



KLTR

M A G A Z I N E



A MESSAGE FOR YOU.

If you knew me, you'd understand that I've always been fascinated by what lives beneath the surface: the stories, emotions, and quiet truths that make us who we are. I've spent years speaking to students, artists, and communities about building bridges instead of walls. But lately, I've been asking a new question: what happens when we finally cross that bridge?

That question led to this: The Cup We Pour From.

This zine is more than paper and ink; it's an invitation. It's a chance to slow down, breathe, and take inventory of what's inside your cup like your emotions, your beliefs, your values and your truth. Because whether we realize it or not, we're all pouring something into the world.

And what we pour doesn't just come from what's happened to us; it comes from what's within us.

I've learned that, the walls in your way they were never built to stop you. They were built to teach you what you're made of.

And the bridges you've been called to build? They start within. You can't build outward connection if you're disconnected inside.

We live in a time where everyone's pouring into their careers, content, relationships, expectations yet very few people stop to check what's in their cup.

This zine is about "*composition*", about learning the mixture that makes you, you.

So as you move through these pages, take your time and reflect.

More importantly, be honest with yourself.

A. Valentine



@A.VLNTNE



Every experience *creates a feeling.*
That feeling *builds a belief.*
That belief *shapes your reality.*

Some experiences become bricks that we stack as a
wall, protection, defense, distance.

But with awareness, those same bricks can be
rearranged into bridges connection, healing,
understanding.

The difference is *choice.*

Bridges, Not Walls

What Are You Building?

What's one experience or belief that's become a "brick" in your wall?

How can that experience be used to build a "bridge"?



WHATS IN YOUR CUP?

Inside each of us lives a composition: a mix of emotions, memories, values, and beliefs that determine what flows when we pour.

What are your biggest sources of joy right now?

What causes you the most frustration or pain?

What's one belief or habit that influences how you treat people?

What's one quality you want to grow that's inside your "cup"?

Instructions: Label your "cup"
Draw or write what inside.



"WHAT YOU **POUR OUT**
IS **SHAPED BY** WHAT YOU
CARRY IN." — *A. Valentine.*



WHERE ARE YOU POURING?

Everywhere you go, you pour.



Draw a **Star** in the cup(s), where you are you pouring the most right now?

Draw a **Heart** in the cup(s), where you are holding back the most?

Write "**Give More**" in the cup(s) that deserve more energy from you?



"YOU'RE **POURING** SOMETHING INTO FAMILY,
FRIENDS, SCHOOL, YOUR **GOALS**, YOUR SELF-TALK.
THE QUESTION ISN'T IF YOU **POUR**, IT'S WHERE."

-A. Valentine

FILL IN THE BLANKS:

RIGHT NOW, MY CUP FEELS .

THE EMOTIONS THAT SHOW UP MOST OFTEN ARE .

THE PEOPLE I POUR INTO MOST ARE .

THE PART OF ME THAT NEEDS REFILLING IS .

THIS MONTH, I WILL POUR INTO .



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