

L.O.V.E.D.

Chapter "L" Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Listen to yourself so you can have Quiet-Calm-Connection with your daughter.

Recording your journey is a great way to actively listen to yourself, Mom. Write how breathing and putting your internal noise on a shelf help your conversations with your daughter. Journaling will also help you remember what has been going on in both of your lives.

Conversations with my daughter have improved in these ways: ___/___/___

Conversations with my daughter have improved in these ways: ___/___/___

MOM'S LOVED JOURNAL PAGES

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Conversations with my daughter have improved in these ways: __/__/__

Conversations with my daughter have improved in these ways: __/__/__

MOM'S LOVED JOURNAL PAGES



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

M♥M
Keep Calm

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