the mis education of love.

journal

by kristian le'chelle

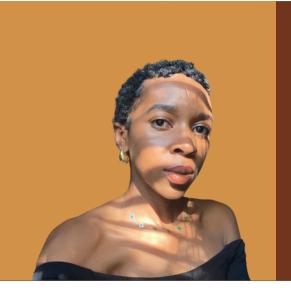
Welcone!

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 le Chelle



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.

UNLEARNING WHAT WAS NEVER YOURS

What did i first learn love was and how did it shape how I show up for myself?

UNLEARNING WHAT WAS NEVER YOURS

Where have I abandoned myself in pursuit of being chosen?				

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

UNLEARNING WHAT WAS NEVER YOURS

What grief still lingers in my heart and what would I say to it if it could speak back?			

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

Who am I wher	·	0	0	

Wha	t boundari	es protec	t my peac	ce and ho	ow can I h	nonor the	em witho	ut guilt?

How can I moth	.or my och til	•	 0. 000	

What does love without confusion look like	e in practice?

What does liberated love feel like in my body?				

REWRITING YOUR LOVE STORY

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

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

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

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

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

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

How do I want love to feel in my everyday life not just in romance, but in how I speak to myself, rest, nourish, and move?			
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HOMECOMING

If I believed I was already whole and already worthy, how would I live, love and lead differently?	٤,

HOMECOMING

What sacred vow am I ready to make to myself today? Write it out like a love promise—a commitment to never abandoning your truth again			

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

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