



Choosing Wholeness



A Reflective Journal For Women Redefining Love
Inspired by the article
“What If I Do Not Want to Get
Married?”

LLF Coaching Services:



WELCOME

This journal is designed to support your journey as you explore what love, partnership, and wholeness mean for you—especially in a world that often expects marriage to be the end goal. You may be single, divorced, or widowed, and wherever you are, this space is for you to reflect honestly and gently.

Use this journal at your own pace. There are no right or wrong answers—only your truth.



marriage and



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A purple lily flower with a green stem and leaf, placed on a torn piece of paper with faint, illegible text. The paper has a jagged, torn edge, and the text is mostly obscured by the flower and the tear. Visible fragments of text include "nethir", "ckth", "all in", "placc", "ig-c", "Yea", "We", "ic", and "l".

[illegible]

marriage and



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Choosing Wholeness



A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the two lower petals (falls) being a lighter, almost white color, and the three upper petals (standards) being a vibrant purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored paper that has been torn along its top edge, creating a jagged, irregular line. On the torn paper, fragments of black printed text are visible, including words like "neth", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y". The background is a solid, light beige color.

[illegible]

A purple lily flower with six petals and a green stem is positioned on the right side of the image. It rests on a piece of torn, aged paper that has a wavy, ragged edge. The paper contains faint, dark, and mostly illegible text, including words like "nethir", "ckh", "all in", "plac", "ig-c", "Yea", "We", "ic", and "er'?" which is partially visible at the bottom left. The background is a solid, light beige color.

A notebook page with horizontal lines. In the bottom-left corner, there is a torn piece of light blue paper. On the blue paper, the words "Choosing" and "holiness" are written in a white, cursive script. A pink flower sticker is placed on the top edge of the blue paper. The rest of the page is white with horizontal brown lines.

A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the two lower petals (falls) being a lighter, almost white color, and the three upper petals (standards) being a vibrant purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored, textured paper that has been torn along its top edge, creating a jagged, irregular line. Behind the flower, there is a piece of paper with printed text in a serif font. The visible text includes fragments of words such as "nethr", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y". The overall composition is artistic and evocative, suggesting themes of nature, memory, or the passage of time.

[illegible]

A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the upper petals being a lighter lavender and the lower petals being a deeper purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored paper that has been torn along a jagged, wavy edge. This torn paper is placed over a background of a printed document. The visible text on the background document includes fragments of words and sentences, such as "nethr", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y". The lighting is soft, highlighting the delicate texture of the flower's petals and the rough edge of the torn paper.

[illegible]

A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the lower petals showing a distinct white variegation. The flower is resting on a piece of light-colored paper that has a torn, deckled edge. Printed text in a serif font is visible on the paper, appearing upside down relative to the flower. The text includes words like "nethr", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y". The background is a solid, light beige color.

[illegible]

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A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the upper petals being a deeper purple and the lower petals being a lighter, more delicate shade. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored, textured paper that has been torn along its top edge, creating a jagged, irregular line. Behind the flower, the paper features fragments of printed text in a serif font, including words like "neth", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y". The background is a solid, light beige color.

A notebook page with horizontal lines. In the bottom left corner, there is a pink flower. A blue torn paper overlay covers the bottom left portion of the page, featuring the text "Choosing holiness" in a white cursive font.

se to love again?

A notebook page with horizontal lines. In the bottom left corner, there is a pink flower. Below the flower, a blue paper effect is shown, torn along a diagonal line. The text "choosing holiness" is written in a white, cursive font on the blue background.

choosing
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A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the upper petals being a lighter lavender and the lower petals being a deeper purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored paper that has a torn, deckled edge. On the paper, there is faint, printed text in a serif font, which is partially obscured by the flower and the torn edge. Visible words include "nethr", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y".

A notebook page with horizontal lines. In the bottom left corner, there is a pink flower. A blue torn paper overlay covers the bottom left portion of the page, featuring the text "Choosing holiness" in a white cursive font.

side of romantic



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Choosing Wholeness



Self-Chosen Fulfillment



A series of horizontal brown lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right edge of the page.



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Self-Chosen Fulfillment



A series of horizontal brown lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right edge of the page.



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possibly never



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A series of horizontal brown lines for writing, spanning the width of the page.



Choosing
Wholeness

possibly never

A notebook page with horizontal lines. A pink flower sticker is on the left. A blue torn-edge paper overlay is at the bottom left, containing the text "choosing holiness" in a white script font.

Choosing Wholeness





A series of horizontal brown lines for writing, spanning the width of the page.



Choosing
Wholeness

A purple lily flower with six petals and a green stem is positioned on the right side of the slide. It rests on a piece of torn, aged paper that has faint, illegible text printed on it. The background is a solid light blue. The word "red?" is visible in the bottom left corner of the slide.

