



*"I'd rather take coffee
than compliments just
now."*

MY COFFEE BREAK

NEWSLETTER NO.1
#HOWEVER

WELCOME

LIFE BEGINS AT THE END OF YOUR COFFEE BREAK



COFFEE?

My name is Haleli Smadar. Seventeen years ago, I was married, with two sweet toddlers, a house in the suburbs, two cars, a dog, and a very 'normal' life.

And now?

I'm not married anymore, I have three children - all grown up and thriving - and I have substituted curtain swatches for airplane stubs.

ONE DAY



...17 years ago

I was sitting in my garden, enjoying a 'me time' cup of coffee. The kids were at daycare, my husband was at work. It was peaceful, quiet, and sunny. Just me and a huge old olive tree. Nothing special.

Epiphanies are like that: extraordinarily ordinary.

By the time I had finished my coffee, my life had changed, and would never be the same.

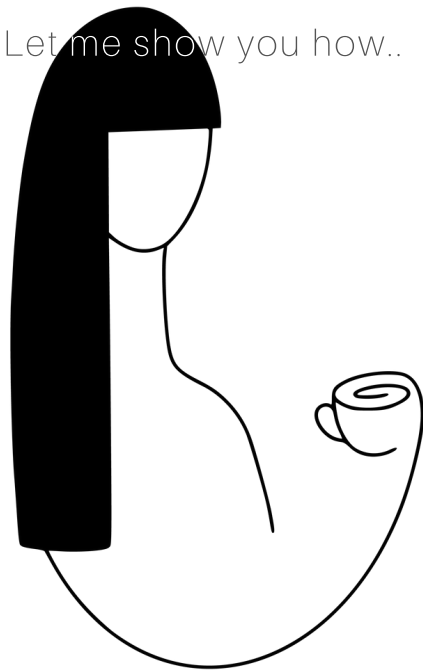
WHILE MY STORY HAS
NOTHING TO DO WITH
COFFEE,

IT HAS EVERYTHING TO DO WITH IT.

Because sometimes, a very normal moment, a
very casual cup of coffee can change everything.

It happened to me. It can happen to you, too.
Everything you want is just a few coffee - breaks
away.

Let me show you how..



Join me for coffee!



HOWEVER

”

We have to dare to be ourselves, however frightening or strange that self may prove to be.

~ May Sarton





“Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success. Always be on the lookout for ways to turn a problem into an opportunity for success. Always be on the lookout for ways to nurture your dream.”



BE CAREFUL WHAT YOU WATER YOUR DREAMS WITH.

— Lao Tzu

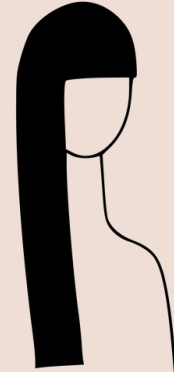


"And while the rest of the group rode a wave of excitement; as she sat surrounded by laughter and loud voices; Allie quietly drank tea made with reindeer milk. She couldn't take her eyes off those young women, their dark hair unbrushed; their clothes a bright fabric ball of so many colors and textures in so many layers to keep out the cold. They were smiling as they moved logs in the fire and fixed the wool hats on their heads with hands cracked from icy exposure. All she could think was: they are superwomen, and they don't even know it." ~Under A Different Sky



USE YOUR FEAR... IT CAN TAKE YOU TO THE PLACE WHERE YOU STORE YOUR COURAGE.

~ Amelia Earhart



EVEN IF

You are The Best. Even if you never won a competition in your life. Even if you never ran the fastest race, got the highest IQ score, the highest grades, the biggest pay packet. Regardless of whether 4 or 40,000 people like your social media posts. We are all so much more than just a set of numbers.

MORE THAN

you are more than you might think you are, and more than other people see. Let go of self-criticism, stop judging yourself. Because this is the only way to discover the whole you. Get wild, be as amazing as you can be, and do it for yourself. Not for anybody else.

YOU ARE MORE THAN YOU THINK YOU ARE.

IT'S TIME TO DISCOVER JUST HOW
MUCH MORE THERE IS IN YOU.



||

We all need to listen to our internal monologue, keep our hearts open to the change that that voice inside might be calling out for, from the silent depths.

~However.

FIRST STEP

A BETTER EVERYDAY



1

What are the things that you enjoy doing? things that you wish you could do more?

2

who are the people that you enjoy spending time with? people that you wish you could spend more time with?

