



A BASKETFUL OF LOVE

THEME 18

LOVE IN A BOX

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 18: Love in a Box

This workbook is designed to help you create a heartfelt gift filled with warmth, affection, and intentional care.

Love in a Box focuses on expressing appreciation, connection, and emotional closeness through thoughtful gifting.

Use these pages to design a gift that speaks straight from the heart.

SETTING YOUR INTENTION



Who is this gift an expression of love for?

What do you want them to feel when they open it?

My intention for this Love in a Box is:

YOUR BASKET VISION



What feeling should this love-filled gift create?
(Check or circle any that apply)

- ☐ Loved
- ☐ Cherished
- ☐ Connected
- ☐ Comforted
- ☐ Appreciated
- ☐ Warm
- ☐ Joyful
- ☐ Emotional

Other: _____

Describe the emotional atmosphere you want this box to hold:

GIFT ITEMS BRAINSTORM



What items symbolize love, care, or connection?

Think about: personal tokens, comfort items,
shared memories, thoughtful details

List your ideas below:

COLOR & THEME FEELING BOARD



Choose the tone for Love in a Box:

- ☐ **Soft & Romantic**
(blush, cream, gentle neutrals)
- ☐ **Warm & Heartfelt**
(rosy tones, warm neutrals)
- ☐ **Simple & Meaningful**
(minimal palette, intentional pieces)

My chosen palette or style::



MESSAGE / AFFIRMATION CREATOR



Write 2–3 loving messages or affirmations to include:

1. →

2. →

3. →

Optional:

*Rewrite one message into a short
phrase for a tag or keepsake.*

PERSONAL REFLECTION



Why does expressing love through gifting matter?

How can small gestures strengthen connection?

GRATITUDE MOMENT



Write three people, moments, or qualities
you're grateful for in love:

1.

2.

3.

WRAP-UP PAGE



Your Love in a Box Takeaway Message:

What does Love in a Box represent to you?

Date Completed: