

L.O.V.E.D.

Chapter "O" Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Observe the body Language Conversation.

Take a moment, twice a day, to consciously observe your daughter from head to toe. Tune in to her. Is she fidgeting? Expressing impatience by rolling her eyes? Stomping? Folding her arms while sitting quietly tense? Is her face flushed? Does she look teary? What is her body telling you on the outside about how she is feeling on the inside? Check to see if her body language is matching what she is saying. Journal your observations at the end of each day.

Today, my daughter's body language told me this: / /

Today, my daughter's body language told me this: / /

MOM'S LOVED JOURNAL PAGES

LOVED

Today, my daughter's body language told me this: __/__/__

MOM'S LOVED JOURNAL PAGES

Today, my daughter's body language told me this: __/__/__



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

A division of Prepare For Rain LLC

©2016-2018 All rights reserved

Inquiries?

Written: PO Box 171312 | Boise, ID 83717

Email: support@momkeepcalm.com