3

what are the things that you always wanted to do or try, but never did?

WRITE IT DOWN

Focus on the small things

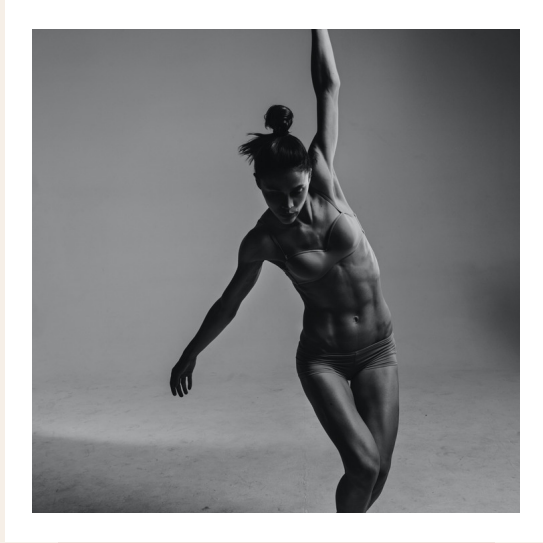


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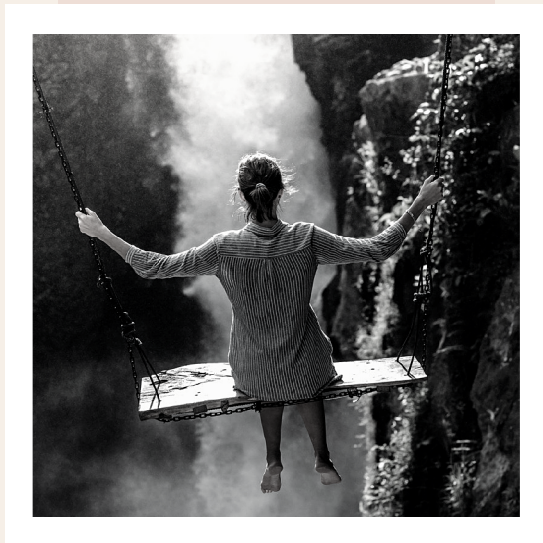
Instead of wondering
when your next vacation
is, maybe you should set
up a life you don't need
to escape from.

~Seth Godin

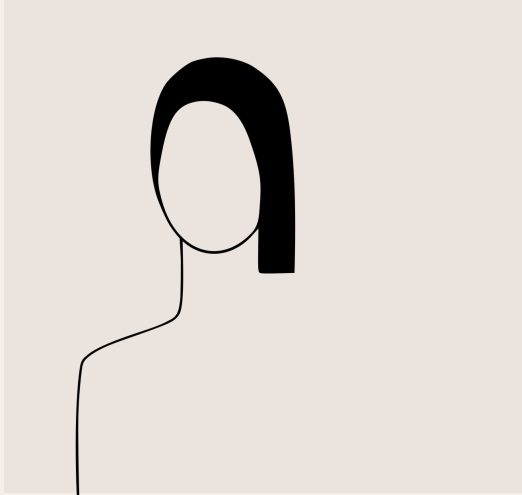
#FREEDOM



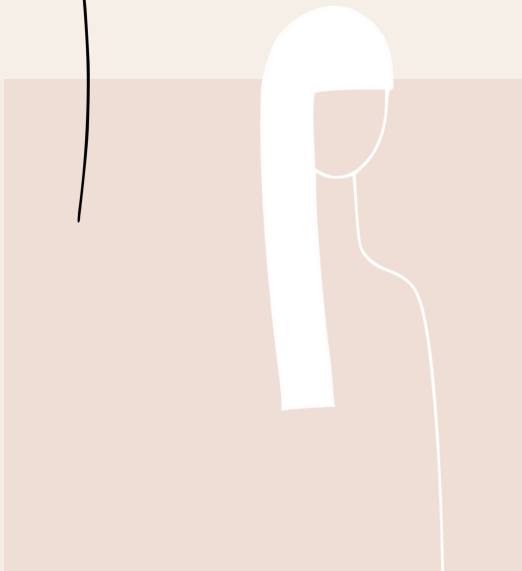
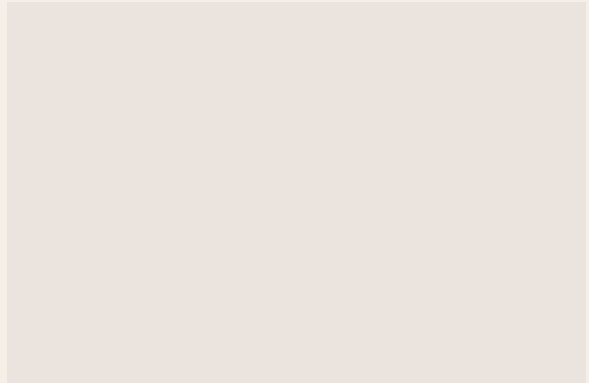
#PASSION



