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# My Happy Place: A Children's Self-Reflection And Personal Growth Journal With Creative Exercises, Fun Activities, Inspirational Quotes, Gratitude, Dreaming, Goal Setting, Coloring In, And Much More





## Synopsis

**\*\*A #1 Best-Selling Journal for over 6 months.\*\*** **\*\*The perfect gift for the children in your life. \*\***

“My Happy Place” will take children on an exciting journey of self-discovery. Filled with creative exercises, thoughtful questions, fun activities, and inspiring quotes; this book is so much more than a journal. “My Happy Place” will help: Empower kids to express themselves creatively through writing, drawing, pasting and coloring in. Unlock their feelings, hopes, and dreams. Deepen their insight into who they are. Build confidence and better relationships. Give them an awareness of the important role they play in the lives of others and the world. Teach them the fundamental habits of happiness to set them on a path to live a fulfilled and happy life. Each page is beautifully illustrated and designed in full color by the creators of the best-selling journal “My Gratitude and Dream Journal”. It makes a perfect gift for those you love and a wonderful keepsake for years to come.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 23 customer reviews

Best Sellers Rank: #212,016 in Books (See Top 100 in Books) #6 in Books > Children's Books > Activities, Crafts & Games > Activity Books > Diaries #23 in Books > Self-Help > Inner Child

## Customer Reviews

This mom and daughter team is on a mission to spread happiness and inspire young minds. Through Helene Pam's inspirational words and wisdom and Sheleen Lepar's beautiful illustrations and vision, they create products and experiences that touch the hearts and minds of children around the world. They love teaching children to become deep thinkers, helping them to find the confidence to believe in themselves, and empowering them to achieve anything they set their minds to. Their hope is also to inspire them to help others and the world in the process. Their products include “My Gratitude and Dream Journal”, Best-Selling Journal; “My Happy Journal”, a self-reflection and personal growth journal; and

“Happy Bus”, a children’s picture book. For more information, please visit [www.PurpleSplashStudios.com](http://www.PurpleSplashStudios.com), like @PurpleSplashStudios on Facebook, or follow @PurpleSplashS on Twitter.

My wife got this for her niece for her birthday. She seem to like it she worked on it for a little while and she packed it up with the stuff that she’s cares about in her journal stuff so that was a bonus

My 8 year old daughter has refused to keep a journal as her therapist recommends, but was so happy and excited to start this when she opened it for Christmas. This is an excellent book!

Wasn’t what I thought it was going to be. It’s okay but too expensive for what it is

Overrated.thought I was getting a real girls diary.Not for tweens

This is a guided journal for girls based on 4 personal growth and happiness techniques. The journal is divided into these 4 broad sections and will help your child write about all areas of their lives.

**Self-Reflection**This section helps your girl focus on what is positive about themselves. This helps to build their self-esteem and allows them to dream big.

**School & Hobbies**This section focuses on their achievements in school and hobbies. It has space for them to list what they are most proud of in these areas, set goals and write out what they want to learn or try.

**Family & Friends**This area gives them a space to reflect on who loves them. There are also areas where they can write out ways to be a better family member and friends. They are also encouraged to write letters to their loved ones.

**Helping the World**This section helps girls to brainstorm ways to help their community. It also allows them space to write about what they love about the earth and how to become a better citizen on this earth.

This journal is a fantastic way to help build a young girls self-esteem. It helps them focus on themselves first, to become their best self. Once that’s done, they can then turn their attention to how they impact their world. It shows them in a very subtle way, how to be confident. It helps them to realize and believe that they can do whatever they put their minds to.

