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Come Sit WITH ME

There's a Lot of Life in a Good *Conversation*

A WARM INVITATION
TO SLOW DOWN, CONNECT,
AND REDISCOVER YOURSELF THROUGH
REAL CONVERSATIONS.



By Kelli Jo | KJOKAT

Come sit with me.

Not because I have all the answers...
but because I've lived enough life to ask better questions.
I've always loved conversations.
The kind that start with something simple...
and somehow turn into something meaningful.
You sit down thinking you're just catching up...
and suddenly you're talking about life, fear,
dreams, regrets, laughter... and something shifts.
You leave feeling lighter.
That's always been my favorite part of life.
There's a lot of life in a good conversation.
And I'm inviting you into mine.



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Why Conversations *Matter*

We move fast.
We scroll.
We skim.
We react.

But real conversations slow us down.
They make us pause.
They help us think.
They remind us we're not alone.
Some of the most meaningful moments in my
life haven't come from big milestones.
They've come from quiet conversations.
Sitting on a couch.
Talking on the phone.
Laughing in the kitchen.
Sharing something real.
Those are the moments that stay with us.
Those are the moments that shape us.

I've always been drawn to *conversations.*

Not because I talk the most...

but because I listen.

I notice things.

I notice when someone says something quietly
that holds more meaning than they intended.

I notice when laughter hides something deeper.

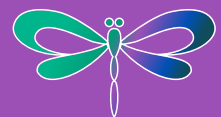
I notice when someone shares something small...
that actually says something big.

I've spent years collecting these moments.

Little gems.

Real life wisdom.

Honest moments that reveal something deeper
about who we are.



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Finding Gems in Everyday *Life*

Some of the best conversations
happen when you least expect them.
On the couch.
In the car.
At the kitchen table.
On the phone late at night.
You start talking about nothing...
And suddenly you're talking about everything.
That's where the magic lives.
Those are the moments where people drop
their guard.
Where truth slips out.
Where laughter becomes healing.
Where connection happens naturally.
I've always loved those moments.
And I've always remembered them.



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When Life Slows Down

Life changed for me when things slowed down.

Working from home.

Mobility challenges.

A quieter social life.

At first, I thought I was missing something.

I thought connection meant being out in the world.

But something unexpected happened.

My conversations became deeper.

More intentional.

More meaningful.

More real.

Without the noise...

I started noticing the conversations more.

And I realized something important:

Connection doesn't require a crowd.

It just requires presence.



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Oklahoma City & Quiet *Conversations*

When I moved to Oklahoma City eight years ago,
life shifted again.

I didn't build the same circle of in-person friends.

I worked from home.

I stayed in more.

My world became quieter.

But in that quiet... something meaningful grew.

Phone calls became more important.

Conversations with loved ones became deeper.

Moments with my husband became richer.

I realized something:

Connection doesn't depend on how many people
are around you.

It depends on how present you are.

And some of the best conversations happen in
the quiet.



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Want More?

THIS IS JUST THE BEGINNING.

The full *Come Sit With Me* guide continues with:

- Conversations that change you
- The comfort of being seen
- Humor as healing
- Conversations with my husband
- Quiet reflections and questions

CONTINUE THE JOURNEY AND DOWNLOAD THE FULL VERSION.



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