

# *Destined for More*

A 14-DAY MOTHER DAUGHTER  
JOURNEY TO FRIENDSHIP

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### INTRODUCTION

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Hi moms! Hi girls! We are SO excited + honored that you are taking the first step toward a better relationship together. We designed this challenge for you to take a little time in the coming season to get to know and have fun with one another. So, let's go!

#### WHY DO THE 14-DAY CHALLENGE?

Let's face it, not all mother-daughter relationships are perfect – or as Mom wanted to write, hunky-dory. \*insert eye-roll emoji\* But before we start rolling eyes and stomping off, we're here to challenge ourselves to MORE because relationships between mothers and daughters are so important.

#### MOMS...

Just because there's some years between you and your daughter, doesn't mean there has to be division. For instance, I can't keep up with the phrases kids use today, although my daughter has schooled me many-a-time. But now, we can laugh about me using dated expressions and her poo-pooing it.

Over the years, we've learned to lighten up a bit. If we rank on one another out of love and not malice, we can get a good laugh. In our experience, finding humor in ourselves or our situation is a great tactic in getting to know one another better and deal with some of life's toughest circumstances. Getting to know one another is essential in getting along, and actually enjoying one another's company.

#### DAUGHTERS...

Your mom is the one person in your life who knows you best, wants the best for you, and sees the best in you. You know what that makes her? **Pretty great BEST FRIEND material.**

But maybe you don't see it that way, and we get that. Some mothers and daughters have lots in common, spend tons of time together, and get along great. Others struggle with broken rules, disagreements, too many or not enough boundaries... the list goes on and on. If there's one thing we know to be true, it's that **this relationship is worth your time, your effort, and your willingness** to make struggling relationships better and good relationships great!

### DAY 1: ICEBREAKER

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#### 7 QUESTIONS. 60 SECONDS.

How well do you know one another? Think of this exercise like a **lightning round**. It's not about getting the answers right or wrong. It's about taking the next 60 seconds to put yourself in the other person's shoes and think about her. And should it spark a conversation afterwards... well, that would just be a *bonus!*

#### MOMS, YOU START. 60 SECONDS ON THE CLOCK... AND GO!

1. What's her favorite at-home meal?
2. If she could go out on a Friday night, where would she like to go best?
3. What is her favorite online retailer?
4. What store does she shop in the most?
5. If she could buy makeup, jeans, shoes, or a purse, what would she choose?
6. If she had a secret, who would she tell?
7. What movie genre does she like best?

#### NO PEEKING YET! DAUGHTERS, IT'S YOUR TURN. ANSWER THE SAME QUESTIONS ABOUT YOUR MOM!

Share your answers with one another. Maybe it took you 5 minutes instead of 60 seconds, maybe you got caught up in a disagreement over one of your answers, a fit of laughter, or maybe you were totally stumped! However it went, you thought about one another for an uninterrupted 2 minutes today. Off to a great start!

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## **DAY 2: FINDING THE FUN**

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Having fun together doesn't always have to be planned, but a quick, purposeful activity can kick off your bonding. Pick one (or all) of these activities to begin intentionally making time for one another!

### **IDEA #1**

Do you like to cook or bake? Better yet, do like to eat? Hop on Pinterest and find a recipe that you'd both love to try. Set a date to go shopping for the ingredients and make it together! Don't forget to take pictures of your finished treat.

### **IDEA #2**

Let's (pretend to) shop! Whether online or at the local mall, scroll (or stroll) until you choose an outfit for one another. Why did you choose it? Will it highlight her best feature or encourage her to try something new? Often times, mothers and daughters make one another's best stylists!

### **IDEA #3**

Get crafty. Nothing makes better memories than getting down and dirty with some glitter. Pick a craft and do it together. You can stay home and scrapbook or find a local paint night! Whatever you choose, you're sure to have fun because you'll do it together.

### **PAUSE + PONDER**

Moms, what is your daughter interested in that as a mom, you could get involved with?

Girls, what activity would you encourage your mom to join you in?

Choose an activity that you want to pursue. It can be trying an art class, going to a concert, taking a yoga class, researching great colleges and taking a road trip to visit them, or something as simple as having movie night with popcorn and Sour Patch Kids! Find something you enjoy and make it a monthly trend.

