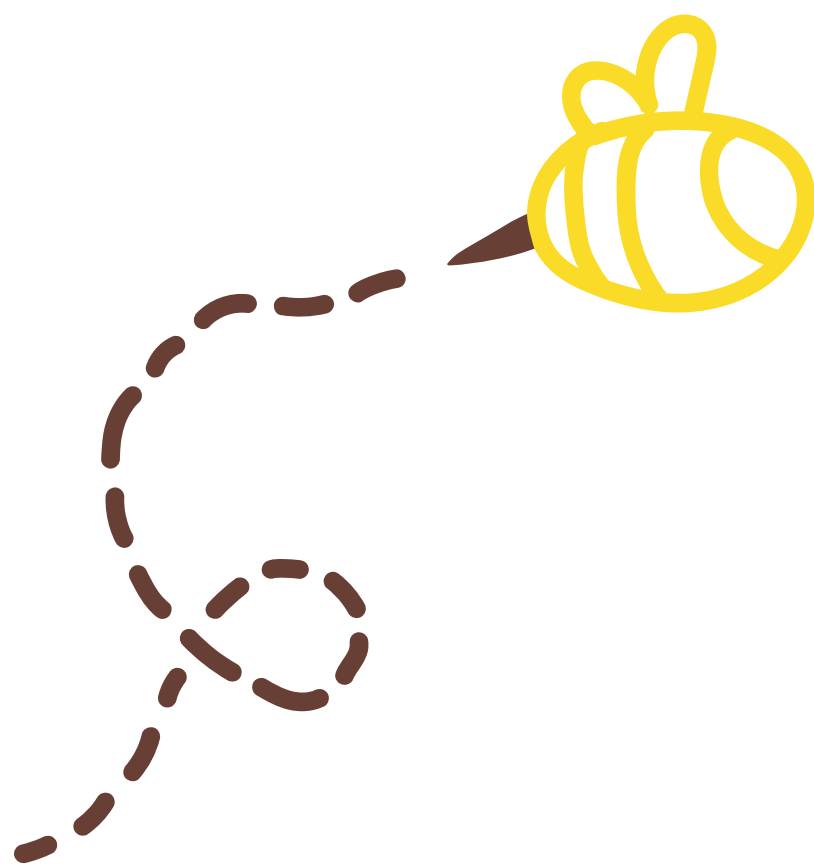


coffee & quotes

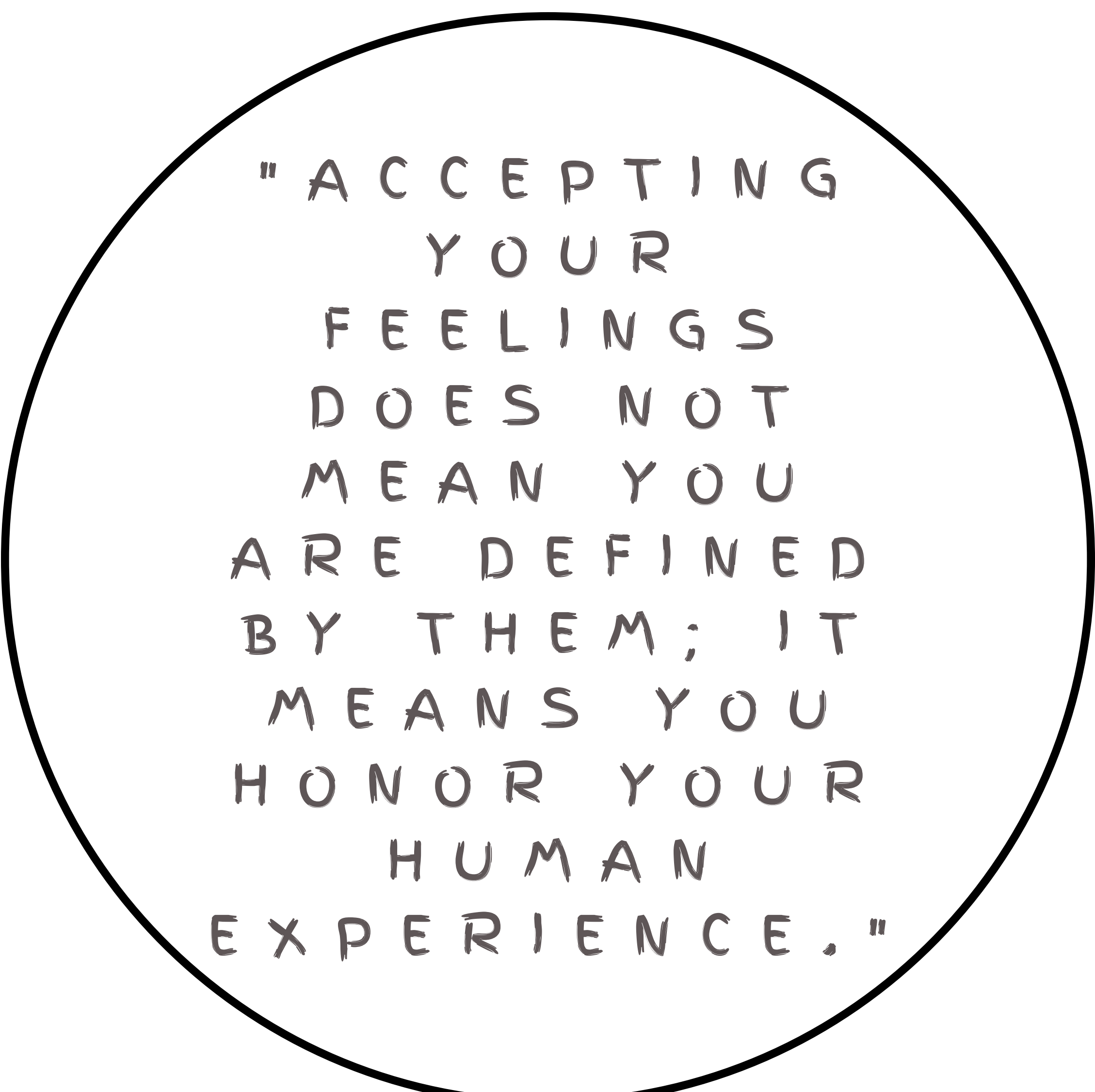
\ \ B E H A P P Y / /

\ \ B E G R A T E F U L / /

\ \ B E K I N D / /



- K M



"ACCEPTING  
YOUR  
FEELINGS  
DOES NOT  
MEAN YOU  
ARE DEFINED  
BY THEM; IT  
MEANS YOU  
HONOR YOUR  
HUMAN  
EXPERIENCE."

-KM

# coffee and quotes

"Life is a wild adventure,  
full of twists and turns.  
Embrace the ride and  
cherish every moment."



"take a deep  
breath and  
remember that  
you are here,  
right now,  
alive and  
capable of  
incredible  
things."

-KM



"You are a unique spark in the vast universe, radiating your own light and bringing your own magic to the world."

-KM

*"Obstacles are an inherent part of life's journey. Rather than succumbing to defeat, approach them with determination and creativity. Find alternative routes, seek support, and develop the skills needed to overcome any hurdle in your path."*

-KM

coffee and quotes

"You will never know  
what is waiting around  
the next river bend  
*just enjoy the experience.*"

-KM

coffee and quotes

"Don't forget, your body  
was built to survive this  
world.. mentally,  
physically, and  
emotionally."





*"There is good in every day, once you begin finding it you'll see just how much you were allowing yourself to miss."*



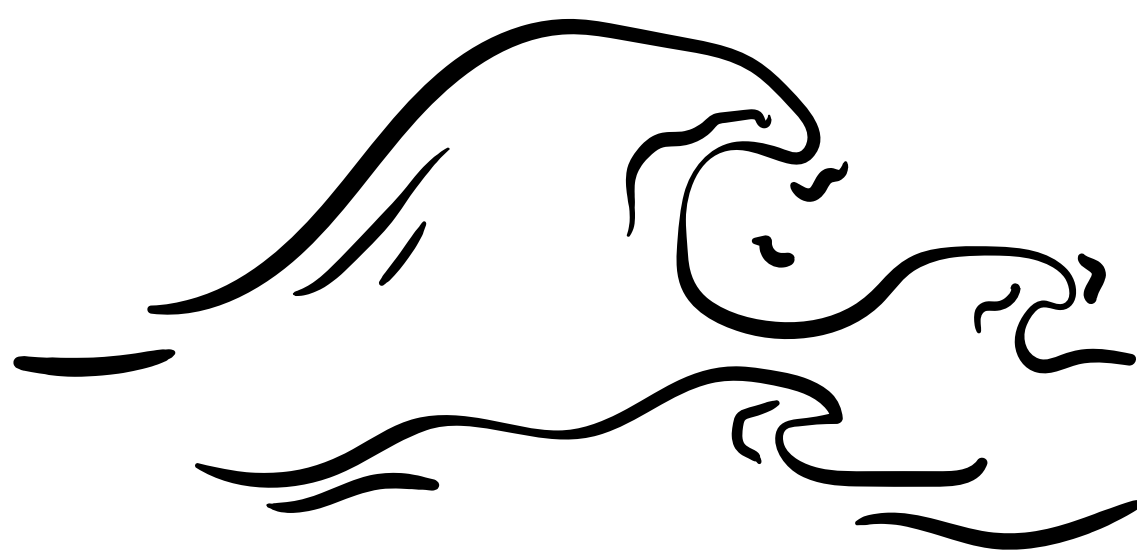
-KM

03

L I F E  
L E S S O N S

coffee and quotes

*"We can't all see the  
bottom of the ocean, but  
that doesn't stop us from  
enjoying the beauty it  
offers."*

