

Forever Feels Reflection Guide

A Reflection on Intentional Love, Commitment & What Lasting Love Means to Me

Week 4 — Love in Full Bloom Series
By Karlene Pitters | Books By Karlene

Before You Begin

Take a quiet moment.

Breathe.

This month, we've talked about blooming, communication, soft love, and strong roots.

Now, let's reflect on what it truly means to choose love.

Not perfect love.


Not fantasy.


But intentional love.


The kind that feels safe, steady, and aligned with who you're becoming.


SECTION 1: What Love Means to Me Now

Complete these honestly:

 Love feels most meaningful when...

 The kind of relationship I desire feels...

 What I want more of in love is...

 What I no longer want to experience is...

 **SECTION 2: What Does “Forever” Mean to Me?**

When I think about lasting love, I imagine:

- Peace
- Passion
- Emotional Safety
- Friendship
- Trust
- Consistency
- Laughter
- Shared Goals

- Other:

The kind of partnership I truly want looks like:

SECTION 3: Choosing Love Intentionally

Reflect honestly:

✦ What habits would help me build healthy love?

✦ What patterns am I ready to release?

✦ What kind of partner do I want to be?

 **SECTION 4: A Letter to My Future Love**

Write from the heart.

What would you want your future relationship to know about you?



SECTION 5: A Promise to Myself

Before healthy love arrives—or deepens—I promise myself:

- I will protect my peace

- I will communicate honestly
- I will stop settling
- I will honor my standards
- I will choose myself too

My personal promise:

MONTH-END REFLECTION

As May comes to an end...

What has this season taught me about love?

AFFIRMATION

“I deserve a love that feels intentional, safe, steady, and real. I trust myself to choose what aligns with my peace.”

 **Books By Karlene**

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