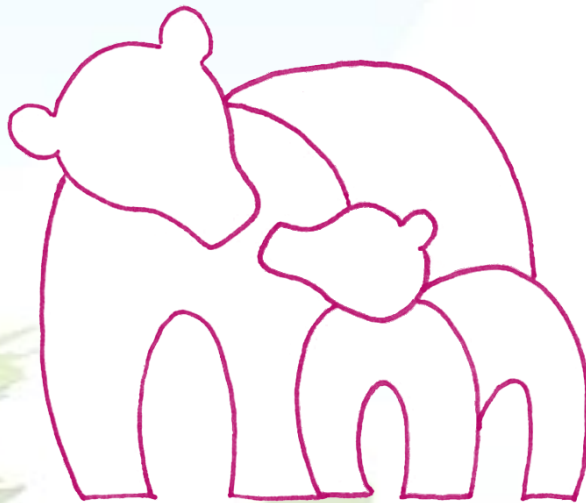


# L.O.V.E.D.

## Chapter “D” Journal



5 Simple Steps to Connect  
with Your Mom

**JANET LUND**  
*The Mom Whisperer*

# LOVED

It is time for you to **Discover** who you are. **Dive in. Dare to be different.**

## Journal:

Write down what you have learned from your brainstorming and answer the questions below to capture your thoughts.

Ideas I came up with while brainstorming:

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What do I love to do?

What do I want to try?

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What I'm going to try and when:

How and Where am I going to try these things?

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This is what I tried:

What went well?

What challenges did I experience?

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How do I need to improve?

Do I want to continue, or try something new?

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# LOVED

What do I want to try now?

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# L.O.V.E.D.

## Chapter “D” 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](http://MomKeepCalm.com)

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