

the mis education of love.

journal

by kristian le'chelle

Welcome!

This journaling companion was created with you in mind, as a soft place to land and a loving space to come home to yourself.

Inspired by the poetry in **The Miseducation of Love**, these 22 reflective prompts will guide you through grief, growth, and grace, helping you unlearn the falsehoods of love and remember your truth.

There's no wrong way to use this journal. Go at your own pace. Return to the prompts that pull at your heart. Let your pen become your compass. And may every word bring you back to the kind of love you'll never lose your way in.

Kristian LeChelle



ABOUT ME

writer | poet | facilitator | mama

Dedicated to creating nurturing spaces for individuals to reconnect with their inner selves. Through my signature blend of poetic guided meditation, somatic journaling, and sound therapy, I aim to empower others to heal, open their hearts, and transform their stories into sources of liberation and love.

JOURNALING PROMPT

JOURNALING PROMPT

UNLEARNING WHAT WAS NEVER YOURS

JOURNALING PROMPT

Who/What taught me to shrink, and how have I internalized it?

JOURNALING PROMPT

UNLEARNING WHAT WAS NEVER YOURS

JOURNALING PROMPT

What lies have I believed about love, and how have they limited my freedom?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

Who am I when I am not performing love, but receiving it?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

What boundaries protect my peace and how can I honor them without guilt?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

How can I mother myself through moments of fear or self-doubt?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

What does love without confusion look like in practice?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

What does liberated love feel like in my body?

REWRITING YOUR LOVE STORY

JOURNALING PROMPT

Write a letter to the version of you that stayed too long, hoping love would change.

BECOMING THE ONE

JOURNALING PROMPT

What makes me feel rooted, even when the world is chaotic?

BECOMING THE ONE

JOURNALING PROMPT

How do I show up for myself when no one else is watching?

BECOMING THE ONE

JOURNALING PROMPT

What rituals bring me closer to the truth of who I am?

BECOMING THE ONE

JOURNALING PROMPT

Where in my life can I soften and still feel safe?

BECOMING THE ONE

JOURNALING PROMPT

What part of my story deserves more compassion, not shame?

BECOMING THE ONE

JOURNALING PROMPT

When was the last time I felt whole and what helped me remember my wholeness?

HOMECOMING

JOURNALING PROMPT

What kind of love do I want to build with myself moving forward?

HOMECOMING

JOURNALING PROMPT

What does it mean to be the love I've always longed for?

HOMECOMING

HOMECOMING

If I believed I was already whole and already worthy, how would I live, love, and lead differently?

HOMECOMING

Thank you for allowing this journal to hold space for your healing and reflection. I hope these pages have reminded you of your wholeness and brought you closer to a love rooted in truth, softness, and self-reclamation.

If you'd like to go deeper in your journey, I offer community journaling lounges, private wellness experiences, and poetic meditations centered on helping you write yourself home.

CONNECT | COLLABORATE | BOOK ME

WWW.KRISTIANLECHELLE.LOVE
HEY@KRISTIANLECHELLE.LOVE

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