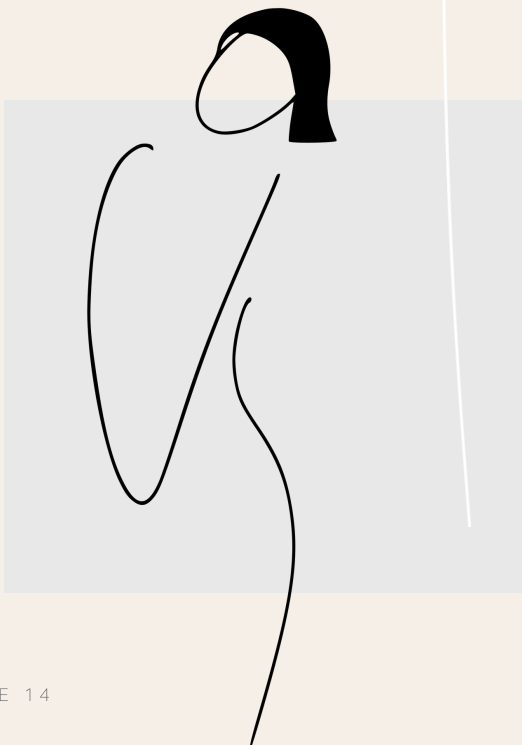
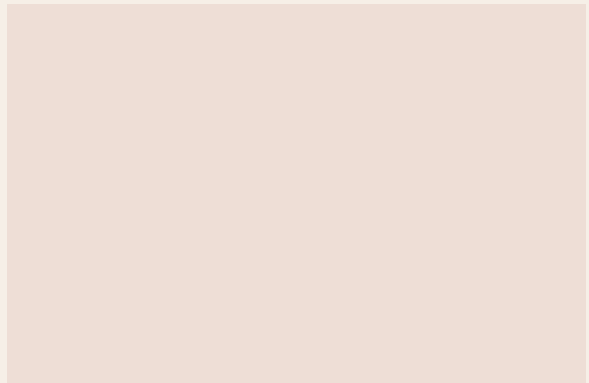
#ADVENTURE



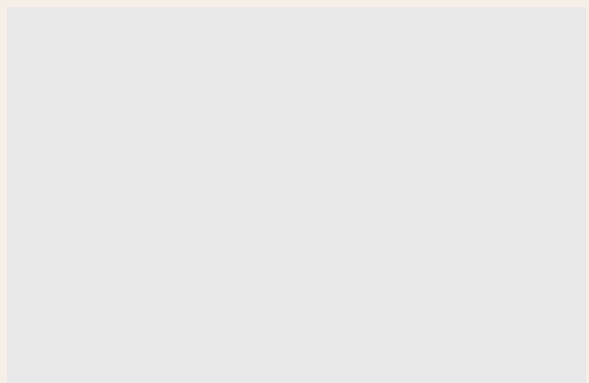
WHAT ARE YOU DREAMING OF?



WHAT ARE YOU WAITING FOR?



WHAT ARE YOU AFRAID OF?



#WhatisyourEverest



Junko Tabei Is The First Woman to Climb Everest and the Seven Summits

||

Everest for me, and I believe for the world, is the physical and symbolic manifestation of overcoming odds to achieve a dream.

WHAT IF YOUR DREAM IS IMPOSSIBLE TO REACH?

Well... My dream seemed impossible, too.
in fact- everyone told me to let go.
and I believed them. For a long time.

UNTIL I DIDN'T



LOOPHOLE

go and find the loop hole

Jayne Torvill and Christopher Dean are English ice-skaters.

At the 1984 winter Olympics, they performed their now famous Bolero routine for the very first time. The song they were going to skate to lasted four minutes and twenty-eight seconds, but Olympic rules stated that performances were only allowed to last four minutes and ten seconds.

Another rule held that the stopwatch only officially started when the skates touched the ice.

So They performed the first eighteen seconds of the song kneeling, their skates hovering above the ice.

