

23 Quotes to Inspire Joy




What matters most to you in your life?

- Kathy Caprino



When we find the courage to share our
DEEPEST CHALLENGES OPENLY
and make our lives about
something bigger than ourselves –
THAT'S WHEN THE LIVING BEGINS.

- Kathy Caprino

A photograph of a sandy beach at sunset or sunrise. The ocean waves are breaking on the right side, creating white foam. A trail of footprints leads from the water towards the left side of the frame. The sand is golden-brown, and the overall lighting is warm and soft.

One small, conscious
and *empowered* step
at a time is how we
change our lives.

- Kathy Caprino

Sometimes, flying to
and fro like a
hummingbird will
bring you joy and
fulfillment.

But sometimes, it's
just *busying* yourself
with distractions that
keep you from your
true path.

- *Kathy Caprino*



A woman is shown in silhouette, looking out of a window at a sunset over the ocean. The sun is low on the horizon, creating a bright glow and reflecting on the water. The woman's profile is visible against the light. The text is overlaid on the upper part of the image.

**Don't waste *one* second being
someone else.
Just be the FULL you.**

- Kathy Caprino

**Love is in
the air!**



**Sending
bushels of it
your way...**

BE KIND,

≡ for everyone ≡

YOU MEET IS
fighting a

BATTLE you

know NOTHING

about. — Wendy Mass



Rules are meant to be broken -
DO IT. -Kathy Caprino


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DARE TO BE YOURSELF —
there's truly no one like you.

-Kathy Caprino





Has anyone told you
lately how
Amazing
you are?



DON'T LET
yourself forget
who you were
AT 16.

-KATHY CAPRINO



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A close-up photograph of several lavender flower spikes against a blurred green background. The flowers are a vibrant purple color. The image is used as a background for a motivational quote.

Do it Today!

Uncover your talents and gifts and illuminate the world with them.

You're only here for a short time,
but if you do it right,
it's more than enough.

-Kathy Caprino



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YOU'RE NOT ON THIS PLANET TO

STRUGGLE, SUFFER
& STRAIN.

YOU'RE HERE TO

THRIVE, FEEL JOY,
& LIVE FULL OUT

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Your kindness heals
a million wounds.

-Kathy Caprino



SMART IS GOOD;
wise
IS HAPPIER

The talents that come easy to you
are just the ones the world needs.

-Kathy Caprino



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What makes you
laugh with joy?



A photograph of a beach with waves crashing onto the shore. The sand is golden and has several footprints in it. The text is overlaid on the upper part of the image.

Find someone you admire,
and follow their steps.

-Kathy Caprino

Everything you're desperately clinging to —

LET IT GO

—KATHY CAPRINO





Dig deep,
rediscover what you love,
and honor that.

KATHY CAPRINO

Happiness is a choice— *Make It*

KATHY CAPRINO

What will people
remember most about you?





To build a more joyful, rewarding career,
visit [KathyCaprino.com](https://www.kathycaprino.com)

For inspiration to make the changes you long for,
watch Kathy's video [Time To Shine](#).

It's *YOUR* time.