

Journal Your Quest for Happiness

FOR TEENS

Your happiness matters! Start your quest today.

Journal Your Quest for Happiness for Teens is your personal space to explore what joy means to you.

Inspired by The Quest for Happiness, this journal helps you reflect, grow, and stay true to yourself with simple, empowering prompts.

Put down your phone, stop the scroll, and start tuning into your own thoughts.

Use it to:

- * Understand your thoughts & emotions
- * Practice gratitude and self-love
- * Discover what truly makes you happy
- * Build habits that support your well-being

"I just discovered journaling and love it"- reader review

"I can listen to the book on Spotify and take notes and journal in this..." - reader review

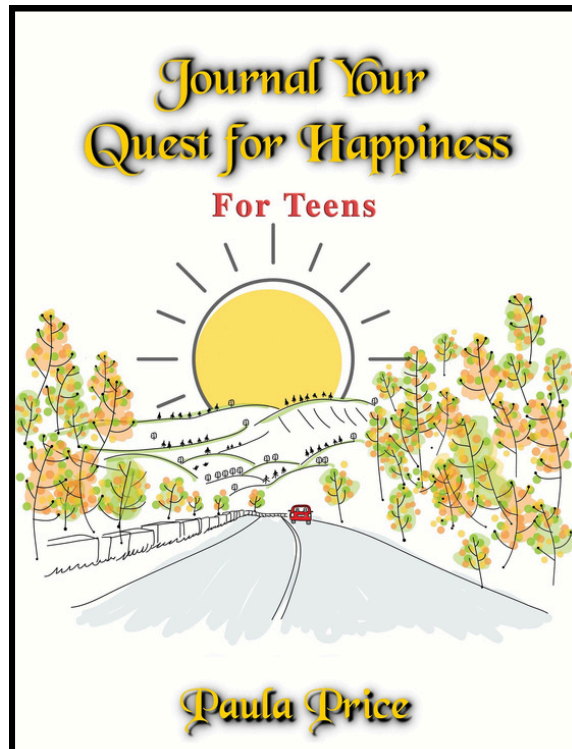
"This journal taught me how to create happiness every day.. I know I can create the life I want..." - reader review

About the Author



Paula Price is a mother, wife, daughter, fixer of things, recovering perfectionist, voiceover actress, and certified happiness coach. She received a BA in

Communications: Radio/TV and a Business Minor from Xavier University and has done everything from running a corporate video studio to producing her own films. Each day in sunny Los Angeles brings about new blessings and challenges but Paula has learned to take everything in stride with a sense of humor and fiery drive. Her goal is to help others find and use their own light to live in their true purpose.



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Making the world better, one heart at a time.



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