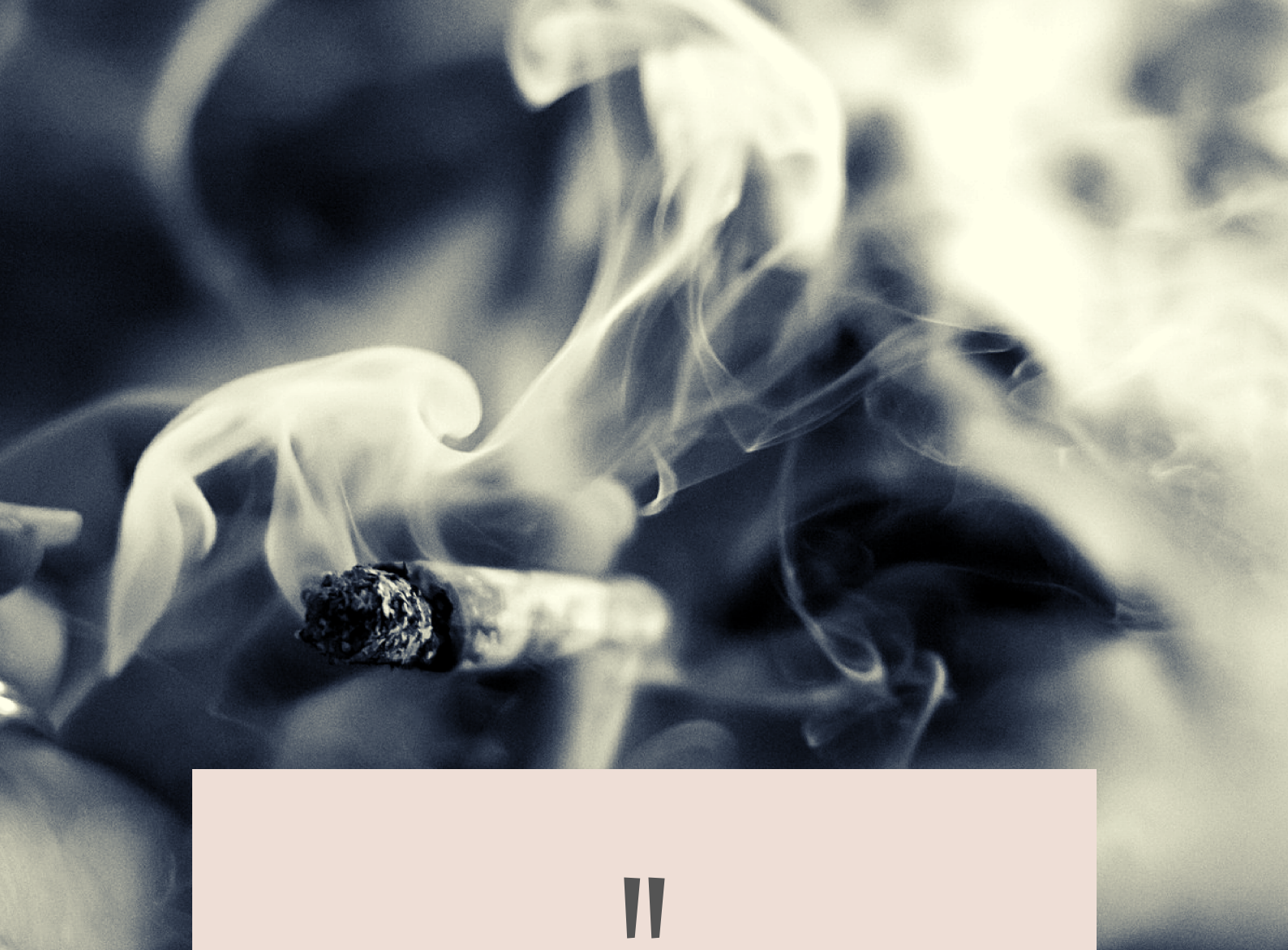
They'd found the loophole.

The duo won the gold medal and became the highest scoring figure skaters of all time.

HOWEVER1

IT ONLY SEEMS
IMPOSSIBLE
UNTILL YOU FIND
THE LOOP HOLE

DON'T QUIT. GET CREATIVE!



||

Learn the rules like a pro,
so you can break them
like an artist.

