



Soul Searching Journal: A Guide to Self Discovery for Girls

Sarah Stillman

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Somewhere deep inside, we all know what's best for us—it's only a matter of listening. *The Soul Searching Journal* is about tuning into your own inner wisdom and by doing so, discovering more about yourself. There are plenty of activities in this journal to put you on the path to self-discovery, but keep in mind that these are suggestions—nothing about journaling is set in stone. You can use this journal to channel your creativity, sort out problems, or make sense out of life—whatever *you* want. The more you write, the more you'll love it and the more you'll discover about yourself!

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