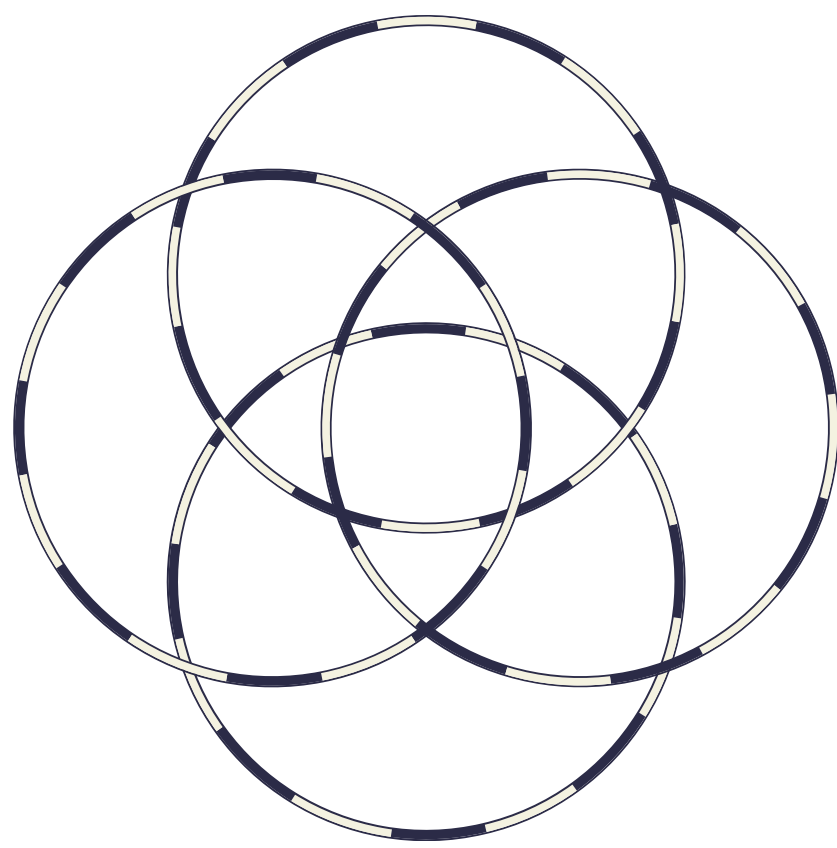


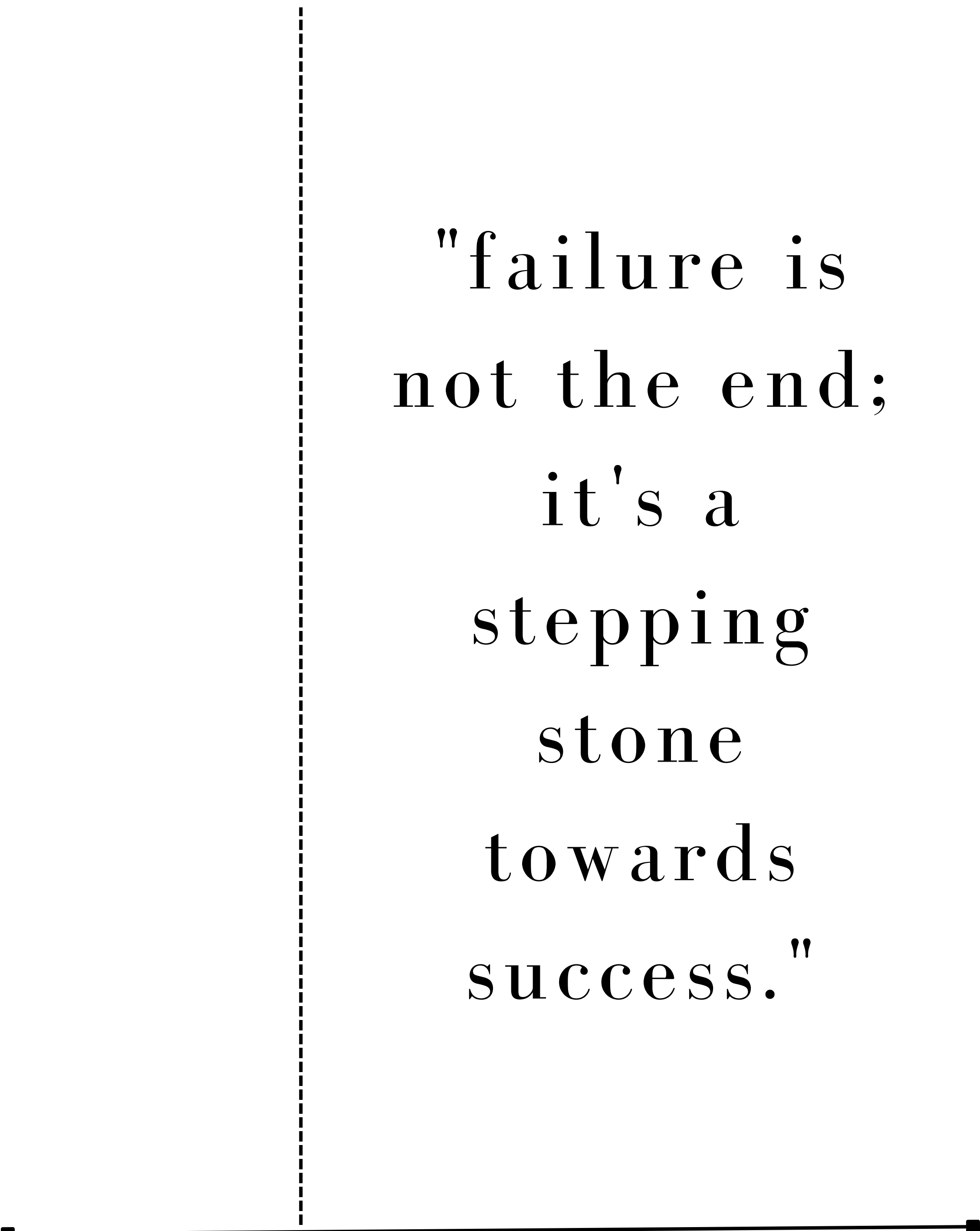
-KM

"simplicity  
is  
a whole lot  
less  
stressful"

-KM

"life's greatest lessons are  
often learned through the  
deepest struggles."





"failure is  
not the end;  
it's a  
stepping  
stone  
towards  
success."

-KM

---

"The key to happiness  
is *gratitude*. Count  
your blessings, no  
matter how small, and  
watch as your  
perspective changes."

---

-KM

*"Kindness  
costs nothing,  
but its impact  
can be  
priceless.*

*Spread acts of  
kindness  
wherever you  
go and watch  
as they ripple  
through the  
world."*



"I can't force you to open your  
eyes or mind

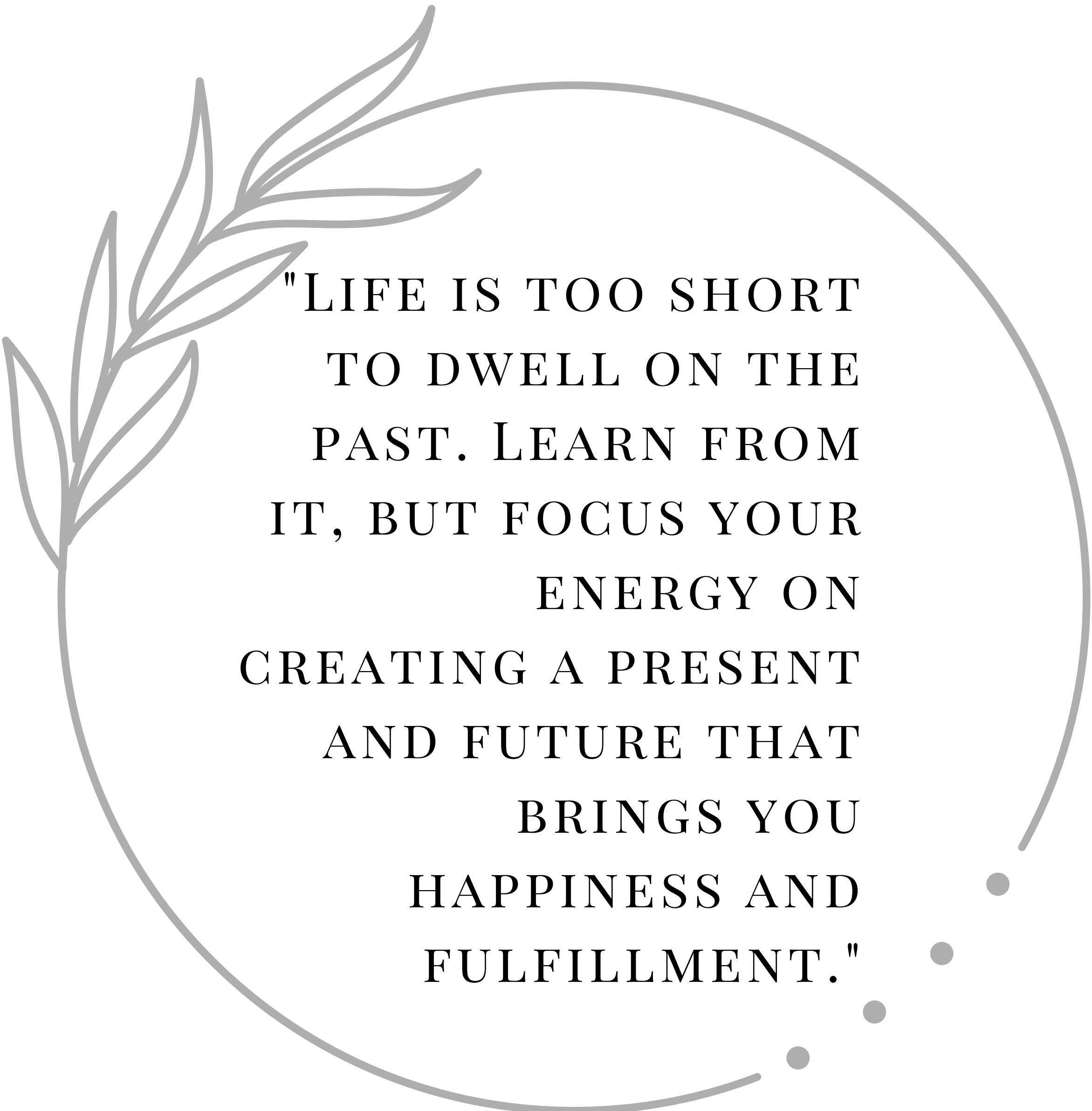
but I can encourage you to

LISTEN

take in everything and find your  
own meaning in anything."

