

BOOKS BY KARLENE · LOVING ON PURPOSE · WEEK 3



5 Signs You're Finally Ready for Healthy Love

Free Worksheet + Newsletter + Social Posts · Sunday July 19, 2026

Worksheet

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FREE

Ready for *Healthy Love*

A simple reflection sheet — because readiness is a posture, not a finish line

"Readiness is not about arriving somewhere perfect. It is about being honest enough with yourself to know you are no longer operating from your wounds. That is when real love has room to grow." — Karlene Pitters

QUICK CHECK-IN

Which of these five signs of readiness feels most true for you right now? Check any that apply:

☐ I have stopped blaming — and started understanding

☐ I feel whole on my own, not waiting to be completed

☐ I can communicate my needs without guilt

☐ I no longer confuse chaos with chemistry

☐ I am willing to be vulnerable again

REFLECTION

Which sign are you still working toward — and what would one small step forward look like?

✦ THIS WEEK'S GROWTH CHALLENGE

Choose one to practice this week. 💕

- 💕 Celebrate the sign you feel most confident in
- 💕 Practice communicating one need out loud without softening it
- 💕 Notice a moment of calm and remind yourself peace is healthy, not boring
- 💕 Give yourself grace for the sign that still needs work 🌻

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I am becoming ready, one honest day at a time. I release the pressure of a timeline. I trust my own growth. Healthy love has room for me exactly as I am." 💕💕



✦ WANT TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — my Love on Purpose guided journal AND The Love That Feels Like Home 30-day workbook bundled for just **\$17.99** · **Save \$3.00!** Available at stan.store/Ioniel 💕