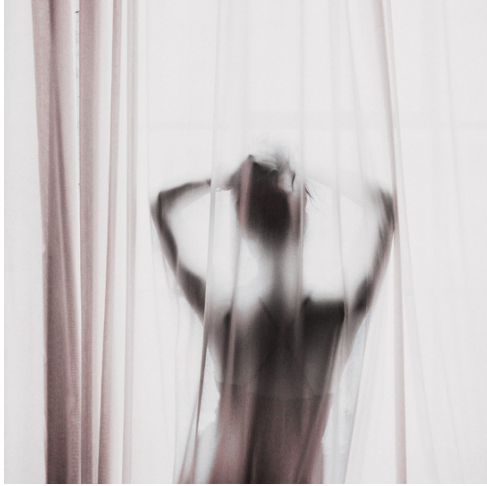
~ Pablo Picasso

HOW DOES YOUR PERFECT MORNING LOOK LIKE?

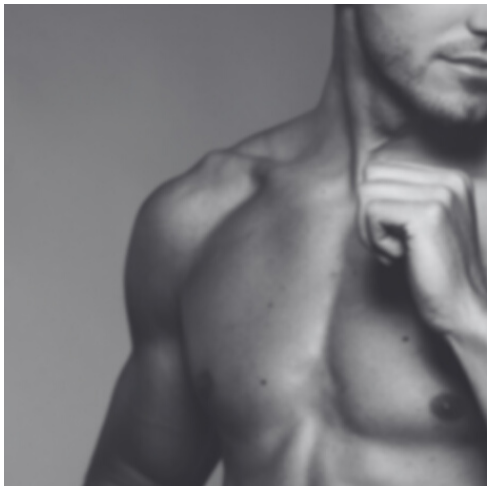
WRITE IT DOWN



#FRAGRANT



#PEACEFULL



#SCENIC



||

I am a woman with thoughts and questions and shit to say. I say if I'm beautiful. I say if I'm strong. You will not determine my story - I will.

~Amy Schumer

THE COFFEE BREAK ACTION PLAN

#IT'S

It's the easiest thing. just follow the questions that I asked you and try to write down your answers.


2

Things will start to get better, everyday, Without any effort. You will see. it's like magic. Once you are aware, you naturally make the change.

#LIKE

#MAGIC

3

Lets try it right now: pick up the phone and 



THE COFFEE BREAK ACTION PLAN

1

schedule an activity that you enjoy doing.

#Repeat

2

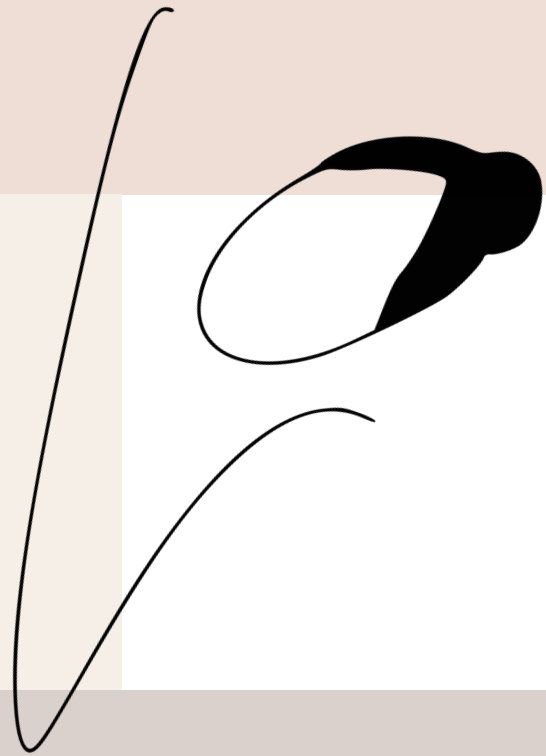
schedule a get together with a person that you like spending time with.

#once a week

3

Or **be bold** and schedule an activity that you always wanted to try, but never did.

#on your coffee break



YOU CAN CHANGE
YOUR LIFE,
ONE COFFEE
BREAK AT A TIME

#AND CREATING A BETTER
EVERYDAY IS JUST THE
BEGINNING...

