The Neutral Zone Packet Welcome Letter

—

Janet Lund

TNZ

Welcome!

Welcome Mom to The Neutral Zone! Congratulations on taking this bold step to nurture your relationship with your daughter. This program will equip you with the relational skills and confidence you need to make your relationship blossom into something beautiful!

Now, I want you to fully understand what you have received in this program and how to use it. So, let's walk through it:

The 5 webinar sessions will have workbooks titled, **This Loving Moms The Neutral Zone Packet.** Inside you will find the **TNZ Guide & Journal** for that session. It will help you take notes and capture all the important material that we cover in each session. It will also encourage you to think, reflect, grow, and ultimately engage in conversations with your daughter. During the 5th webinar we will review what we have covered in the first 4 sessions.

This program will also provide you with these additional documents: the **Hello Beautiful Letter** for your daughter; the **Mother Daughter Neutral Zone Covenant;** an **Explanation of the Covenant** for each of you; and your daughter's own companion workbook, **My Beautiful Daughter's Neutral Companion Zone Packet.**

The Neutral Zone is a program of Mom Keep Calm (division of Prepare For Rain LLC). © 2016-2018 *All rights reserved*

TNZ

Welcome! Cont.

The **Hello Beautiful Letter** is for you to write to your daughter. You will do this *after* you have read through all the other materials. My hope is that by reading through this material it will help you find the words you want to say to your daughter as you write her **Hello Beautiful Letter**.

The first half of each section in your **My Beautiful Daughter's Neutral Zone Companion Packet** workbook/journal is her "sneak peek" into The Neutral Zone. It will give her a brief overview of what you are learning in your sessions and encourage her to reflect on these topics. This way she knows what's going on in your head. It may help warm her up for conversation. The second half is her own journal. This will encourage her to reflect more on her own life experiences and her relationship with you.

When you have completed your **Hello Beautiful Letter** and filled out your half of the **Covenant** place both items along with her **Covenant Explanation** on top of her **My Beautiful Daughter's Neutral Zone Companion Packet** and place it on her bed. Doing so gives her the time and space she needs to read through and absorb what this is all about. Depending on how she is feeling at that moment she may or may not embrace this whole concept.

The Neutral Zone is a program of Mom Keep Calm (division of Prepare For Rain LLC). © 2016-2018 *All rights reserved*

TNZ

Welcome! Cont.

I encourage you to say nothing at first. Let her bring it up when she is ready. But go ahead and start trying the new things you are learning. She will observe the changes that you make. Over time she may bring it up. If not just use your new tools and keep going. Courage and persistence are key!

Now remember, change, even when it is good, is new, unfamiliar and sometimes uncomfortable. She may push back at first. That doesn't mean what you are doing is bad or you have done anything wrong. Mom, just keep calm.

After a week, if she hasn't brought it up, and she is in a receptive state of mind, ask her if she has looked at the materials you left on her bed. Encourage her to do so if she has not. If she has, ask her if she is interested in working on her Neutral Zone packet so you two can start to talk about what you are learning. If she says, "yes" that is great. If she says, "no" do not despair. This is just the beginning of the journey.

No matter how she responds, trust that you are growing into the mom you want to be and the mom she needs you to be.

The Neutral Zone is a program of Mom Keep Calm (division of Prepare For Rain LLC). © 2016-2018 *All rights reserved*

Welcome! Cont.

Remember, you aren't alone in this journey. With each of our sessions you will have the opportunity to share comments, concerns and questions.

Like I said, change can be challenging but also, very rewarding!! You are embarking on a journey to a whole new way of communicating and connecting! Your relationship with your daughter is about to Blossom! Yay!!

Mom, Keep Calm and Listen On!!

Janet Lund

The Neutral Zone is a program of Mom Keep Calm (division of Prepare For Rain LLC). © 2016-2018 *All rights reserved*

The NEUTRAL Zone

The Neutral Zone is a program of Mom Keep Calm

MomKeepCalm.com

A division of Prepare For Rain LLC

©2016-2018 *All rights reserved*

Inquiries?

Written: PO Box 171312 | Boise, ID 83717

Email: support@momkeepcalm.com