BOOKS BY KARLENE · WEEK 1 WORKSHEET

The Kind of Love You Don't Have to Beg For

Love Worth Being Thankful For · November 2026

Part 1: Looking Back

Take a quiet moment with a warm drink and be honest and gentle with yourself.

1. Think of a time you felt you had to ask, wait, or work hard for affection or attention. How did that feel?

2. What did you tell yourself to make it okay at the time?

3. What do you know now that you wish you had known then?

Part 2: The Four Signs

Check the signs of freely given love you have (or want) in your life right now.

- [ ] **Affection comes without asking.** I feel loved without having to request it.
- [ ] **Effort is shared.** I'm not the only one showing up and making plans.
- [ ] **Reassurance is offered.** I know where I stand without guessing.
- [ ] **Consistency is normal.** Their words and actions line up, day after day.

Which sign matters most to you, and why?

Part 3: My Gratitude Tracker

Each evening this week, write down one thing someone did for you without being asked.

Day	What they did	Did I tell them?
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Part 4: My Promise to Myself

From now on, the love I accept will feel like...

> *"I don't have to audition for love. I am worthy of love that shows up freely and stays."*

Want to go deeper? My workbook *The Love That Feels Like Home* walks you through finding love from a place of wholeness. 💞

BOOKS BY KARLENE · WEEK 1 NEWSLETTER

The Kind of Love You Don't Have to Beg For

Send Sunday, November 1, 2026

Subject: You were never meant to beg for love 🍂

Preview text: Our November series starts today, and it's all about gratitude.

Hi, friend,

November is here, and with Thanksgiving on the way, I wanted to spend this month celebrating something close to my heart: *Love Worth Being Thankful For.*

We're kicking things off with a truth I wish someone had told me a long time ago: **the right love will never make you beg for it.**

If you've ever waited on a text that never came, done all the planning, or wondered if asking for more made you "too much," this week's post is for you. I'm sharing four signs you've found love that's freely given, plus three small ways to practice gratitude for it this week.

👉 **[Read: The Kind of Love You Don't Have to Beg For]**

I've also put together a free worksheet to go with it, including a 7-day gratitude tracker to help you notice the love that shows up without being asked.

👉 **[Download the Week 1 Worksheet]**

📖 From My Bookshelf

In *Meant to Be Yours*, Iris and Angelo each carry their own heartbreak into the story. Watching them learn that real love doesn't have to be chased is one of the reasons I love their journey so much. If you haven't met them yet, *Meant to Be Yours* is available now on Amazon.

👉 **[Get Meant to Be Yours]**

💌 Hit Reply

What's one way someone has shown you love without you ever having to ask? Just reply to this email and tell me. I read every single one.

Next week, we're talking about *When Love Feels Like Coming Home.* 🍂

Until next time, be well and stay safe.

With love,
Karlene Pitters, Author
Books By Karlene

BOOKS BY KARLENE · WEEK 1 SOCIAL POSTS

The Kind of Love You Don't Have to Beg For

Instagram @kpwrites · Facebook Books By Karlene · X @BooksByKarlene

Instagram · Post 1 (Sunday, launch)

The right love will never make you beg for it. 🍂

This November, we're celebrating Love Worth Being Thankful For, and we're starting with the kind of love that shows up freely:

💕 Affection without asking
💕 Effort that's shared
💕 Reassurance that's offered
💕 Consistency you can count on

If you've ever felt like you had to audition for love, this week's blog is for you.

Read the full post at the link in my bio, plus grab the free worksheet. ✨

Tell me below: what's one way someone has shown you love without you having to ask? 👇

#BooksByKarlene #LoveWorthBeingThankfulFor #HealthyLove #RomanceReaders #RomanceAuthor #MulticulturalRomance #SelfWorth #Gratitude #Bookstagram

🎨 **Visual idea:** Carousel. Slide 1: title quote on a cranberry-to-pumpkin gradient. Slides 2–5: one sign per slide. Slide 6: "New blog post, link in bio."

Instagram · Post 2 (midweek quote)

You don't have to shrink yourself to be loved. 🤍

The right person won't make you earn the basics. They'll simply show up, again and again.

Save this for the days you need the reminder. 🍂

#BooksByKarlene #LoveWorthBeingThankfulFor #KnowYourWorth #HealthyRelationships #RomanceReaders #LoveQuotes

🎨 **Visual idea:** Single quote graphic in Playfair Display on a warm cream background with a gold accent line.

Facebook

Hi, friend! 🍂

November is here, and this month on the blog we're celebrating Love Worth Being Thankful For.

This week's post is about something I believe with my whole heart: the right love will never make you beg for it.

So many of us have waited on a text that never came, done all the planning, or worried that asking for more made us "too much." But healthy love feels different. Affection comes freely. Effort is shared. Reassurance is offered. And consistency becomes your new normal.

I'm sharing all four signs on the blog, plus three small ways to practice gratitude

this week and a free worksheet with a 7-day gratitude tracker.

📖 Read it here: [blog link]

I'd love to hear from you in the comments: what's one way someone has shown you love without you ever having to ask? 💕

X · Post 1

The right love will never make you beg for it. 🍂

New on the blog: 4 signs you've found love that's freely given, and why it's worth being thankful for.

[blog link]

#LoveWorthBeingThankfulFor #RomanceReaders

X · Post 2

Affection without asking.
Effort that's shared.
Reassurance that's offered.
Consistency you can count on.

That's the kind of love worth being thankful for. 💕

#BooksByKarlene #HealthyLove

X · Post 3 (book tie-in)

Iris and Angelo both learned the hard way that love shouldn't have to be chased.

Meant to Be Yours is available now. 📖💕

[Amazon link]

#MeantToBeYours #MulticulturalRomance #RomanceBooks