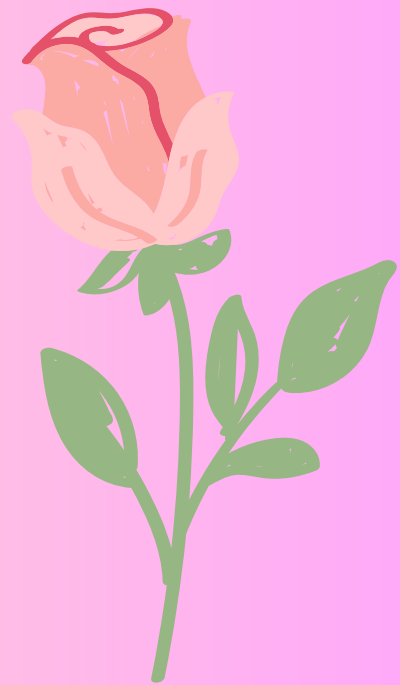




**embracing  
love  
again**



# EMBRACING LOVE



**DATE:** \_\_\_\_\_

**MY GOAL THIS MONTH:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WHY?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EMBRACING LOVE AGAIN AFTER HEARTBREAK

Love is one of the most beautiful and transformative experiences we can have, yet it's also one of the most vulnerable. After heartbreak, embracing love again can feel daunting. This workbook is here to guide you on a journey of healing, courage, and reconnection. Let's take the first steps together.

**RELEASING  
THE PAST**

**IDENTIFYING  
YOUR LOVE  
BELIEFS**

**RECONNECTING  
WITH JOY**

**CREATING A  
LOVE VISION**



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