

BOOKS BY KARLENE · BECOMING HER · WEEK 1 · SERIES LAUNCH



Becoming the Woman You Were Always Meant to Be

Free Worksheet + Newsletter + Social Posts · Sunday August 2, 2026

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✦ FREE

Becoming Her

A simple reflection sheet — because every transformation begins with a decision 💕

"So many of the heroines I write have a quiet turning point where they choose themselves for the first time. That moment is never loud or dramatic. It usually looks like one small brave decision."

— Karlene Pitters

✦ QUICK REFLECTION

What is one limiting belief you have been carrying that is no longer serving you? Where do you think it came from?

💎 LET'S CHECK IN

Which small daily habit could you commit to this week? Check one:

- ☐ Start my morning with an affirmation instead of my phone
- ☐ Speak to myself the way I would speak to someone I love
- ☐ Celebrate one small win instead of only chasing the next

 Protect my energy with one small boundary this week

✦ THIS WEEK'S BECOMING HER CHALLENGE

Choose one to practice this week. 

✦ Write down three limiting beliefs and reframe each into an empowering truth

✦ Practice your chosen daily habit every day this week

✦ Speak one affirmation about your worth out loud each morning

✦ Make one small decision that moves you toward becoming her 

✦ THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I release what no longer serves me. I am worthy of the life I am building. Every small decision I make is shaping the woman I am becoming — and she is beautiful."  



✦ WANT TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — my Love on Purpose guided journal AND The Love That Feels Like Home 30-day workbook bundled for just **\$17.99** • **Save \$3.00!** Available at stan.store/Ioniel 