

# L.O.V.E.D.

## Chapter “D” Journal



5 Simple Steps to Connect  
with Your Teen Daughter

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**Discover your thoughts!**

## **Journaling Part 1: The Morning Purge Journal**

Get up 15-30 minutes earlier than usual. This page will help you journal your first feelings of the day. Often when we first wake up we have a bunch of negative gobble-dee-gook that clogs up our ability to embrace a new day. The morning purge gives you a chance to off-load those icky things, so you can think more clearly.

To the right of the page you will find space to write down those random To-Dos that pop into your head. At the end of your journaling session write down one positive thought under Today's Positivity.

Finally, cut off the right side of the sheet so you can keep your To-Do list and your positive thought with you. Take the rest of the journal sheet and stick it into a large yellow envelope. Don't look at them for at least 8 weeks.

After 8 weeks set aside some alone time to go back and read through your Morning Purges. Use two different colored pens to highlight 1) insights and 2) actions needed. Ask yourself these questions:

Who have you been continuing to complain about?

What have you been procrastinating about?

What things have you grown to accept?

What things have you changed?

You may notice your writing to be very black and white. This is normal. No worries. These pages allowed you to acknowledge your feelings. Becoming conscious of them makes it easier for you to be aware of your emotions throughout the day. This gives you more control over them as you interact with your daughter and your family.

This is a very good thing!

Take what you learn about yourself and make use of this information. Act. If you liked this experience do it again for another 8 weeks.

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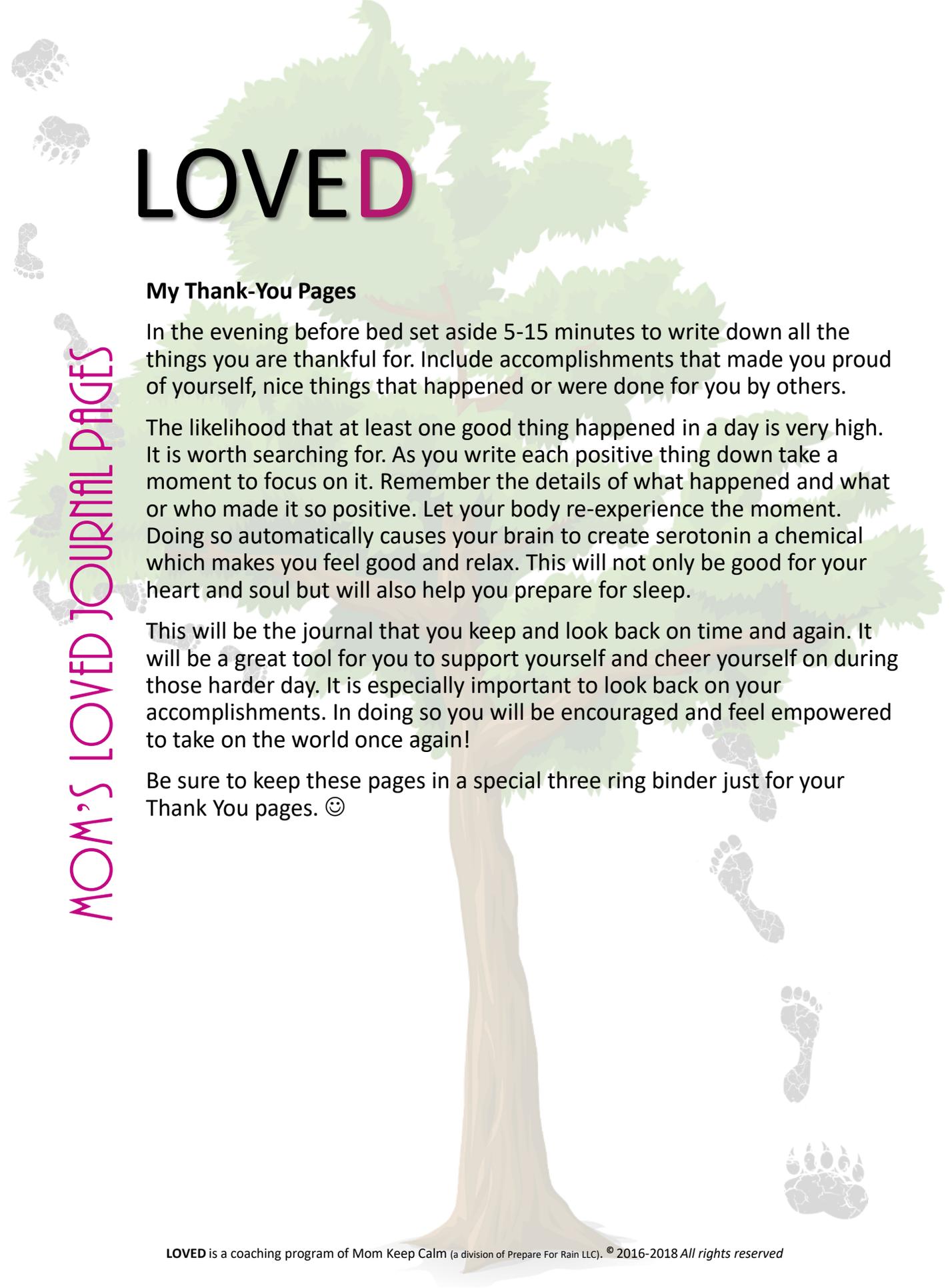
Mom's Morning Purge

Today's \_\_\_/\_\_\_/\_\_\_

To-Do List:

Today's Positivity:

MOM'S LOVED JOURNAL PAGES



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## My Thank-You Pages

In the evening before bed set aside 5-15 minutes to write down all the things you are thankful for. Include accomplishments that made you proud of yourself, nice things that happened or were done for you by others.

