

L.O.V.E.D.

Chapter "V" Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Validate her Value.

Today when your daughter starts talking to you, stop what you are doing, and look into her eyes. Surprise her with your full attention.

How I validated my daughter and how she responded: / /

How I validated my daughter and how she responded: / /

MOM'S LOVED JOURNAL PAGES

LOVED

How I validated my daughter and how she responded: ___/___/___

MOM'S LOVED JOURNAL PAGES

How I validated my daughter and how she responded: ___/___/___



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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

MomKeepCalm.com

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