A pink flower icon with a brown center, positioned on the left side of the page.

Choosing
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A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the two lower petals (falls) being a lighter, almost white color, and the three upper petals (standards) being a vibrant purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored, textured paper that has been torn along its top edge, creating a jagged, irregular line. Behind the flower and the torn paper, there is a background of printed text in a serif font, which is partially obscured and out of focus. Visible words include "neth", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y".



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Creating My Own Relationship Vision



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend across most of the page, with some lines being partially obscured by the decorative elements.



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A purple lily flower with six petals and a green stem is positioned on the right side of the slide. It rests on a piece of torn, aged paper that has a wavy, deckled edge. The paper contains faint, dark, and mostly illegible text, which appears to be a mix of words and phrases. The overall aesthetic is artistic and evocative, suggesting a connection to the 'Lily' mentioned in the text.

A notebook page with horizontal lines. A pink flower sticker is on the left. A blue torn-edge paper overlay is at the bottom left, with the text "choosing holiness" in white cursive.

Choosing Wholeness

A close-up photograph of a single purple iris flower. The flower is positioned diagonally across the frame, with its head pointing towards the bottom right. It has six petals, with the upper petals being a lighter lavender and the lower petals a deeper purple. The center of the flower shows dark, intricate patterns. The flower is resting on a piece of light-colored paper that has a torn, deckled edge. On the paper, there is faint, printed text in a serif font, which is partially obscured by the flower and the torn edge. Visible words include "nethr", "ckth", "all i", "Plac", "ig-c", "Yea", "ve", "ic", and "Y".



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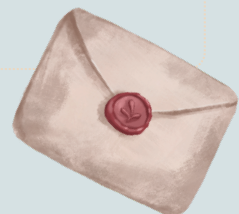
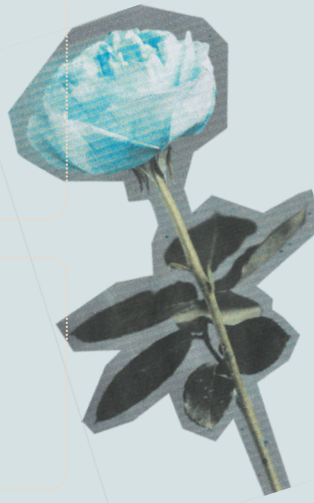
Choosing Wholeness

Affirmations



I am whole and worthy, with or without a partner.

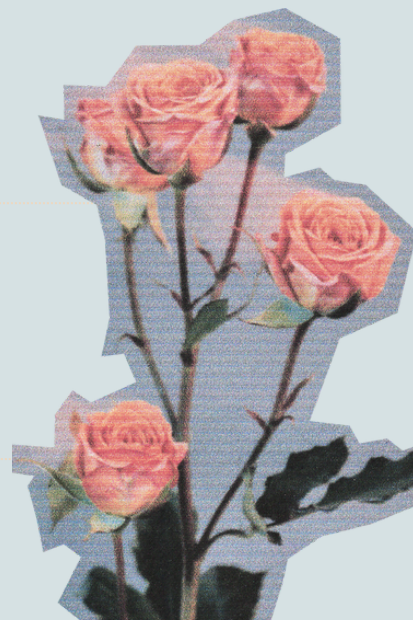
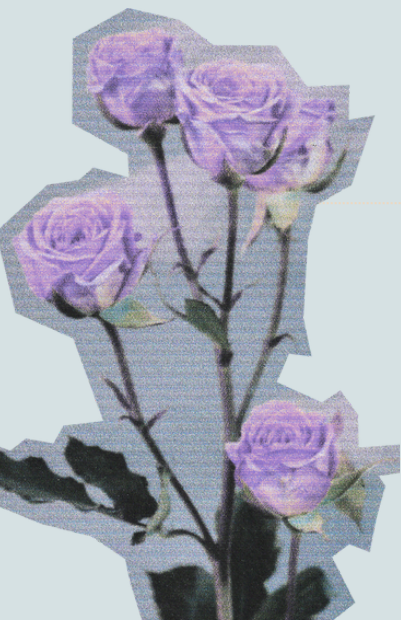
My life is mine to define.



Everything is always working out for me.
What's meant for me will not pass me by.

Daily Affirmations

I release timelines and embrace my journey.



Closing Reflections

You've just explored deeply personal questions.

As you move forward, remember: your worth isn't defined by your relationship status.

You are allowed to want more, redefine love, or choose a path of peace and wholeness just for yourself.

✨ Ready to go deeper?

Join The Inner Glow Guide Newsletter

or

book a free discovery call at <https://rwilliamsllfcoaching.com>