The likelihood that at least one good thing happened in a day is very high. It is worth searching for. As you write each positive thing down take a moment to focus on it. Remember the details of what happened and what or who made it so positive. Let your body re-experience the moment. Doing so automatically causes your brain to create serotonin a chemical which makes you feel good and relax. This will not only be good for your heart and soul but will also help you prepare for sleep.

This will be the journal that you keep and look back on time and again. It will be a great tool for you to support yourself and cheer yourself on during those harder day. It is especially important to look back on your accomplishments. In doing so you will be encouraged and feel empowered to take on the world once again!

Be sure to keep these pages in a special three ring binder just for your Thank You pages. 😊

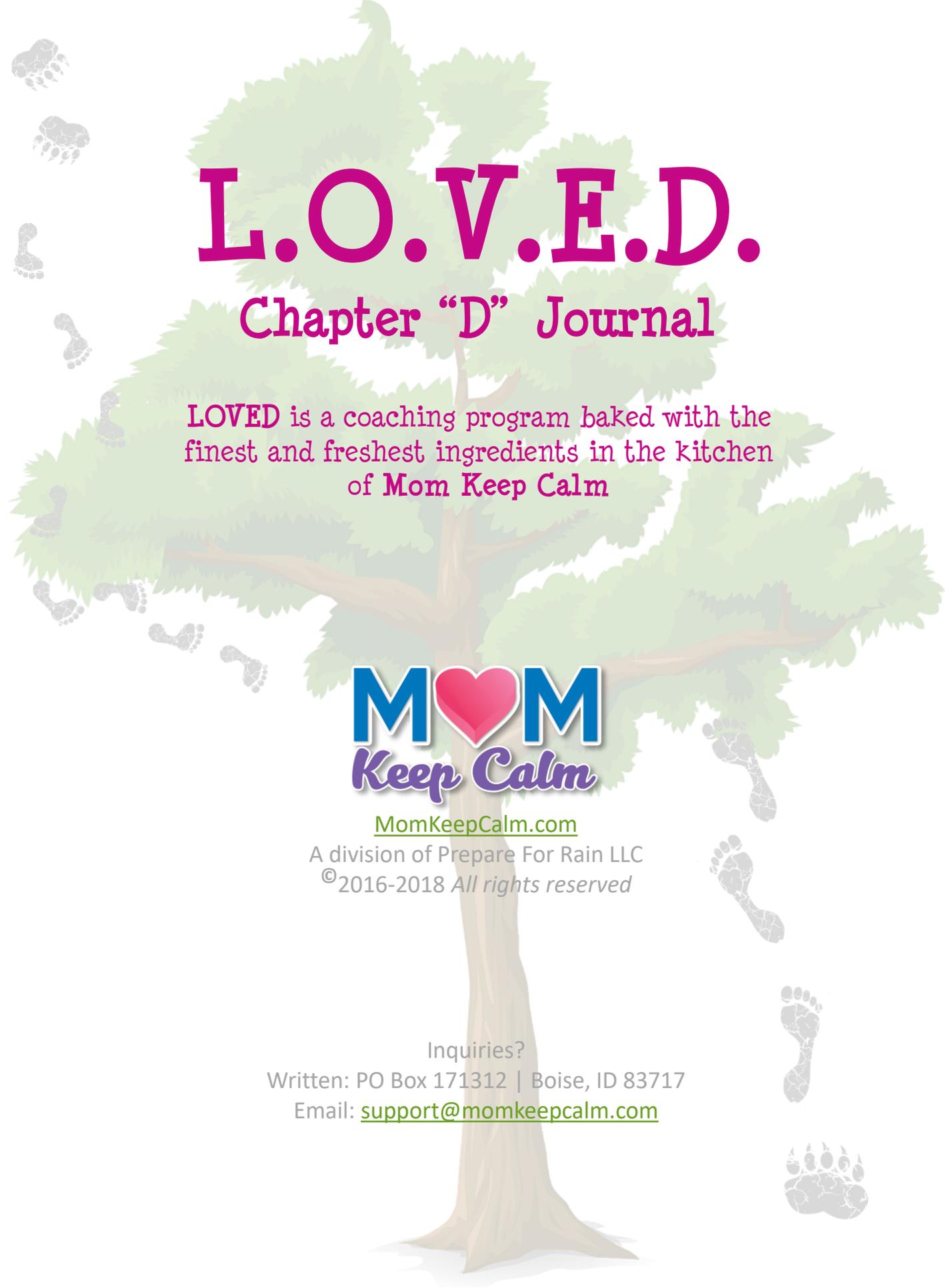
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## My Thank-You Pages

I am very grateful for these things today: \_\_/\_\_/\_\_

I am very grateful for these things today: \_\_/\_\_/\_\_

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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