

BOOKS BY KARLENE · FALLING INTO WHAT'S MEANT FOR YOU · WEEK 3



How to Know When Your Heart Is Ready to Begin Again

Free Worksheet + Newsletter + Social Posts · Sunday September 20, 2026



Worksheet



Newsletter



Instagram



Facebook

X X

BOOKS BY KARLENE · FALLING INTO WHAT'S MEANT FOR YOU · WEEK 3

★ FREE

Ready to Begin Again

A simple reflection sheet — because healing has no deadline 💕

"Beginning again is not about rushing to find someone new. It is about reaching a place where you can welcome love without abandoning yourself in the process." — Karlene Pitters



QUICK REFLECTION

Which of these four signs of readiness feels most true for you right now?



LET'S CHECK IN

Check any signs that feel true for you right now:



I feel whole on my own — not looking to be completed



I have set healthier boundaries since my last heartbreak



I trust my own judgment again



I no longer expect a new relationship to repair old wounds



ONE MORE REFLECTION

What would it look like for you to welcome love without abandoning yourself in the process?

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"My healing has no deadline. I honor what I have been through without letting it control my future. I am ready to welcome love without losing myself." 💕💕



✦ COMING NEXT WEEK ✦

*The official introduction to **Meant to Be Yours** — featuring Iris & Angelo.*