

L.O.V.E.D.

Chapter “E” Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Words of Encouragement

Look for opportunities to affirm your daughter. Point out what she does well. Compliment her for doing her best. Say, "Good job" and "Thank you. That was helpful." or "I am so proud of you for trying so hard." Journal your compliments and how she responded. Pay attention to what compliments she best responds to.

Complimenting my beautiful girl and how she responded: ___/___/___

Complimenting my beautiful girl and how she responded: ___/___/___

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Complimenting my beautiful girl and how she responded: __/__/__

MOM'S LOVED JOURNAL PAGES

Complimenting my beautiful girl 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

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