## **DAY 3: COMMUNICATION**

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### **PART I: STARTING THE CONVERSATION**

Talking is important, but truly communicating is vital to any good relationship. Communication requires time and patience – two things we're often lacking! How can you begin to open the lines of communication with your daughter? Start simply! Remember to ask, listen, respond.

### **HOW WELL DO YOU KNOW HER?**

We're going to pose a few questions. First, answer for yourself, then try to guess what the other's answer would be. If you have time, explain why you chose your answers.

1. Who is your best friend?
2. What's your favorite way to relax?
3. If you had to choose one food to eat every day for the rest of your life... what would you choose?

*Whatever  
you do, do it  
wholeheartedly.*

COLOSSIANS 3:23

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## DAY 4: COMMUNICATION

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### PART 2: ATTITUDE + MINDFULNESS

**What you're saying, why you're saying it, how loud you're saying it.**

Talking is so important that we're talking about it again!

If there's one thing women do plenty of, it's TALKING. Relationships between women can be so precious and intimate, but easily volatile when we aren't mindful of what we say and how we say it.

Mothers and daughters often complain of not being able to really communicate with one another. Attitudes, hormones, and moods, a lack of respect, understanding, or listening skills all can contribute to poor communication.

Have you ever said something to someone and immediately regretted it? Often times, in the heat of the moment, we can say things we don't mean, or say them meaner than we intended (\*guilty!\*).

We guarantee there's a lot of love between you as mother and daughter, but it's easiest to take things out on or get upset with those we're closest to.

### PRACTICE MAKES PERFECT

On your own, think of something you may have said to one another that you wish you could have said differently or not said at all. Do you want to apologize? Is there more you never said?

Write it down and let the other read it. Try to be as honest as possible with yourself and with them.

Think about how the Bible says, "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person" (Colossians 4:6).

## DAY 5: SIMILARITIES

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Being alike can be awesome, but on the contrary... being too alike can make it even more difficult to get along. In this exercise, we want to celebrate the ways you are similar – even if it's not your favorite thing about yourself, maybe it's an area you both can work on, or can find some humor in.

### WHAT DO YOU THINK?

Take a piece of paper and each of you write down (at least) 5 things you think you have in common. **No peeking or cheating!** They can be silly, serious, or *seriously obvious!* Then, compare your lists. If you both mentioned the same item, cross it off and think of another! Don't agree about one of them? Talk it out.

### Here's ours!

#### MOM'S LIST

- Creative
- Stubborn
- Nurturing
- Helpful
- Love to shop

#### DAUGHTER'S LIST

- Writers
- Poor vision
- Procrastinate
- Drink coffee
- Love sitting in the sun

Be quick  
to listen,  
slow to  
speak,  
& slow  
to anger

JAMES 1:19

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## DAY 6: DIFFERENCES

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Celebrate your differences. Without them, the world would be boring! Differences help us grow, show us another perspective, and deepen our appreciation for one another. So whether you love bright neon colors and Mom likes pastels... we're sure you can find a way to use them both to compliment one another.

### OUR EXAMPLE...

I'm a clean freak and my daughter is not... (she'd agree). On the other hand, she is super tech savvy and I am not... (she'd *definitely* agree).

While my daughter is inputting all of the information we need on our website, I'm washing dishes, throwing in laundry, and straightening up her house. We are different, but helpful to one another.

### YOUR TURN...

Each of you make a list of five ways you're different from one another. This exercise may show where you can help one another, learn from one another, or simply celebrate one another.

*Consider your personalities, your hobbies, your physical traits, things you love...*

### MOM'S LIST

1. I'm a clean freak, she's OK with messiness
2. I'm overly cautious, she's more laid back
3. I overthink about things I should have done or could have done differently, she lets go more easily
4. I have SO much energy, whereas she likes relaxing
5. I work more slowly with greater attention to detail

### DAUGHTER'S LIST

1. She's patient, I get impatient quickly
2. She takes people at their word, I'm more skeptical
3. I like to try new foods, she's not as brave in that area
4. I like to relax and watch TV, she is always working!
5. I make decisions quickly, she tends to hem and haw

**After creating your list see if you can use your differences to benefit or help the other!**

## DAY 7: PEACEFUL DISAGREEMENTS

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Does it seem impossible to have a "peaceful" disagreement? Disagreements don't have to become arguments or end with silent treatment.