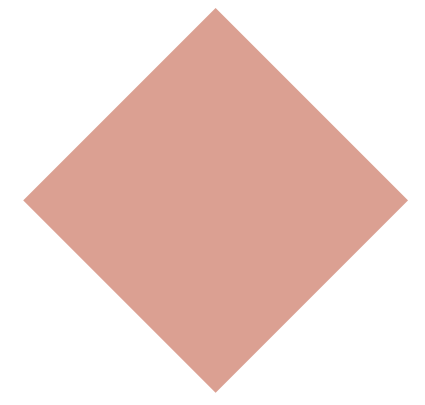
COFFEE AND QUOTES

-KM



"LIFE IS TOO SHORT  
TO DWELL ON THE  
PAST. LEARN FROM  
IT, BUT FOCUS YOUR  
ENERGY ON  
CREATING A PRESENT  
AND FUTURE THAT  
BRINGS YOU  
HAPPINESS AND  
FULFILLMENT."

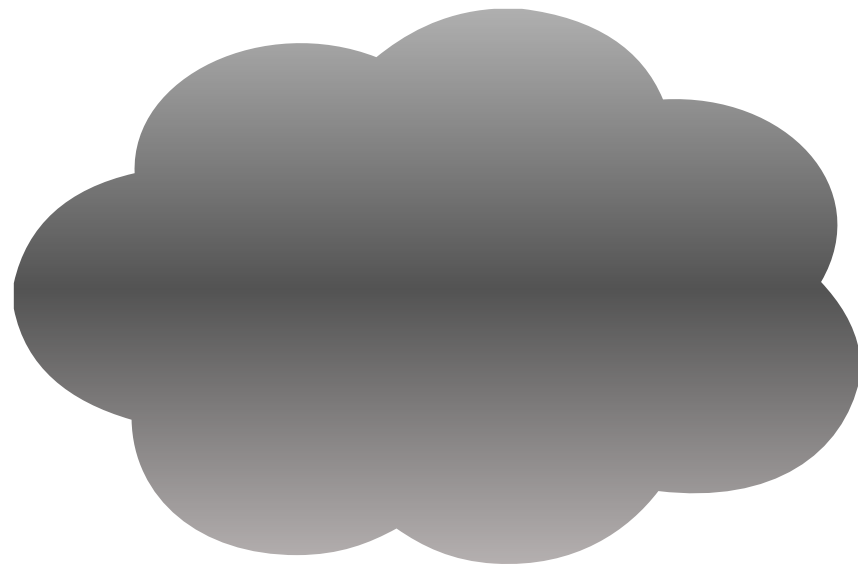
-KM



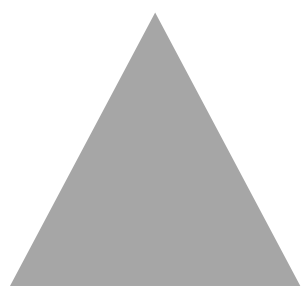
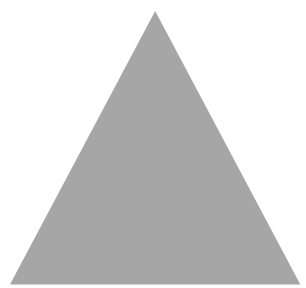
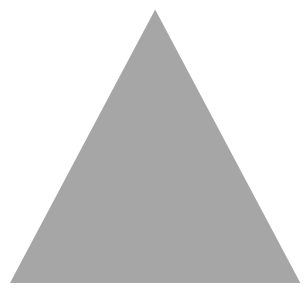
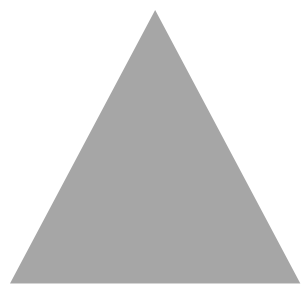
"Life's moments of pain  
become our greatest  
teachers, unveiling  
truths and turning us  
into believers."

-KM

"hard lessons  
are life's way of  
nudging us  
towards our  
true potential."



-KM



"Heartache and  
loss will leave  
their mark.. but  
they teach us  
unseen love,  
even in the  
dark. Only  
through  
shattered  
pieces, we will  
learn to heal  
and find the  
courage to  
again reveal."

You chose if you matter...

then you chose if you will matter  
to this  
world

It is a choice...  
your choice.

you matter

-KM

04

N O I S E

"don't let the power of the outside  
world diminish your screams  
within."

-KM



*coffee and quotes*

"Sometimes  
closing doors  
with others is a  
way of opening  
new ones within  
ourselves"



-KM

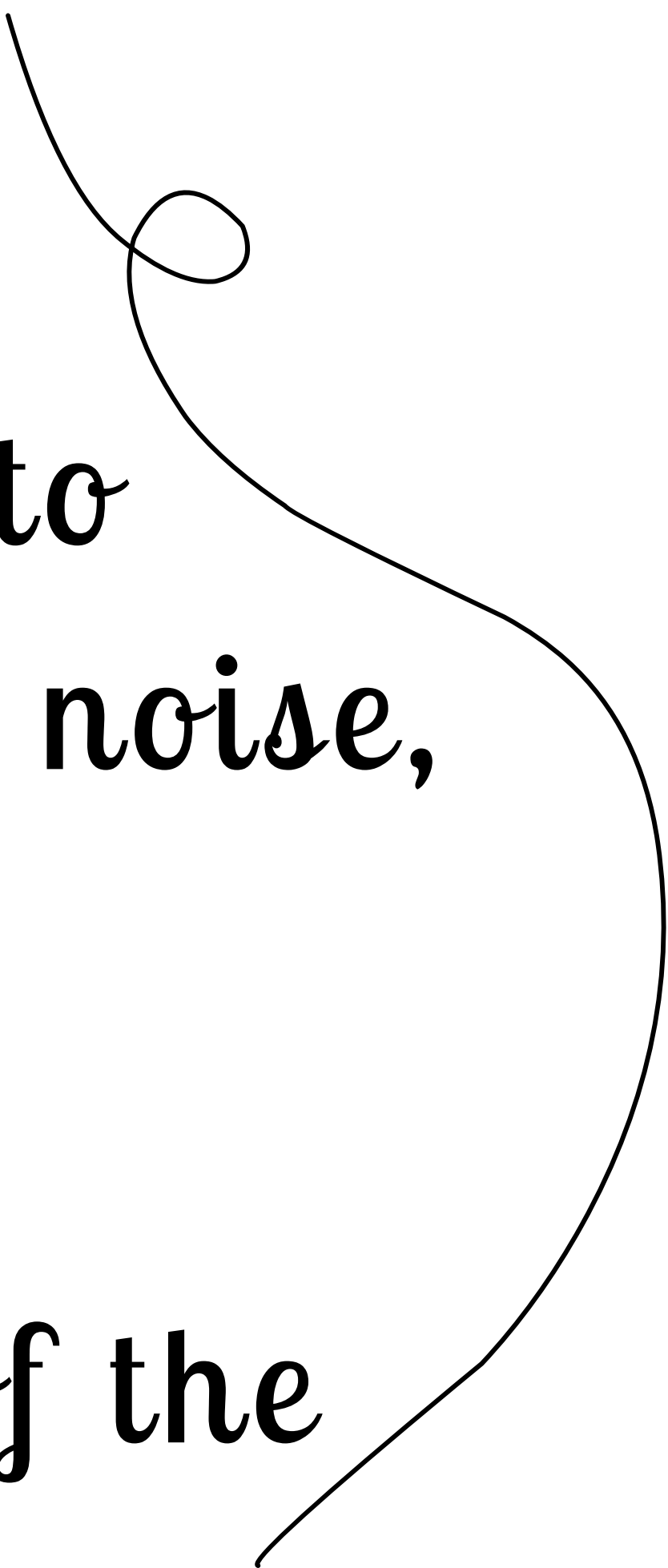


"I dropped  
everything  
at one  
point.  
my home.  
my friends.  
myself.

THEN  
I took a risk.  
When I thought  
I had failed...  
I had just begun  
winning."

-KM

*coffee and quotes*



"It's difficult to  
escape all the noise,  
but always  
remember the  
significance of the  
silence"

