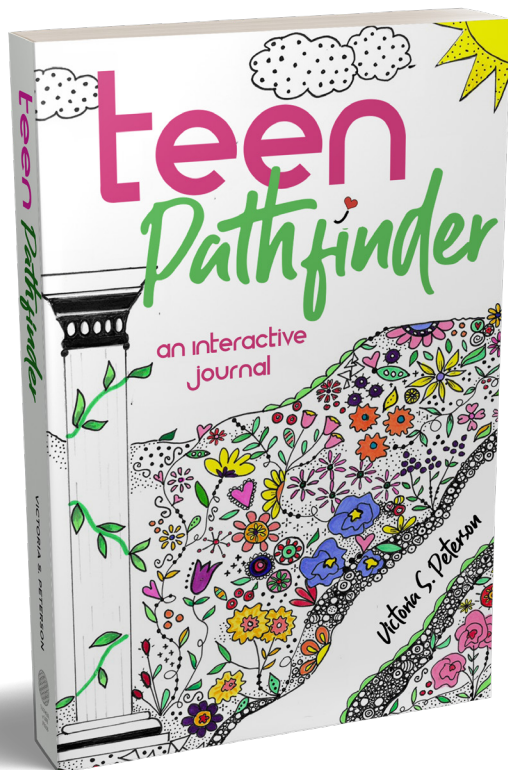


FLOWER OF LIFE PRESS IS PLEASED TO ANNOUNCE  
THE 2ND BOOK IN THE "PATHFINDER" JOURNAL SERIES ~ BY VICTORIA S. PETERSON

## teen pathfinder: an interactive journal

addressing the social-emotional needs of teens  
in today's complex world



*Teen Pathfinder* is an inviting and engaging journal that is perfect for any teen facing today's challenging times.

With activities, explorations, and challenges, *Teen Pathfinder* encourages teens to recognize the power of their "I AM" through self-knowledge, self-management, social awareness, and responsible decision-making.

The 6 Pillars of *Teen Pathfinder* are its foundation: Inspiration, Reflection, Compassion, Confidence, Harmony, and Joyfulness.

*Teen Pathfinder* is ideal for completing alone, with a buddy, or with a small group. This is an excellent journal for after-school programs.

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*"A creative and inspiring journal written from the heart that guides your teen to find her place in the world."*

—Jane W., mom of 3 teen girls

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### the pathfinder activities encourage teens to:

- Better understand and appreciate themselves and others
- Build Self-Confidence
- Recognize strengths
- Better understand emotions
- Overcome personal challenges and obstacles
- Explore thoughts, feelings, actions and goals
- Realize less conflict
- Establish and maintain positive relationships
- Feel and show empathy for themselves and others



Author Victoria Peterson is an award-winning National Board certified teacher of 47 years. It was during these years that she realized and practiced the importance of social-emotional learning. With love and devotion to the needs of all teens, she has created *Teen Pathfinder*, publishing in May, 2020 by Flower of Life Press.

Learn more at [www.thepathfinderjourney.com](http://www.thepathfinderjourney.com)