

L.O.V.E.D.

Chapter “V” Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Exercise: Handmade Love Notes:

Sharing words of support after a heartfelt conversation is something your daughter will never outgrow.

Write your phrases here:

Heart-to-Heart Conversation Review

Reflect and write about your conversation with your daughter. Did it go as planned? Maybe you have a few kinks to work out?

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Validate her Value.

Today when your daughter starts talking to you, stop what you are doing, and look into her eyes. Surprise her with your full attention.

How I validated my daughter and how she responded: / /

How I validated my daughter and how she responded: / /

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

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