-KM

*Focus on doing.*

doing things for yourself,

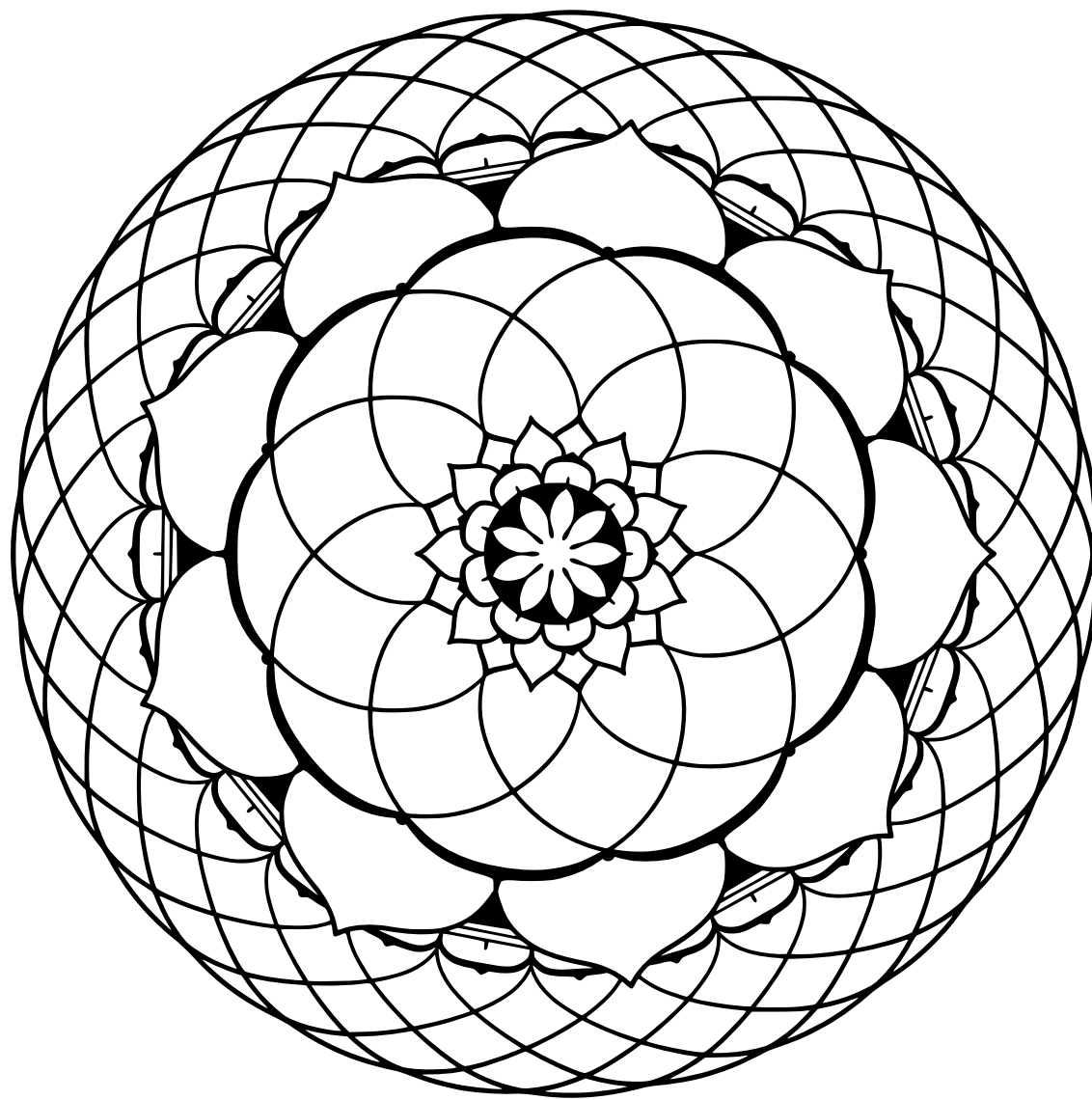
-KM

## *COFFEE AND QUOTES*

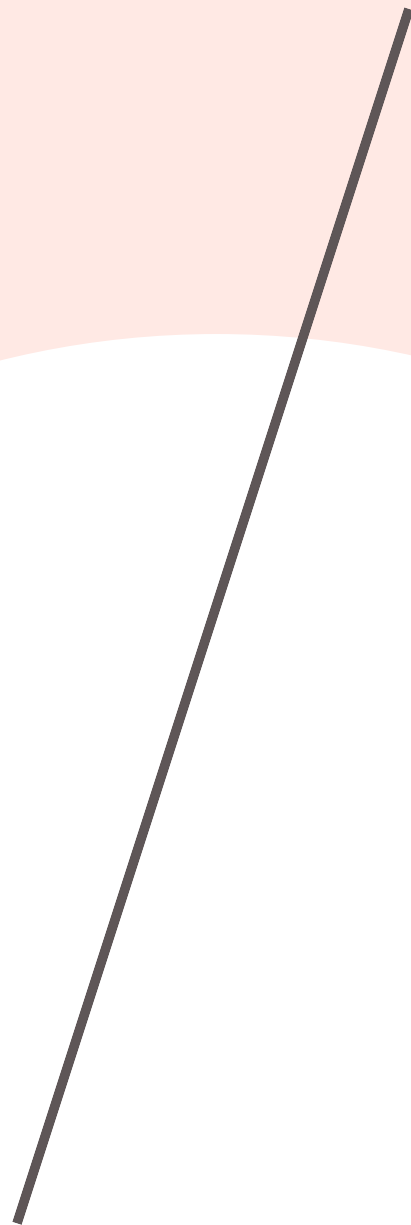
"it will only get to you if you let it, but take that with a grain of salt, sometimes you must let the dark catch up in order to find a new light within"

-KM

“You are a creator. Let the  
power of your mind shape the  
reality before you.  
Acknowledge the noise within  
and shape your thoughts to  
coexist with the dreams of your  
future. Watch the power of  
using your own noise to shape  
your reality.”

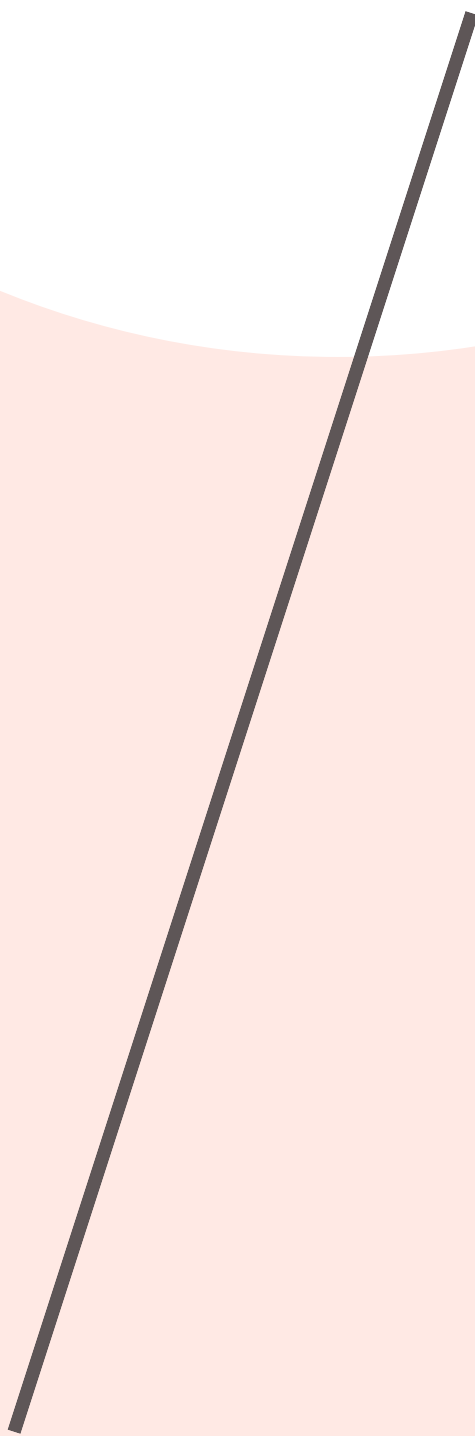


05



N E W

L I G H T



*"it only takes a breath of  
realization to know you're on the  
right path"*



why do you only want things

that you

already know the outcome of?

break the  
predictable  
patterns

dive into the unknown

-KM

*coffee and quotes*

"Some day it will all just start  
clicking together  
I PROMISE"



-KM

"Not knowing is the  
exciting part

step out and go see for yourself

new people  
new places  
new perceptions."

-KM

"Before anything,  
find peace of mind."

-KM

"It may not be  
tomorrow

and it may not be the  
next

but the energy that  
resides

even attraction can't  
deny"

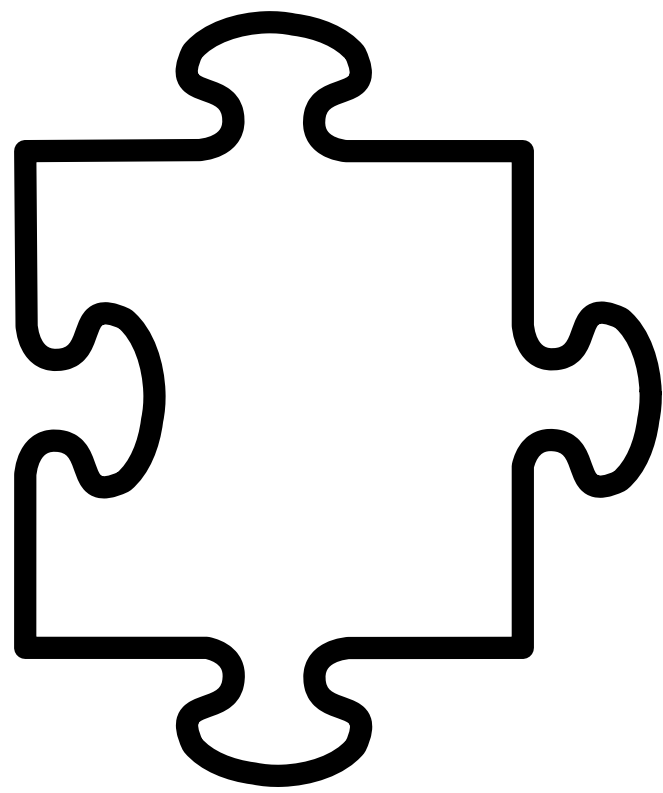
-KM

*coffee and quotes*

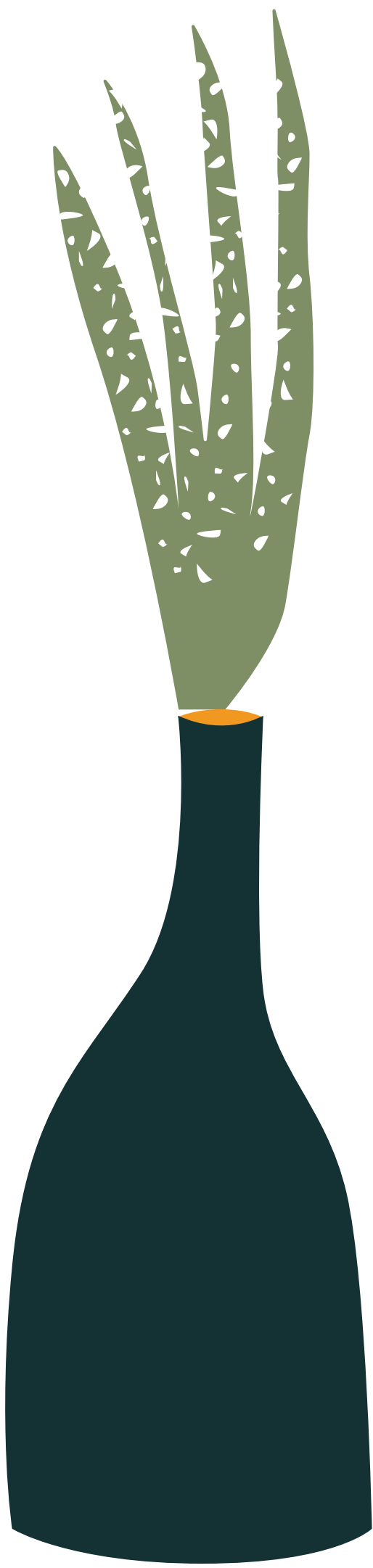
"Forget everything you thought you  
knew, your whole life is meant to  
seem as if everything is impossible  
or far out of reach,  
if you really wanted it you would  
find a way,  
your own way."

