

Love, Unscripted

A February Reflection Kit on Real Love

This February Love Kit is an invitation to explore love without pressure, comparison, or performance. It centers real connection, emotional honesty, courage, and self-worth.

Created by Karlene Pitters
Books By Karlene
www.jamericandream.com

Week 1: What Real Love Looks Like for Me

Define love on your own terms—beyond appearances, expectations, or comparison.

Week 2: Love That Lasts

Explore the kind of love built on consistency, effort, and emotional safety.

Week 3: Choosing Love Anyway

Reflect on vulnerability, trust, and choosing love even when it feels uncertain.

Week 4: The Love I Deserve

Clarify boundaries, standards, and the love you no longer apologize for wanting.

Love doesn't need a script—only honesty.