We must recognize that we are not always going to agree on everything, and that's OK! How we disagree is the key.

When we love one another, we should be able to state our case and allow the other to state theirs. This requires patience and respect.

### YOUR TURN...

Moms and daughters, individually think about a disagreement you had with one another and answer the following questions:

1. How did your mom/daughter react to the disagreement?
2. How did their reaction make you feel?
3. How did you hope they would respond?
3. What could you have done better to reach an agreement or disagree peacefully?

*Be kind & compassionate  
to one another,  
forgiving each other,  
just as in Christ God  
forgave you.*

EPHESIANS 4:32

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### DAY 8: COMPROMISE

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Sometimes compromising is even harder than just one person getting their way, because in essence, no one is getting their way. Bleh! But sometimes, there is a way to compromise that leaves both of you satisfied. Practicing compromise prepares us for many areas of life ahead!

#### COMMON AREAS OF COMPROMISE BETWEEN MOMS + DAUGHTERS

- Independence
- Responsibility
- Fun
- Freedom
- Good decisions
- Timing
- Fear of missing out
- Privileges
- Finances
- Safety
- Permission
- Trust

When you consider that one or more of these may be a factor in your desire to compromise, talk about the role it plays in your decision.

#### SAMPLE SCENARIO

Daughter wants to go out with friends on Friday night to a party. Mom doesn't want her to go and has several reasons why (she doesn't know the family who is hosting the party, she concerned who or what may be there, it's late at night + you have something the next day).

#### Compromise:

- Mom offers to drive daughter and friends to a movie or alternative hangout that she is comfortable with. *Reasonable.*
- Mom offers to host a party for daughter and her friends. *Very reasonable.*

#### COMMUNICATING COMPROMISE

Moms, instead of...“You can't go because I said so.”

You can try, “I understand that being with your friends is important to you and this party seems like it would be very fun. It is not my goal to keep you from having fun, it is my goal to keep you safe. I also understand that saying you can't go may make you upset, frustrated, or feeling left out. Let's think of a fun alternative that you can do on Friday night.”

The idea is not so much that your daughter gets to go where she wants, with whom she wants, when she wants, but rather where mom knows is best, with whom is suitable, when the time is appropriate.

Daughters, this may seem like no compromise at all because you don't end up with what you want ever... or so it seems! But the truth is that your mom is not trying to cramp your style – it's just her job to keep you safe and from her experience, judge what experiences you should be having and when. Any time my mom didn't want me to go to a party or place, it was for good reason. She knew that it would not benefit me to be there.

When you find it hard to reach a compromise, try to remember that you love one another and you can show your love through listening, understanding, and empathy.

### DAY 9: BOUNDARIES

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We often think of boundaries pertaining more to daughters than we do to moms, but the truth is, they're very relevant to both! Boundaries are just imaginary lines that we aren't supposed to cross. So... where do we draw them?

**TRY THIS!** Print out the doodle image attached or purchase an adult coloring book from the store. Get lots of bright colored pencils and a sharpener. Share a page, stay in the lines, and designate specific parts that each of you will be responsible to complete. Only color what is your portion and let your partner color what is theirs! The illustration will remind you of the boundaries you wish to observe.

List 3 areas where you'd like to draw a boundary and discuss why it is so important. Think about these subjects: privacy, personal space, respect, power-struggle, independence.



as we  
RISE each  
morning  
let us  
DETERMINE  
to respond with  
LOVE & KINDNESS  
to whatever  
might come our  
way.

-THOMAS S. MONSON

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## DAY 10: UNDERSTANDING

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Often times, we feel isolated because we don't think ANYONE understands what we're going through, when in reality, if we gave them a chance by communicating honestly, we may find a deep connection and comfort in one another's shared experiences.

**Moms...** *it's so common* for teen girls to feel misunderstood by their parents or families. Their world is completely different than the one you grew up in, but that's not to say the experiences aren't similar. The pettiness of pre-teen and teen schoolgirls (with or without the bullying aids of social media) remain the same. The struggles of balancing schoolwork with social activities, planning for the future while enjoying the present, and feeling misunderstood are relatable plights!

