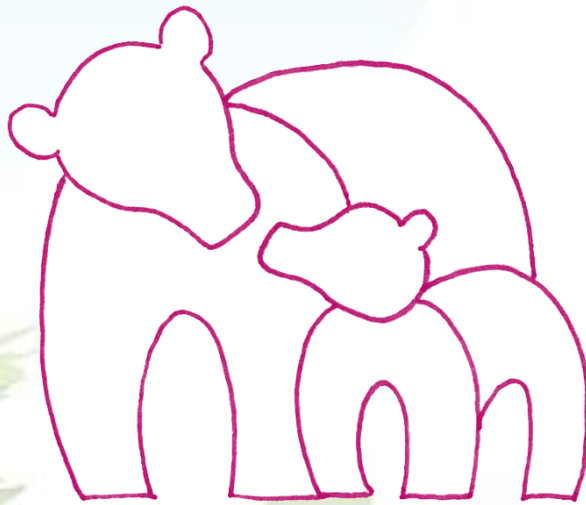


# L.O.V.E.D.

## Chapter "O" Journal



5 Simple Steps to Connect  
with Your Mom

**JANET LUND**  
*The Mom Whisperer*

# LOVED

**Observe** Body Language Conversation.

Write what you learned about yourself and/or your mom when you observed body language today. How did your observations help you with communicating with your mom? Journal your observations at the end of each day.

Today, I observed in myself...Today I observed in my mom:   /  /  

Today, I observed in myself...Today I observed in my mom:   /  /  

DAUGHTER'S LOVED JOURNAL PAGES

# LOVED

Today, I observed in myself...Today I observed in my mom: \_\_/\_\_/\_\_

DAUGHTER'S LOVED JOURNAL PAGES

Today, I observed in myself...Today I observed in my mom: \_\_/\_\_/\_\_



# L.O.V.E.D.

## Chapter “O” 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](http://MomKeepCalm.com)

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