

My Summer *Love Lessons*

What this season taught me – and what I'm carrying into the rest of the year

 LOVING ON PURPOSE

 WEEK 1 OF 4

 JULY 5, 2026

 FREE DOWNLOAD

"Love on purpose. Choose it every day. Give it intentionally. Receive it graciously. That is where the most beautiful stories begin." — Karlene Pitters



BEFORE WE BEGIN

What Summer Taught Us About Love

Here are the 4 love lessons from our Summer Love & New Beginnings series. Circle the one that resonated most with you this season.

1.

Opening your heart is a choice you have to keep making

Week 1 — Summer Love Starts Here

2.

Slow love is not a setback — it's a gift

Week 2 — Slow Love in a Fast World

3.

The little things are the whole love story

Week 3 — Romance in the Little Things

4.

You cannot pour from an empty cup — including in love

Week 4 — Our Summer Love Story

OPENING REFLECTION

Which summer love lesson landed in your heart at exactly the right moment — and why?
What was happening in your life when you read it?



PART 1

My Summer Love Reflections

QUESTION 1

Looking back at this summer – what is the one love lesson you never want to forget? Write it here in your own words so it really sticks.

QUESTION 2

Did this summer bring any new clarity about what you want in love – or what you are no longer willing to accept? What shifted?

QUESTION 3

Is there a relationship in your life – romantic, friendship, or with yourself – that this summer helped you see more clearly? What did you notice?

QUESTION 4 — LET'S BE HONEST

Which of these best describes where you are in love right now as you step into July? Check one:

- I feel open, hopeful and ready for what's next in love
- I am still healing but I feel stronger than I did at the start of summer
- I am in a good relationship and this series helped me appreciate it more
- I am still figuring things out — and that is perfectly okay
- I am focused on loving myself first right now — and that feels right

Whatever you checked — what does loving on purpose look like from where you are standing right now?



PART 2

My Love Intention for July

Loving on purpose starts with a decision. This month, choose one intentional love action to commit to. Check the one that speaks to your heart — or write your own at the bottom. 💕

💕 I will slow down and be more present in the relationships that matter most to me

💕 I will choose joy in love — even on the days when fear tries to take over

💕 I will stop accepting less than I deserve and hold my standards with kindness and confidence

💕 I will pour more intentional love into myself this month — because I am worth it

💕 I will express love more freely – in the little everyday moments – instead of saving it for special occasions

MY PERSONAL LOVE INTENTION FOR JULY

Write your own love intention for this month in your own words. What does loving on purpose look like for you specifically?

WHAT WILL HELP ME STAY INTENTIONAL?

What is one thing you can do each week in July to keep this love intention alive – even when life gets busy?



PART 3

Journal Space – Write It Out

This week's journal prompt: "If you could write a letter to yourself at the beginning of this summer – knowing everything you know now – what would you say? What would you tell her about love, about herself, and about what is waiting for her on the other side of this season?"

With love, Karlene ❤️