

L.O.V.E.D.

Chapter “E” Journal



5 Simple Steps to Connect
with Your Teen Daughter

JANET LUND
The Mom Whisperer

LOVED

Our Cheers Exercise

What have you learned about your daughter while working on this project?
Write down your favorite moments from this experience together.

MOM'S LOVED JOURNAL PAGES

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Words of Encouragement

Look for opportunities to affirm your daughter. Point out what she does well. Compliment her for doing her best. Journal your compliments and how she responded. Pay attention to what especially touches her heart.

Complimenting my beautiful girl and how she responded: / /

Complimenting my beautiful girl and how she responded: / /

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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