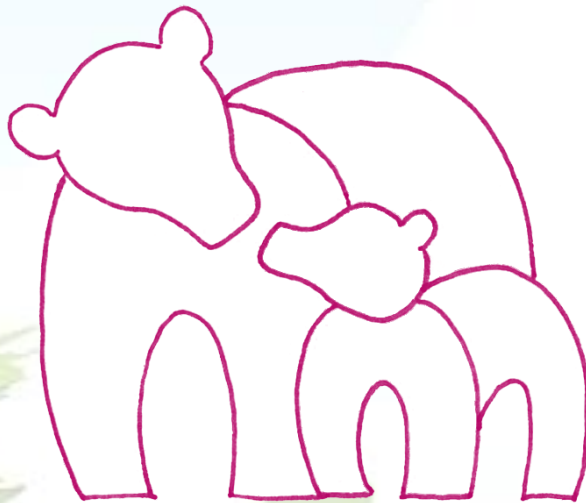


L.O.V.E.D.

Chapter “L” Journal



5 Simple Steps to Connect
with Your Mom

JANET LUND
The Mom Whisperer

LOVED

Listen to yourself.

Writing in a journal is a great way to listen to yourself. Listen to the noise inside your head. What words do you hear? Where are they coming from? What emotions are tied to those thoughts? How do they make you feel?

How I feel today: __/__/__

How I feel today: __/__/__

DAUGHTER'S LOVED JOURNAL PAGES

LOVED

How I feel today: __/__/__

How I feel today: __/__/__

DAUGHTER'S LOVED JOURNAL PAGES



L.O.V.E.D.

Chapter “L” Journal

LOVED is a coaching program baked with the finest and freshest ingredients in the kitchen of Mom Keep Calm

M♥M
Keep Calm

MomKeepCalm.com

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