-KM

Things go wrong for you to see the  
right way



-KM

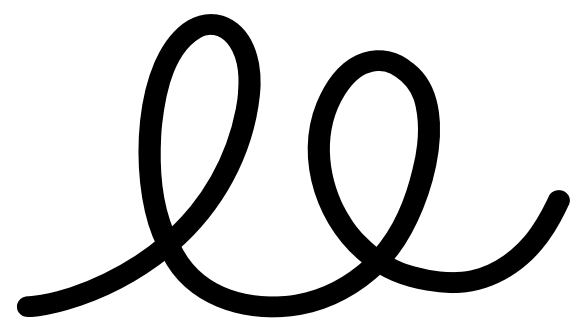


"gratefulness  
is  
the  
key  
to  
living  
...  
living  
to  
feel  
alive  
not  
just  
survive"

-KM



# Note from author



When my life began  
changing, I focused on my  
"old" self... *the energy* I  
used to have, *the happiness*  
I used to have, *the friends* I  
used to have.

Instead of focusing on the  
"used to", embrace the *new*  
*change*, the *new chapter*,  
and the *new lessons*.

06

H E A L I N G

*coffee and quotes*

"Just because you can't help  
everyone  
doesn't mean you can't help  
someone"



-KM

You're gonna lose a  
lot of people in your  
life.

I'm sorry, but it's the  
truth.

And most of them,  
probably because of  
nothing you did.

BUT,  
why would you try to  
keep someone in  
your life that doesn't  
wanna be there?"



there is a reason for everything,  
even if you can't find one, there  
is still one; it just hasn't finished  
teaching you yet.

trust the process.  
embrace the journey.

-KM

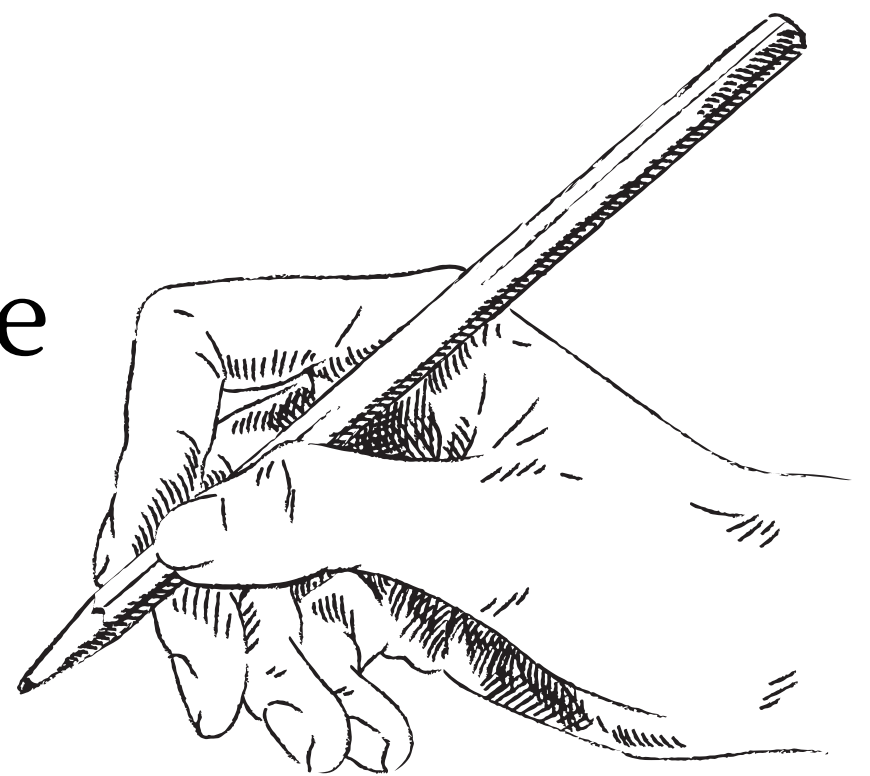
we are meant to  
*feel.*

just as much as we are meant to  
*heal.*



"Start back at the basics  
and find happiness in the  
simple things"

COFFEE AND QUOTES



it's gonna be hard most days, but then all a sudden will be that one day when it begins to get a bit easier



*That day is  
worth waiting for*

-KM

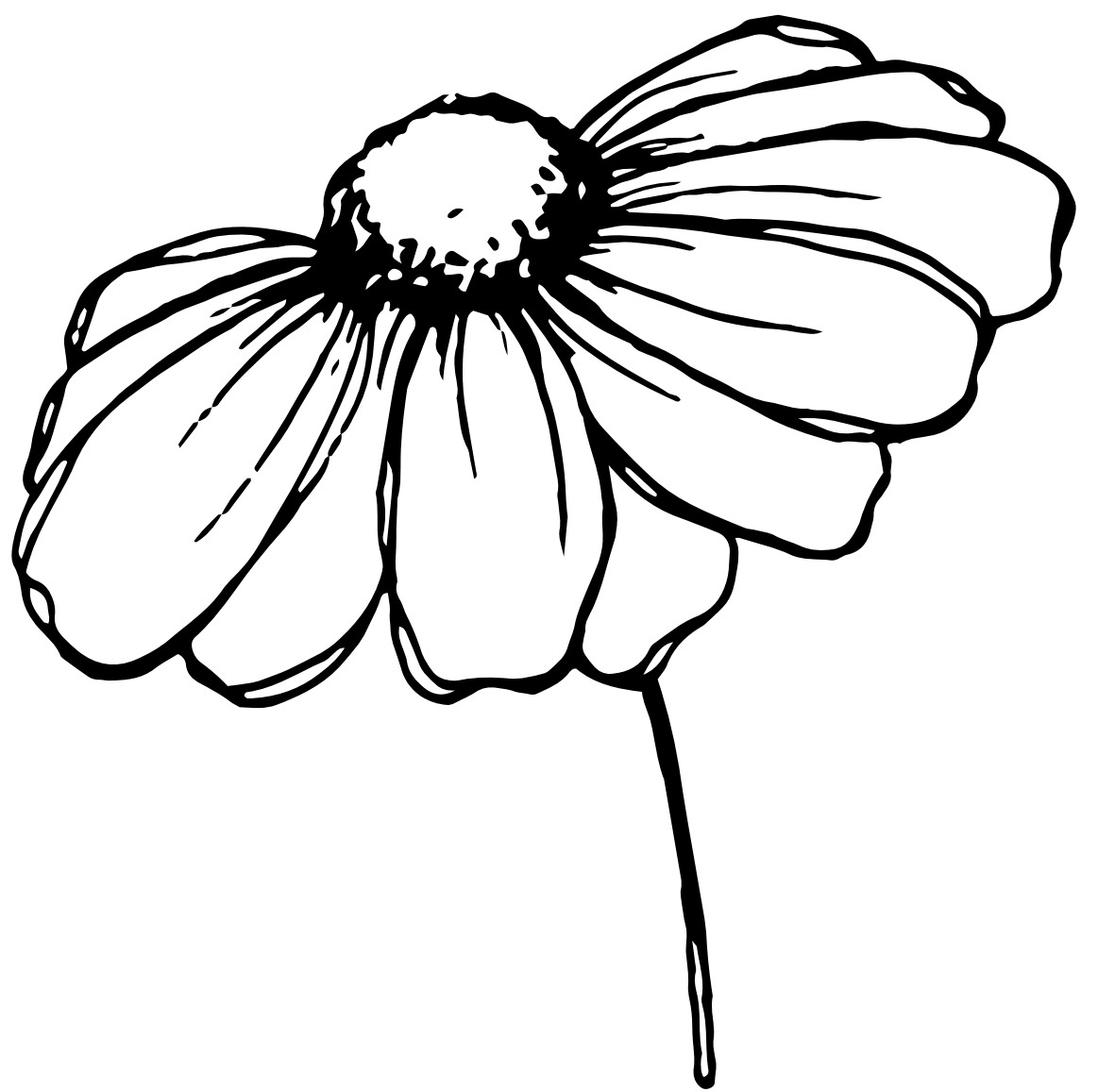


"yes.  
i'll admit it,  
sometimes it  
is hard to be  
kind.  
*but*  
it should  
always be  
harder to not  
be."

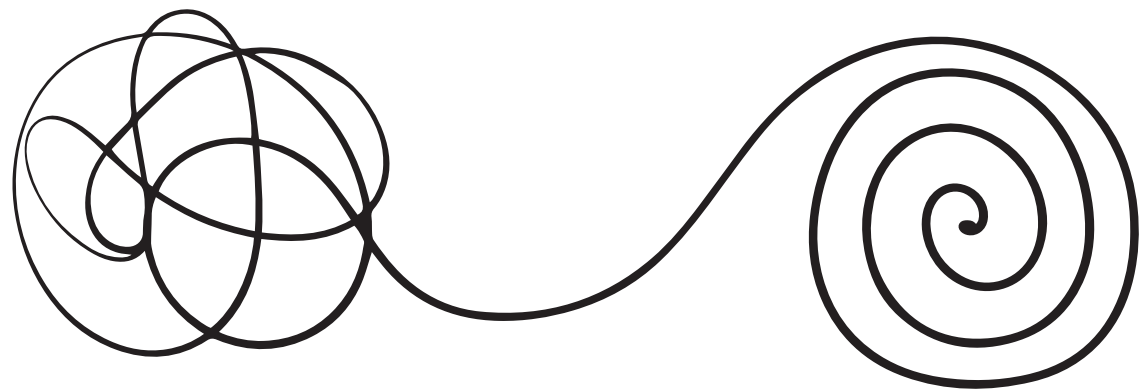


-KM

*"Don't rely  
on others  
to believe  
in yourself."*



"now how are you  
supposed to learn from  
your mistakes,  
when you're  
continuously punishing  
yourself for them?"



-KM

07

U N C E R T A I N T Y

*coffee and quotes*

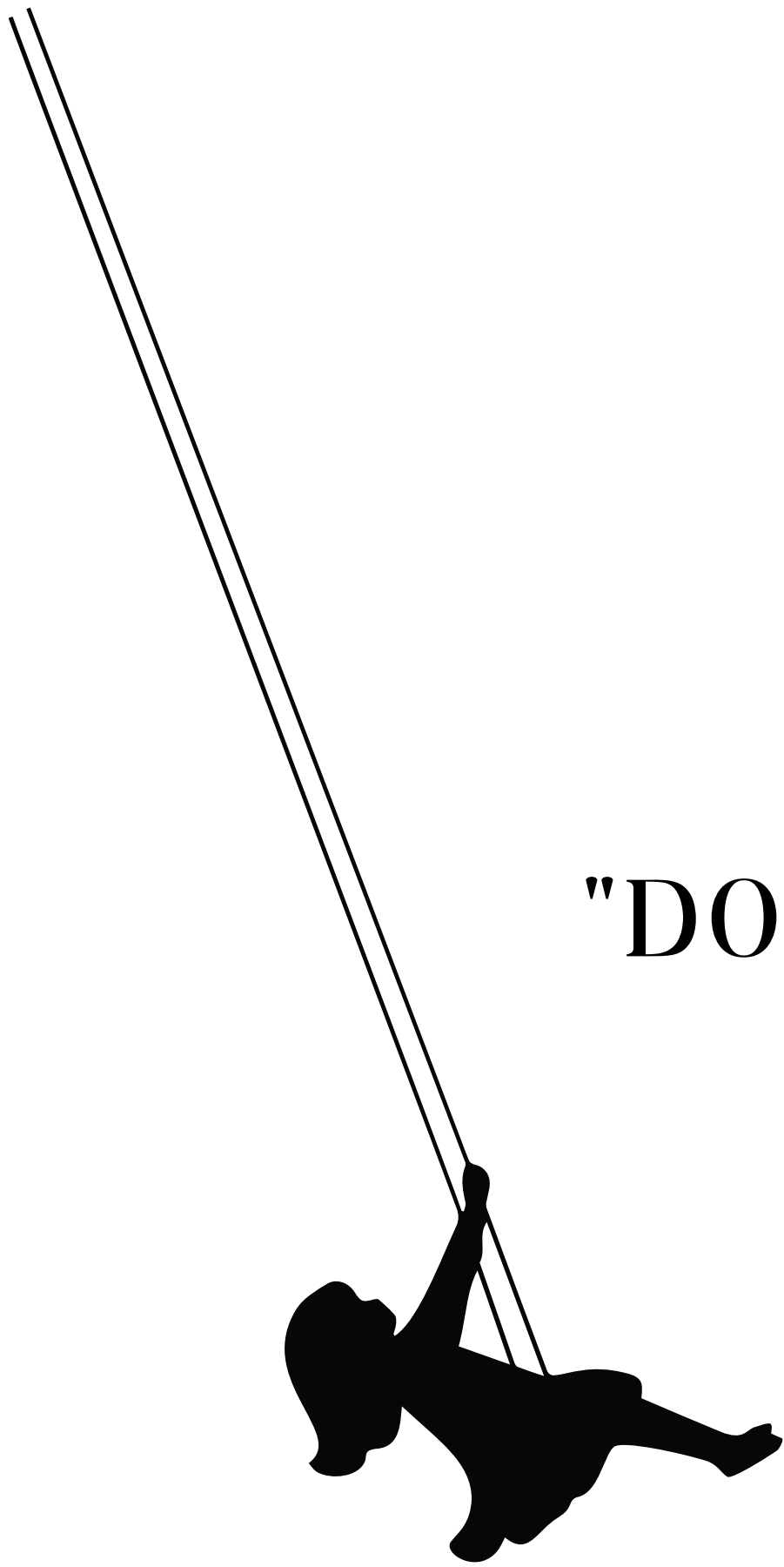
"Allow yourself to flourish,  
no one  
and nothing  
should stop you from chasing  
dreams  
or taking a risk"



-KM

The only  
permanent  
part of  
your life  
is  
yourself.

-KM



"DON'T FORGET...  
years a go  
you dreamt of  
being here"

-KM

"Who knows?"

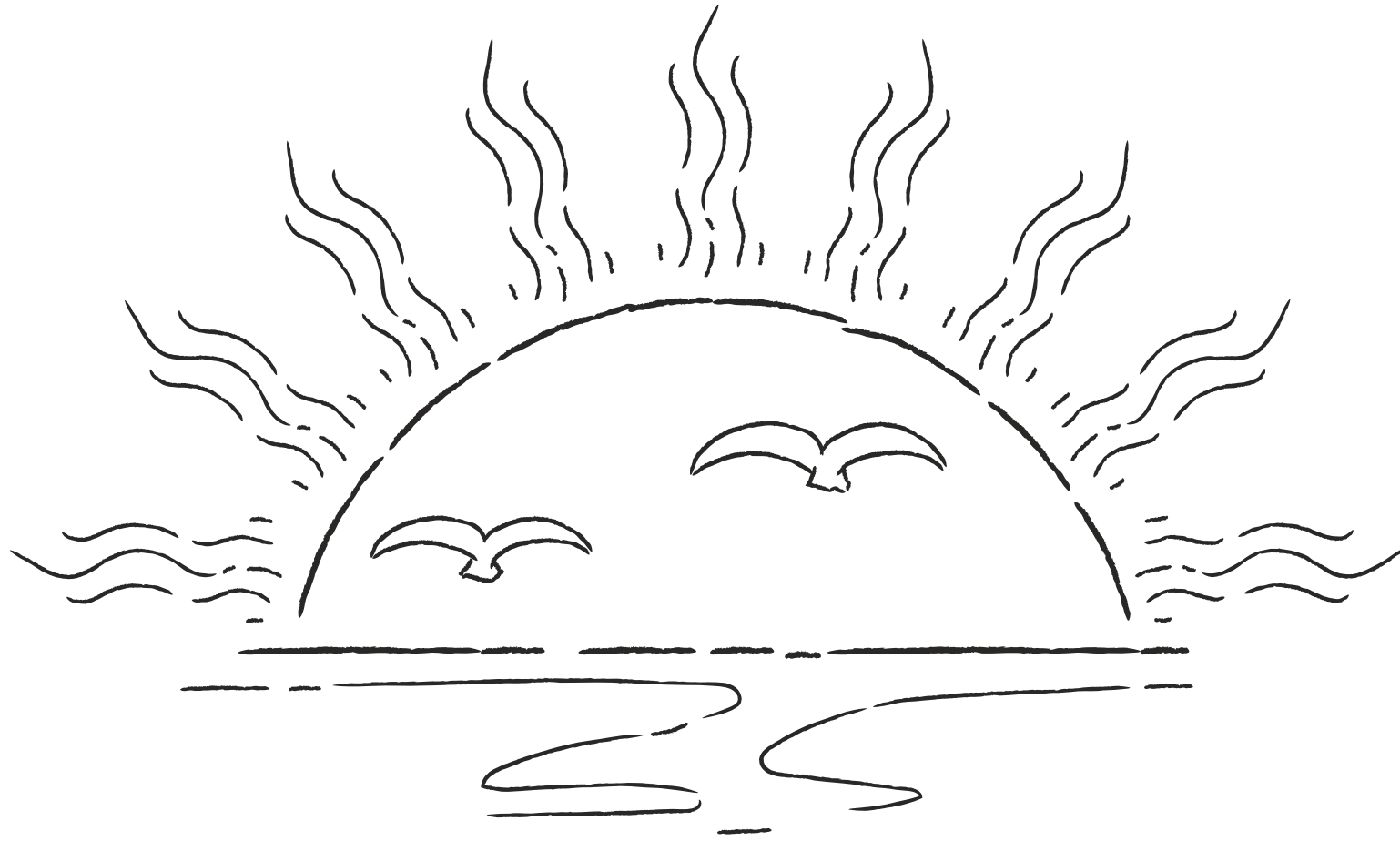


**maybe all the unknowns in life  
holds all the possibilities."**

-KM



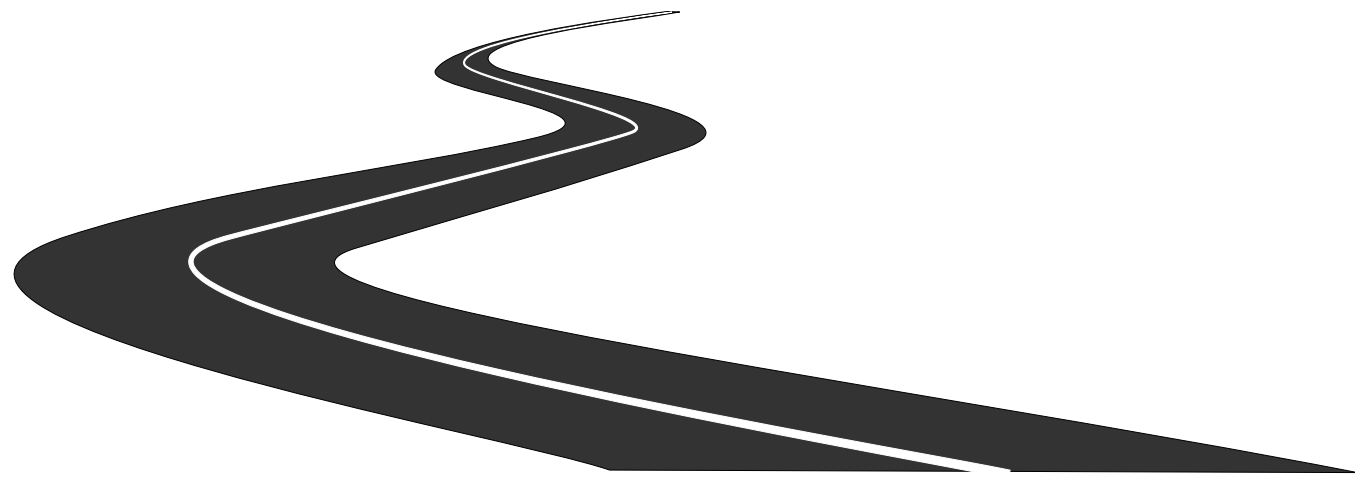
*coffee and quotes*



"life does not come with  
guidelines.  
but still, the thoughts  
consume you"

