

SUMMER LOVE STARTS HERE

My Summer of Love & New Beginnings
Reflection Worksheet
Week 1



Hey guys,

June is here, and with it comes a fresh chance to open our hearts to joy, healing, love, and possibility. Whether you're stepping into a new chapter, reconnecting with yourself, or simply choosing peace this season – this worksheet is your gentle reminder that beautiful beginnings are always possible.

Take a deep breath, grab your favorite drink, and reflect honestly with yourself.



Part 1: A Fresh Start

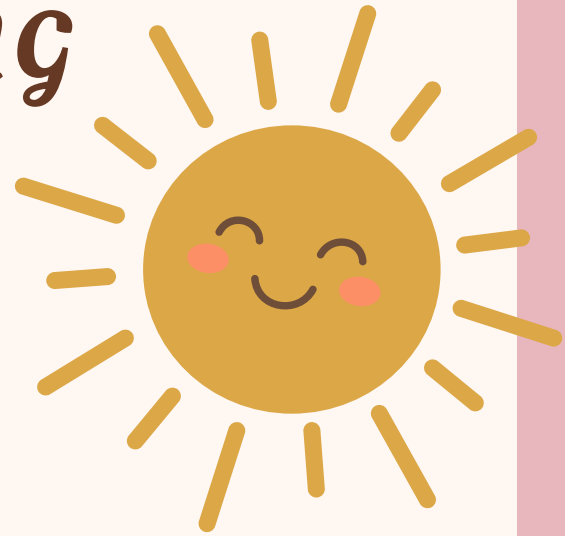
What energy am I leaving behind this summer?

What kind of energy do I want to welcome into my life this summer?

- Peace
- Romance
- Joy
- Confidence
- Healing
- Adventure
- Self-Love
- Meaningful Connection
- New Opportunities
- Other: _____



PART 2: OPENING my HEART



What does “summer love” mean to me this season?

How can I be more open to love – romantic or self-love – this summer?

One thing I need to let go of to move forward is:



Part 3: My Summer Joy List

What are 5 things that would make this summer feel beautiful and fulfilling?

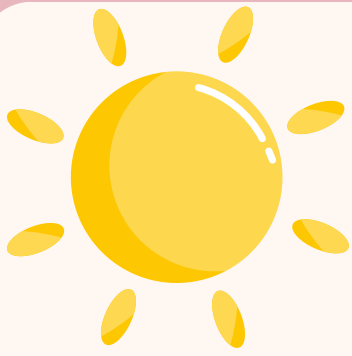
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Part 4: Romanticizing My Life

What are simple ways I can create joy and romance in everyday life?

- Take more walks
- Plan solo dates
- Read more romance books 
- Try something new
- Watch sunsets
- Practice gratitude
- Dress up for myself
- Spend quality time with loved ones
- Unplug more often
- Other: _____



June Intention

My intention for June is:

"This month, I choose to..."

 **A Note From Karlene**

Hey guys,

Whatever season you're in right now, I hope you remember this:

You are allowed to begin again.

You are allowed to choose joy.

And you are absolutely deserving of love, peace, and beautiful new beginnings.

This summer? We're opening our hearts to possibility.

With love,

Karlene

Books By Karlene