

BOOKS BY KARLENE · BECOMING HER · WEEK 2



The Confidence to Choose Better Love

Free Worksheet + Newsletter + Social Posts · Sunday August 9, 2026

 Worksheet

 Newsletter

 Instagram

 Facebook

 X

BOOKS BY KARLENE · BECOMING HER · WEEK 2

 FREE

Choose Better Love

A simple reflection sheet — because your worth sets the standard 💖

"Every strong heroine I write has a moment where she stops asking 'will he choose me?' and starts asking 'does he deserve me?'" — Karlene Pitters

QUICK REFLECTION

Am I currently accepting less than I deserve in any relationship in my life? What would it look like to expect more?

LET'S CHECK IN

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

☐ I make excuses for inconsistent effort from others

☐ I struggle to voice what I actually need

☐ I expect consistency and peace as the standard

☐ I walk away from what disrespects me

✦ THIS WEEK'S CHALLENGE

Choose one to practice this week. 💕

- 💕 Set one boundary that protects your peace
- 💕 Write your top five non-negotiables in love
- 💕 Notice one place you have been settling
- 💕 Speak a worth affirmation before any self-doubt 🌻

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I know my worth and I do not negotiate it. I choose love that is consistent, respectful and aligned with who I am. I deserve the standard I set." 💕



✦ WANT TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — bundled for just **\$17.99 · Save \$3.00!** Available at stan.store/Ioniel 💕