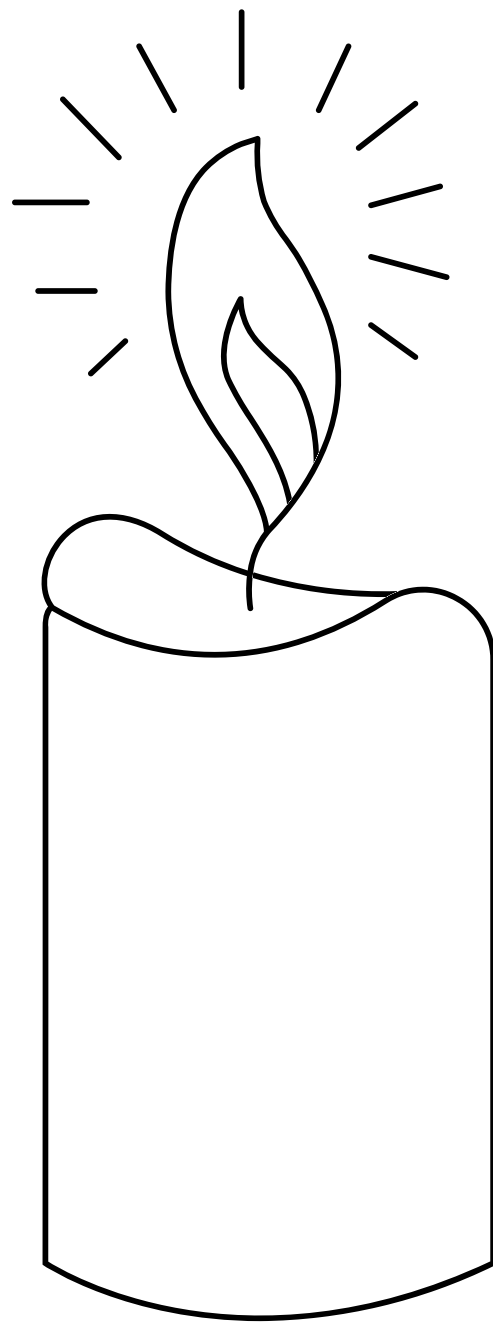
-KM

surprisingly, not having a  
path...  
has been the best path.



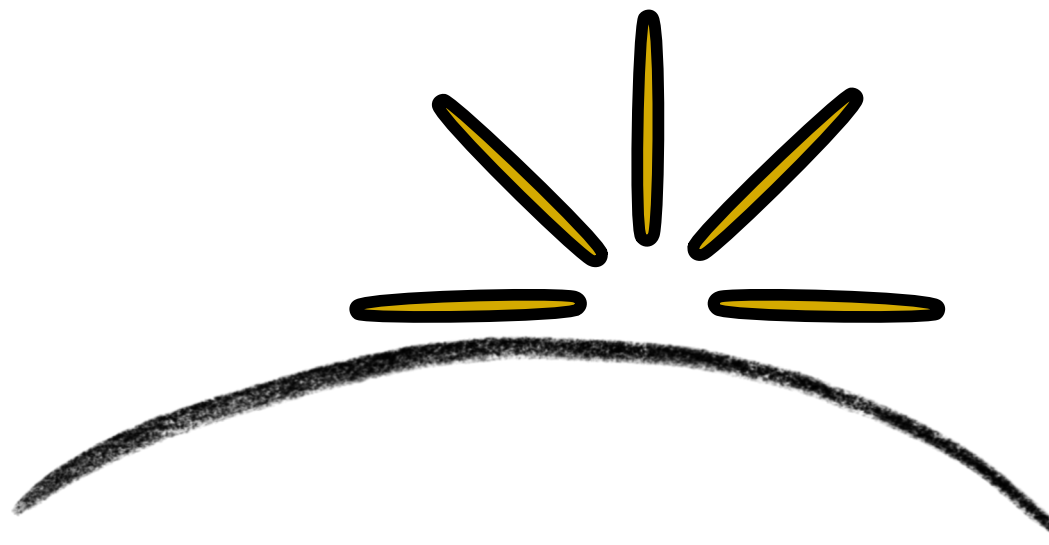
-KM

trust your mind, heart, and soul



every message is a path to whom you  
really are

-KM



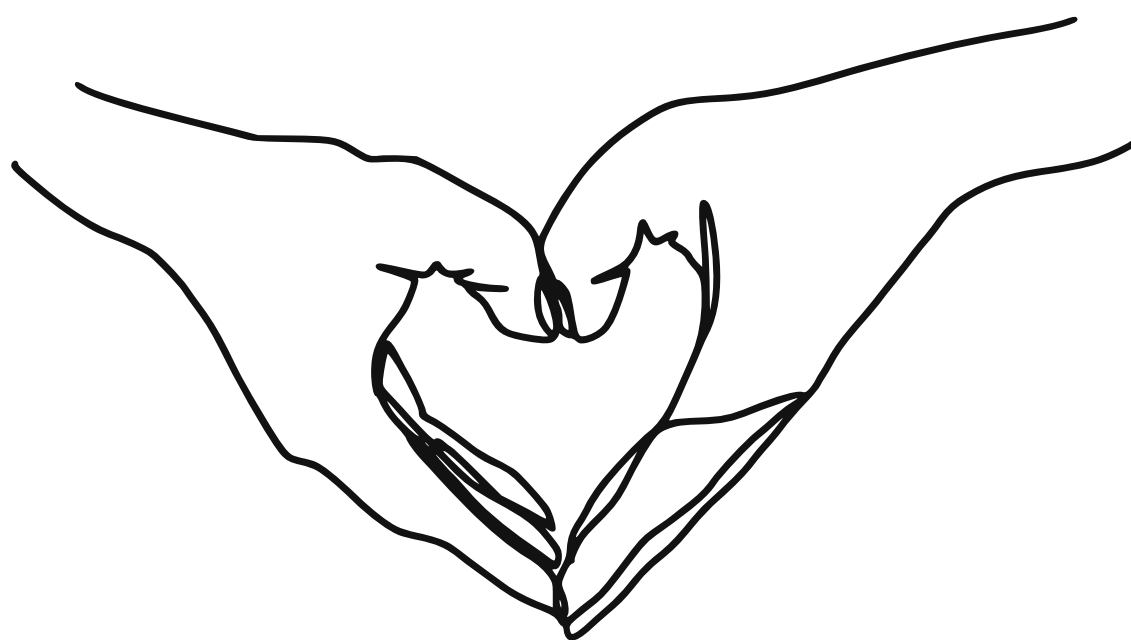
"with disappointment comes the  
realization to what you truly  
deserve."

-KM

*coffee and quotes*

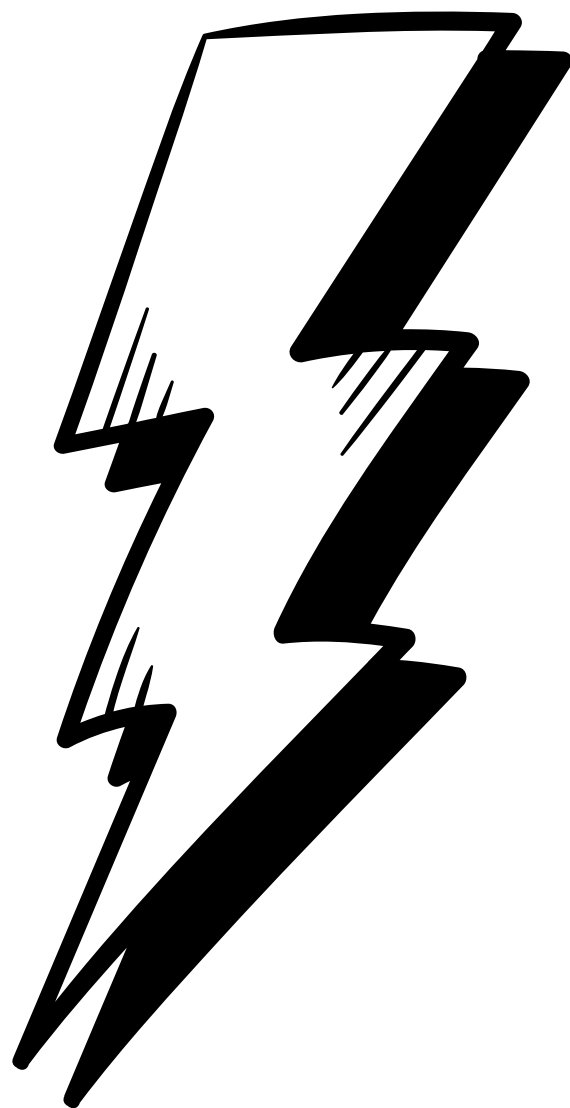
you truly are a  
reflection of how  
you are mentally..

focus on being better to yourself  
and the world, then watch  
your  
life  
change



-KM

"break expectations  
and push limits..  
you'll never know  
the outcome  
unless you try"

