

Slow Love in a *Fast World*

A simple reflection sheet – because meaningful connection is worth slowing down for 

"Some of the strongest relationships don't begin with fireworks. They begin with conversations, friendship, trust, and consistency." — Karlene Pitters

🌟 QUICK REFLECTION


Have you ever rushed something in love that needed more time? Looking back – what do you wish you had done differently?

When it comes to a healthy relationship – which quality matters most to you right now? Check one:

- Trust – knowing someone will always be honest with you
- Consistency – knowing they show up the same way every day
- Emotional Connection – feeling truly seen and known
- Friendship – genuinely liking the person you love

Why did you choose that one?

★ THIS WEEK'S SLOW LOVE CHALLENGE

Choose one thing to slow down with this week and check it off when you do it. 

-  Have a meaningful conversation – phones away, fully present

♥♥ Call someone you care about — not a text, an actual phone call

♥♥ Put your phone down during dinner and truly enjoy the company

♥♥ Spend time being fully present with yourself — journal, breathe, just be

📖 ONE THING I WANT TO CARRY FORWARD

What is one small intentional thing you can do this week to slow down in love?

🌸 THIS WEEK'S AFFIRMATION



◆ READ THIS OUT LOUD ◆

"I release the pressure to rush. I trust that the right connection will grow in its own time. I choose to move wisely — not just quickly. Good things are growing for me right now." ♥♥♥



✦ WANT TO GO DEEPER?

This reflection sheet is just the beginning! The full guided experience — with deeper reflection questions, a complete love challenge, extended journal space and a closing affirmation — is available inside **Love on Purpose: A Guided Journal** at stan.store/Ionie1 · \$7.99 ♥♥