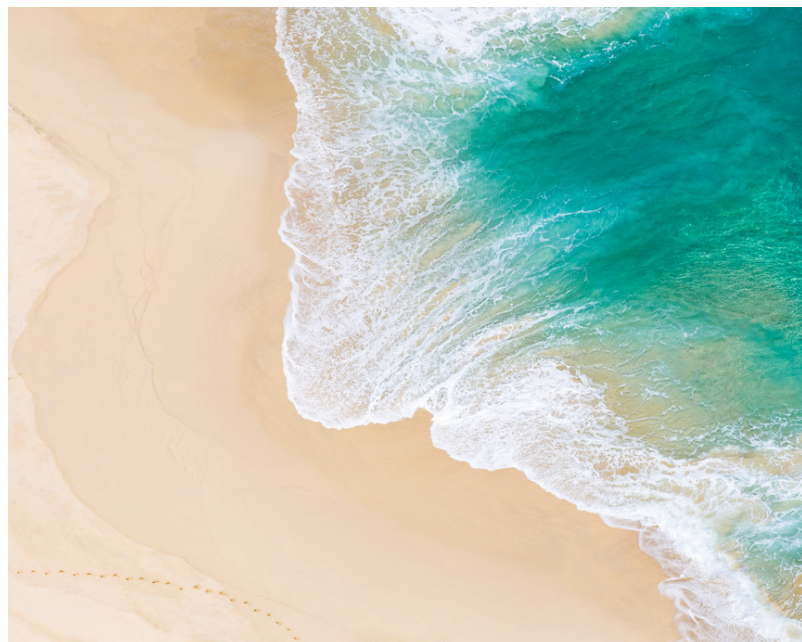


“YOU’LL WALK ALONG THE PATH OF LIFE

without having a clue,
of who you are and where you'll
go to find the inner you.
But know, my child, don't
search too far cause the
answers lie within.
Just look inside your heart
and find

THE ROAD WHERE DREAMS BEGIN.”

Natalia Crow



THANK YOU

IT'S BEEN GREAT SHARING A COFFEE WITH YOU :-)

SEE YOU NEXT MONTH?

My name is Haleli Smadar. Seventeen years ago, I was miserable. I woke up every morning with nothing to look forward to.

it took me one special minute to understand what wasn't working. And 5 years to get the courage to act.

i left everything behind, took my kids and set off to live a life of adventure, discoveries and passion.

it was the best decision I ever made.

Im here to tell you not to wait.

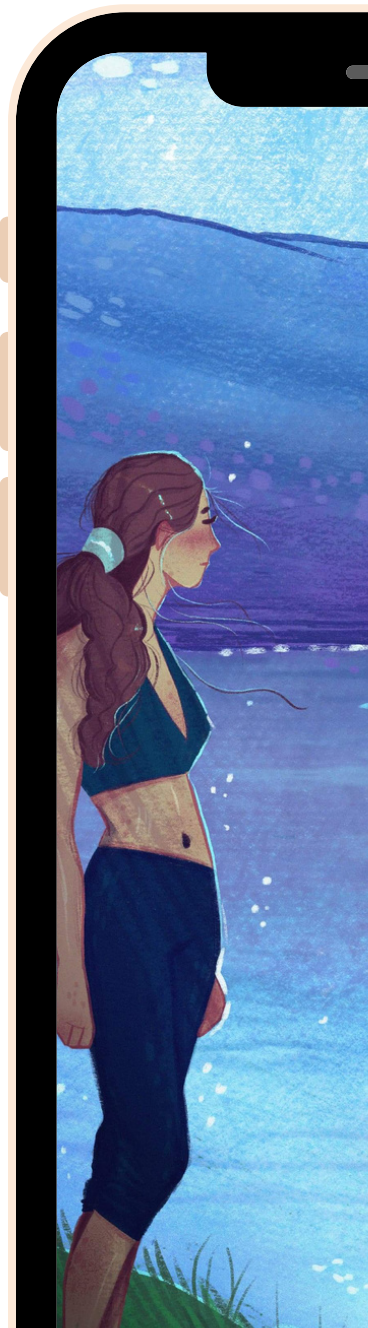
Next month we will talk about Passion.



WANT TO KNOW MORE?

Do you want to know more about me? maybe you want to join me and shake up your life a bit? or maybe you just want to know how come one cup of coffee changed my life? Check out my book, it's a sweet and short read, only costs 2.99\$ and it goes best with..well..

[..CLICK HERE](#)



RESOURCES



**HALELI
SMADAR-
HOWEVER**



**HALELI
SMADAR-
UNDER A
DIFFERENT SKY**



K.TOLNOE



NATALIA CROW



**MAY SARTON
BOOKS**



**THE MOUNTAIN
LIFE OF JUNKO
TABEL**

KEEP IN
TOUCH