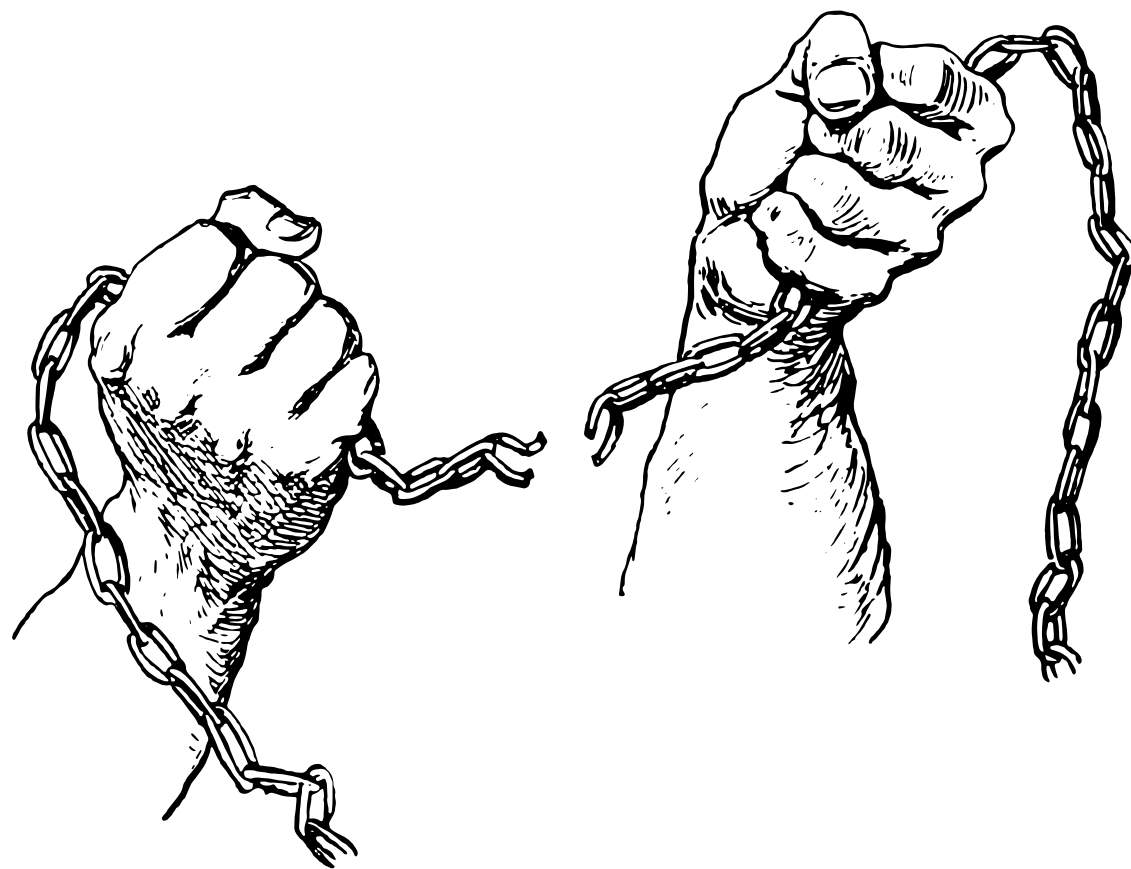


-KM

look at you your hands...

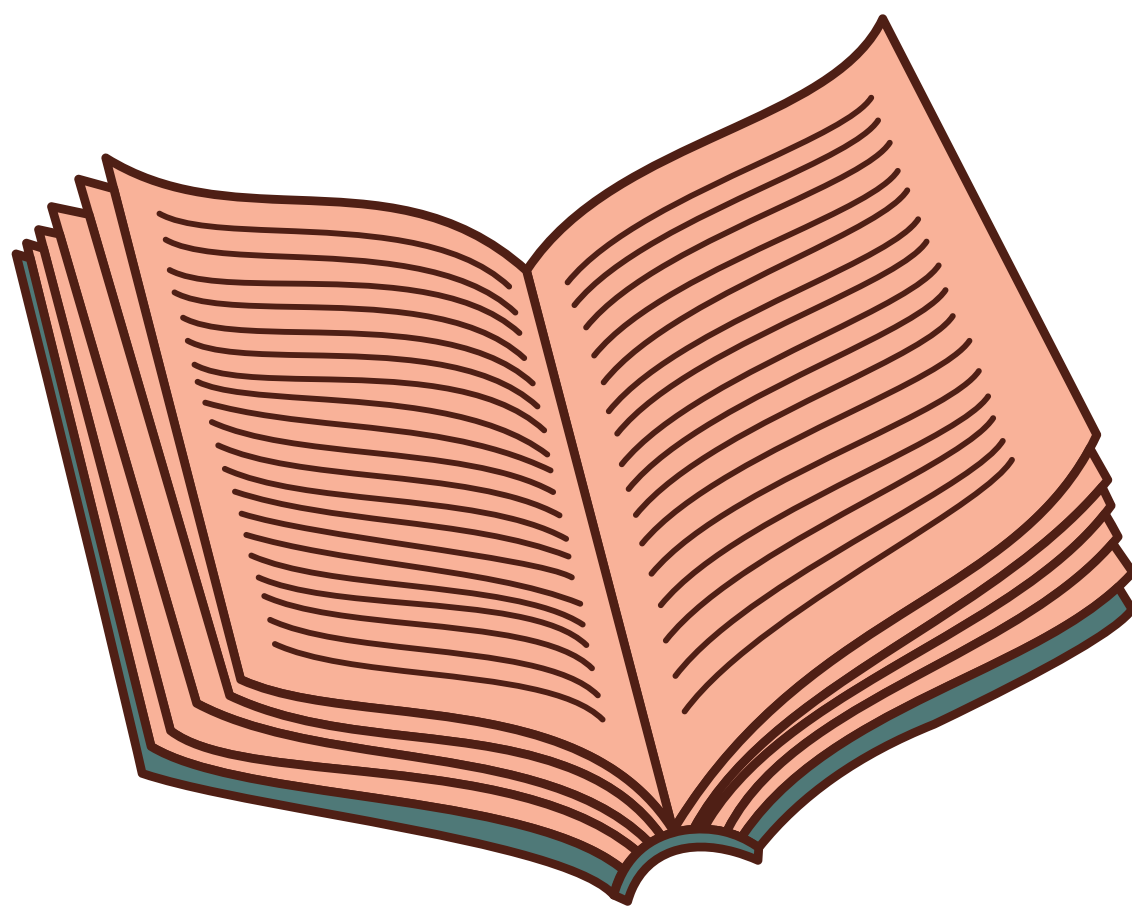
there is nothing tying them  
together,

you're allowed to make  
your own decisions



-KM

"why fear the blank pages  
of a beautiful story that is  
waiting to be written?"



-KM



*coffee and quotes*

**UNCERTAINTY**

leads to

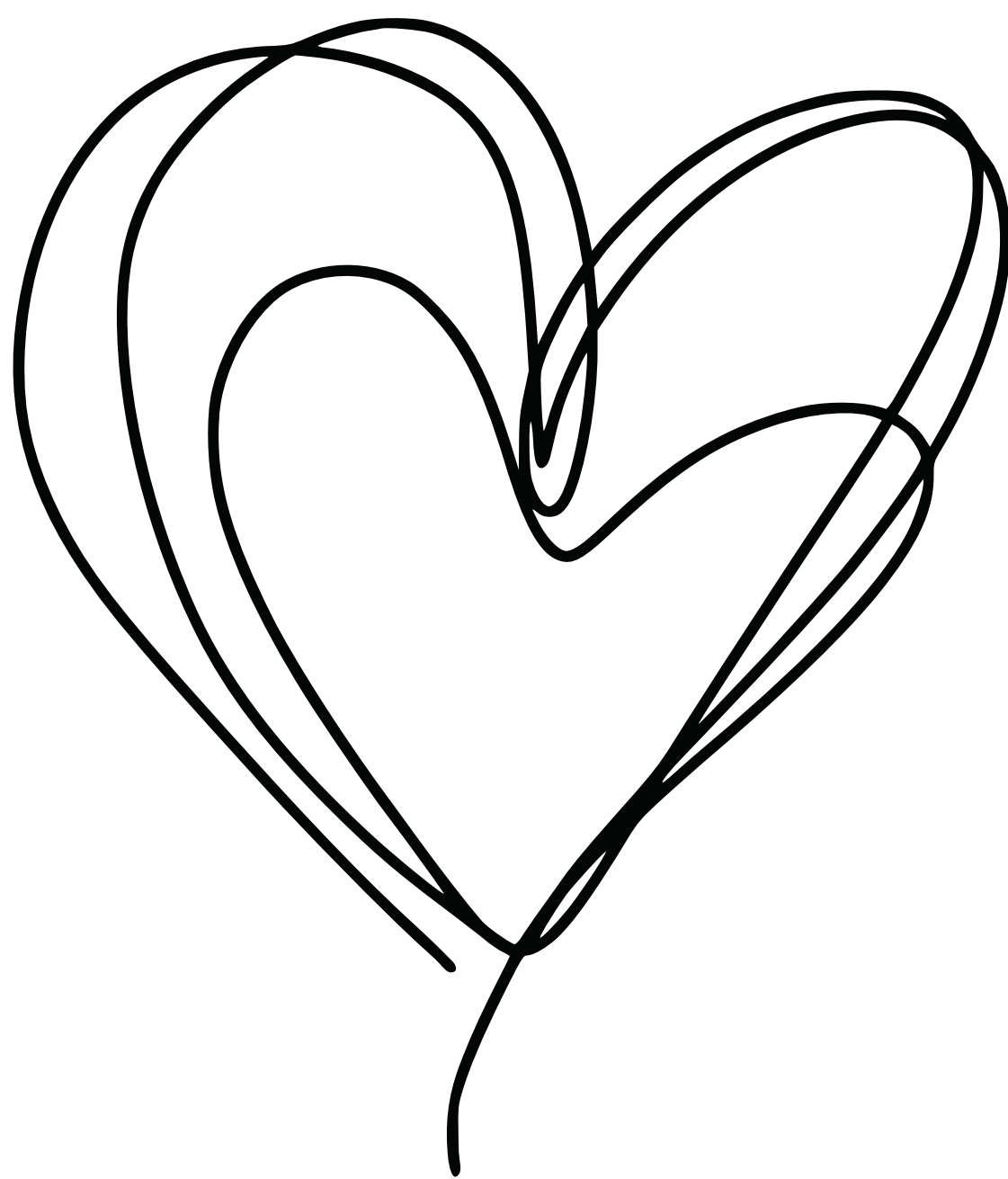


-KM

08

P O S I T I V I T Y

Positivity  
is the real inner strength.



-KM

There is a big  
difference  
between  
CONFIDENCE  
and  
COCKINESS





living  
every  
day like  
it's  
your  
last  
makes  
a life  
worth  
living  
for

don't fit  
in



*stand*  
*out*

-KM