

BOOKS BY KARLENE · SUMMER LOVE & NEW BEGINNINGS

Slow Love in a *Fast World*

Why meaningful connection still matters — a reflection worksheet for Week 2

 WEEK 2 OF 4

 JUNE 7, 2026

 FREE DOWNLOAD

"Real connection happens when two people take the time to truly learn about each other — not just the highlights, but the real person underneath. And honestly? That's something worth slowing down for." — Karlene Pitters

PART 1 Reflection Questions

QUESTION 1

Have you ever felt like everyone around you is rushing toward love while you're still trying to build a meaningful connection? What did that feel like?

QUESTION 2

Think about a relationship in your life — romantic or otherwise — that developed slowly over time. What made it so meaningful? What would have been lost if you had rushed it?

QUESTION 3

Have you ever rushed something in love that needed more time? What happened – and what did you learn from it?

QUESTION 4 — LET'S TALK

When thinking about a healthy relationship, which quality matters most to you right now? Check one and explain your answer below.

- Trust — knowing someone will always be honest with you
- Communication — feeling heard and understood
- Friendship — genuinely liking the person you love
- Consistency — knowing they'll show up the same way every day
- Shared Values — wanting the same things in life
- Emotional Connection — feeling deeply seen and known

Why did you choose that one? What does it say about where you are in love right now?

QUESTION 5

Do you believe meaningful relationships should develop slowly – or do you think you can immediately tell when someone is "the one"? Be honest with yourself.



PART 2

This Week's Slow Love Challenge

This week, choose ONE thing to slow down with. Check it off when you do it — and notice how it feels. ❤️

- ❤️ Have a meaningful conversation without distractions — phones away, fully present
- ❤️ Put your phone away during dinner and truly enjoy the company around you
- ❤️ Call someone you care about — not a text, an actual phone call
- ❤️ Take a slow walk and simply enjoy the moment — no podcast, no scrolling
- ❤️ Spend time being fully present with yourself — journal, sit quietly, just breathe

AFTER YOUR CHALLENGE — REFLECT HERE

Which challenge did you choose and why? What did you notice when you slowed down?



PART 3

Journaling Space



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Read the full blog post at jamericandream.com · Leave your thoughts in the comments! 💕

With love, Karlene 💕