Sometimes we assume our daughters know we've been there too, when in reality, they need to hear it from us! Learning more about your experience may bring you closer and give her comfort.

There's also the chance that your daughter's experience may be quite different than your own. How can you grow to understand her situation and support her in it, even if you can't relate? Showing understanding, compassion, and love doesn't require you to relate, but rather, it requires you to be sympathetic to where she's at.

- Does she have someone to dream with, bounce ideas off of, or go to for advice?
- Does she have a best friend or group of friends/teammates that provides a sense of security?
- Does she come to you with her plans for the future / do you show interest in her future plans?

**Daughters...** your mom is not invincible. She's without a doubt a modern-day superhero, but she has struggles too. Just like you, there are days she wakes up tired and unmotivated. There are people who hurt her feelings. There are moments she wants to give up because she feels overwhelmed. She's allowed to be sad, happy, frustrated, discouraged, excited, or angry.

### WORK ON IT

Each of you think of one way you feel misunderstood, either by one another or by someone else. Talk it out with as much honesty as you can. Why do you feel misunderstood? How does it make you feel?

## DAY 11: INTERESTED IN YOU

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### SOMETIMES ALL YOU NEED IS AN INVITE...

Taking interest in one another is going to make you both feel awesome. Time spent doing something one of you loves may quickly turn into a hobby you share. Is one of you a gym nut or head over heels for yoga? Think about grabbing a mat and gym clothes and going together one day. Better yet, Yogi, ask her to join you!

Is Mom cooking dinner or shopping for a gift? Offer your input. Better yet, Mom, ask for your daughter's opinion, showing that you value what she thinks.

Whatever ways you can think of to show your interest in the other person and their life, consider it an open door to doing something new together!

### A LITTLE COMPLIMENT GOES A LONG WAY

Now it's time to give one another a compliment or vote of confidence. When we offer a compliment, it shows we are thinking about one another and builds confidence.

A small compliment goes a long way! A meaningful compliment may stay with her for a long time.

Leaving a simple note on the counter — "You've Got This!!" — before a big test for your daughter or as a way to help mom stick to her new clean eating regimine, can stir up the added confidence each of you need!



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## **DAY 12: THE POWER OF LAUGHTER**

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This is by far my favorite day! Laughing adds years to your life and life to your years. The Bible says that a merry heart is like good medicine, so think of laughter as a prescription for anything that ails you. Let's get funny!

Starting with our quirks. We all have things that we do – whether in public or in the privacy of our homes – that are downright quirky. In our family, we joke about mom's lack of understanding for memes or my tendency to trip over thin air.

What would each of you say is the quirkiest thing about you? Is it a habit, a trait, or a peculiar characteristic? Is there more than one!? If you feel so bold, reenact one or more of these quirks. Mom, you act out your daughter's, and daughter, act out mom's.

## **DAY 13: EMOTION, ESTROGEN, + ENERGY**

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The Es are big ones for any relationship, ESPECIALLY the mother daughter combination. Emotions run high causing mood swings and estrogen levels, whether too high or too low, can affect us as well! What are women to do when emotions run amok, estrogen runs low, and energy is all too precious to expend on edginess?

Eliminate the erratic imbalance by giving one another a little space. Some of us get weepy, others get mean, but time alone with good music, our Bible, a journal, or a favorite show can make the time pass more peaceably.

### **FOR THE FUTURE**

When you find yourself in a moody rut, take some quiet time and write a letter to one another expressing your feelings and frustrations. Writing can be a therapeutic way to “take five”, consider what you're feeling and why, and thoughtfully explain yourself without haste. You may actually discover something about yourself that you didn't know before! See if the time alone (as opposed to a confrontation) made you more at peace.

Don't share your letter with the other person until your feelings subside. Re-read your letter at that time before giving it to your mom/daughter to see if you still feel the same way.

## **DAY 14: CELEBRATE!**

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You guys... you made it!!! Congratulations on completing the 14-day challenge. We believe you were Destined for More as mother and daughter and we pray that this challenge blessed you in more ways than one!

Whatever brought you the most joy throughout the challenge, repeat that day today! Talk about how far you've come in your relationship and never let a day go by without telling her how much you enjoy her company!