

L.O.V.E.D.

Chapter "O" Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Our Emojis Project Experience

Write about your experience working with your daughter on this project. What did you talk about? Any cherished moments you want to remember?

MOM'S LOVED JOURNAL PAGES

LOVED

Observe the Body Language Conversation.

Take a moment, twice a day to consciously observe your daughter from head to toe to help you form the habit of observation.

Today my daughter's body language told me this: / /

Today my daughter's body language told me this: / /

MOM'S LOVED JOURNAL PAGES

(Print out multiples 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

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Inquiries?

Written: PO Box 171312 | Boise, ID 83717

Email: support@momkeepcalm.com