

# L.O.V.E.D.

## Chapter “L” Journal



5 Simple Steps to Connect  
with Your Teen Daughter

**JANET LUND**  
*The Mom Whisperer*

# LOVED

Recording your journey is a great way to actively **listen** to yourself, Mom.

**Write down your calming Ideas:**

**Write down your self-care plans as you prepare  
to reconnect with your daughter:**

MOM'S LOVED JOURNAL PAGES

# LOVED

**Listen** to yourself so you can have **Quiet-Calm-Connecting** with your daughter. Write how breathing and putting your internal noise on a shelf improve your conversations.

Conversation with my daughter have improved in these ways: \_\_/\_\_/\_\_

Conversation with my daughter have improved in these ways: \_\_/\_\_/\_\_

MOM'S LOVED JOURNAL PAGES

Print out multiple copies of this page for journaling.)



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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](http://MomKeepCalm.com)

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