

Week 1

Love in Bloom Reflection Sheet

LOVE IN BLOOM

A Reflection on Growth, Softness & Real Love

By Books By Karlene

Section 1: Where I Am in Love Right Now

(Self or romantic love)

- *How do I currently feel about love in my life?*

 - *Do I feel at peace, confused, hopeful, or guarded? Why?*
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Section 2: My Definition of Love (This Season)

- Love feels like:

- Love does NOT feel like:

● I deserve a love that is:

- Safe
- Consistent
- Passionate
- Peaceful
- Honest
- Other: -----



 **Section 3: Signs I Am Growing**

(Check what resonates)

- I am choosing peace over chaos
- I am setting boundaries
- I am no longer chasing love
- I am learning to receive love
- I trust myself more
- I am healing

What growth am I most proud of?

Section 4: A Letter to Myself

Write a few words to your heart about the love you are growing into:

Affirmation

“I am worthy of a love that grows gently, honestly, and beautifully—just like me.”

Books By Karlene | www.jamericandream.com