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.

“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

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