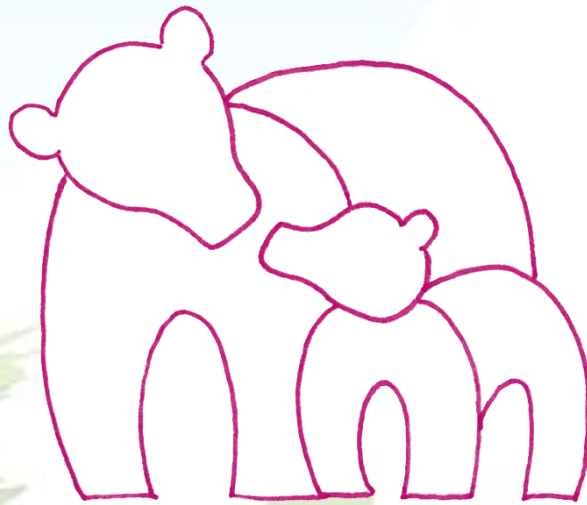


L.O.V.E.D.

Chapter “V” Journal



5 Simple Steps to Connect
with Your Mom

JANET LUND
The Mom Whisperer

LOVED

Verbalize to your mom what is important to you.

Journal:

Sometimes it can be hard to explain your thoughts and feelings. Writing it out can help you find your words. Write down all the things you want to talk about today.

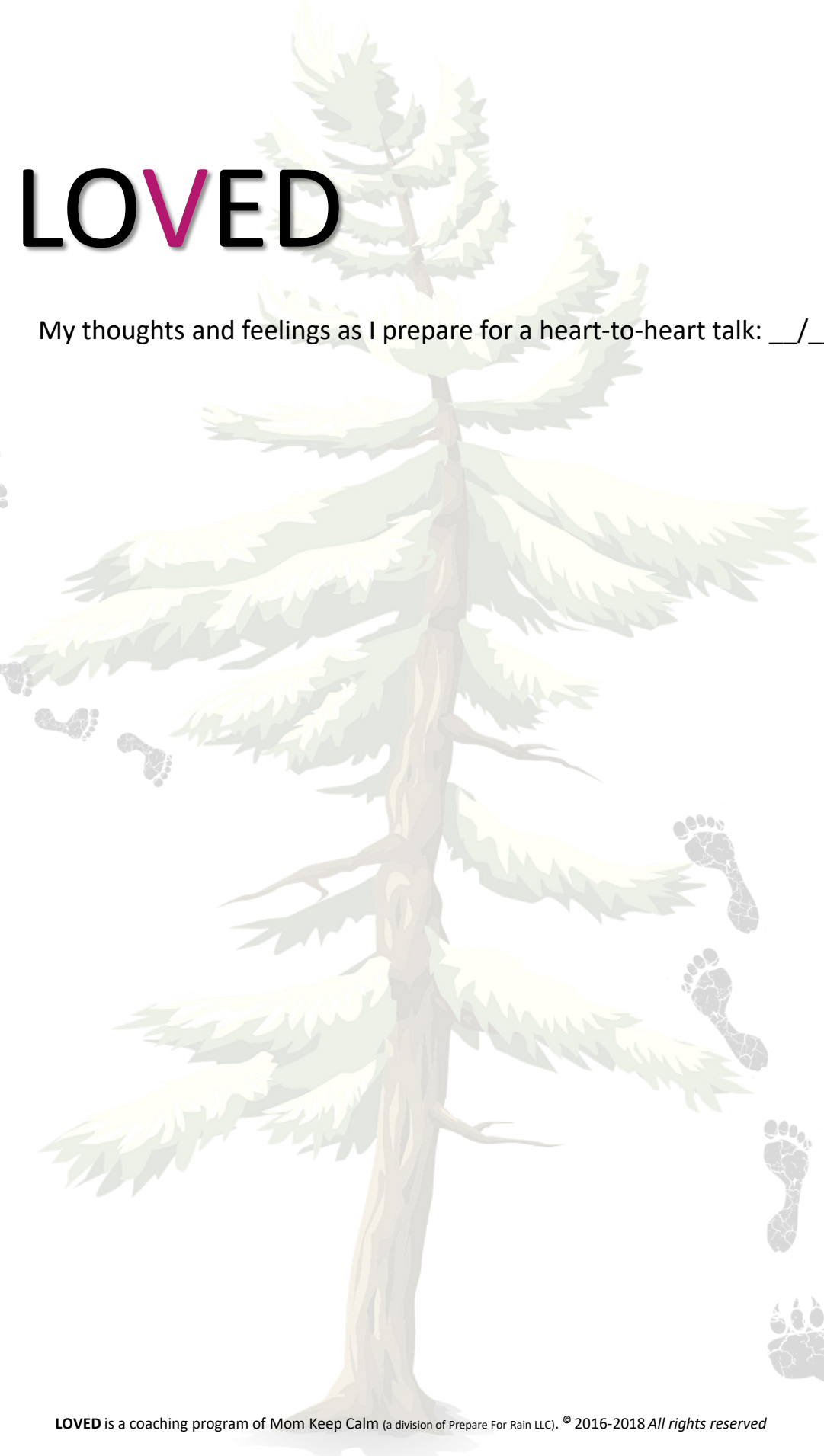
My thoughts and feelings as I prepare for a heart-to-heart talk: ___/___/___

DAUGHTER'S LOVED JOURNAL PAGES

LOVED

My thoughts and feelings as I prepare for a heart-to-heart talk: __/__/__

DAUGHTER'S LOVED JOURNAL PAGES





L.O.V.E.D.

Chapter “V” 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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