

BOOKS BY KARLENE · BECOMING HER · WEEK 3

Creating a Life You Don't Need to Escape From

Free Worksheet + Newsletter + Social Posts · Sunday August 16, 2026



Worksheet



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FREE

A Life You Love

A simple reflection sheet — because fulfillment starts today, not someday 💕

"A beautiful life story is not just the big chapters. It is also the ordinary Tuesdays. If your Tuesdays feel unbearable, that is worth paying attention to." — Karlene Pitters



QUICK REFLECTION

Am I building a life I want to be present in, or one I constantly need a break from?



REFLECTION QUESTIONS



WEEKLY CHECK IN



LET'S CHECK IN

Which small daily ritual would make your everyday life feel more like yours? Check one:



A centering morning ritual before the day begins



Small pockets of joy throughout an ordinary day



A guilt-free evening wind-down



Naming one good thing about each day



THIS WEEK'S CHALLENGE

Choose one to practice this week. 💕

- 🌿 Create one small ritual and practice it daily
- 🌿 Write down one good thing about each day
- 🌿 Say yes to rest without guilt
- 🌿 Bring one "someday" joy into today 🌻

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I do not need to escape my life to feel joy. I build meaning into my everyday. My ordinary days are worthy of my presence and my peace." 💕💕



✦ WANT TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — bundled for just **\$17.99 · Save \$3.00!** Available at stan.store/Ioniel 💕