The other day, I had a Grammy-Granddaughter date with my eldest, Alex who is 8. On our way to see a movie, we were in the car with no music or any other distractions. It was the perfect opportunity to catch up with each other and just talk together. At one point, I asked her what she wanted to be when she grows up. She thought about it for a few minutes, then asked me if she could only be one thing when she grows up. Of course, I told her no, that she can be anything she wants to be. And if she wants

to be more than one thing, that's perfectly acceptable. She said, "Great! I want to be a cook like Granddad, a singer and an artist." I love that she has big dreams and is open to any and all possibilities. I want to instill this mindset in all my grandchildren. I believe that this self-reflection journal will help to do just that. But right now, Alex is the only one old enough to get the benefits of a journal like this. So, she will be getting this along with the "My Gratitude and Dream Journal" another award winning diary by the same authors. If you have a young girl between the ages of 8 - 15, that loves to write in their diaries, this is the perfect gift idea for them. I am sure my granddaughter will truly love this diary. I received this book for free from the author in exchange for an honest review. This does not affect my opinion of the book or the content of my review.

My tween daughter and I LOVE this journal. At first I was looking for a journal for her to capture her thoughts and what I saw was not only did the format and beautiful art get her engaged in journal writing but it also guided her in such a way that she started thinking and acting in more positive ways. I can honestly thank this journal for giving my daughter the confidence to make a new friend and cherish the friends and family she has. It was also so heartening to find her asking me how we could help do more for the world and our community. She even started to set goals after thinking about what matters to her. I didn't think she'd stick to the goals but since then she has been so consistent and passionate about doing well at dance and school that we are seeing real results. Hoping you give this journal a try. It made a real difference for us.

As an internationally accredited life coach I am always on the look out for effective tools. I recommended this journal to various clients with children and the feedback has been very positive. Last week I sat with two 12 year olds' working through some of this journal and because of this experience, I was inspired to write this review. This journal is not like other journals. It's vibrant and interesting to engage with. It's effective in creating real change, because it focuses on activities rather than just cognitive reflections. It tackles important areas without dragging on. My suggestion would be to take some time on each page, delving into the child's reasons for choosing what they write or draw to get the most value out of each activity and to anchor key learning points. The content is as relevant for adults as it is for children/tweens and in fact some of my clients have decided to do the activities with their children as they recognised the benefits of them. A highly recommended tool for deep personal development.

My daughter loves this journal. It's beautifully crafted and well researched. What a clever and

creative approach to spark the imagination of girls and motivate them to reflect internally. It compels them to think about their external world, to set goals, to be mindful, and it provokes them to consider how they have impact to make the world better.

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The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude)  
Start Each Day with a Grateful Heart: Gratitude Journal with Bible Verses and Inspirational Quote: Large Print Gratitude Journal with Daily Scriptures:Gifts for Women/Teens/Seniors  
Quotes: 101+ Greatest Quotes on Happiness, Success and Motivation from famous people around the world: Greatest and most powerful quotes ever used by leaders ... (Quotes from the famous people ever lived)  
Lucid Dreaming Easy Beginners Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help)  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
The Big Book of Quotes: Funny, Inspirational and Motivational Quotes on Life, Love and Much Else  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
Cute Rainbow Unicorn 2017-2018 18 Month Academic Year Planner with Inspirational: with Inspirational Quotes July 2017 To December 2018 Calendar ... Quotes (2018 Cute Planners)  
(Volume 30) 365 Best Inspirational Quotes: Daily Motivation For Your Best Year Ever: (Best Inspirational Quotes)  
365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. Creative Activities and Curriculum for Young Children (Creative Activities for Young Children)  
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Point Your Toes & Dance Bullet Journal: Dot Grid Notebook, Dancers, Dance Teachers Recital Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude  
Posh Adult Coloring Book: Inspirational Quotes for Fun & Relaxation: Deborah Muller (Posh Coloring Books)  
Coloring Books for Girls: Inspirational Coloring Book for Girls: A Gorgeous Coloring Book for Girls 2017 (Cute, Relaxing, Inspiring, Quotes, Color, ... Books Ages 2-4, 4-8, 9-12, Teen & Adults)  
Psalm 46:5 God Is

Within Her, She Will Not Fall: Prayer Journal for Women to Write in/for Daily Conversation & Praise with God (Bible Verse Journal ... Gratitude Journal, 110 pages, matter cover The Daily Power Journal - (Durable Cover): An Effective Five Minute Journal Tool For Self-Exploration, Daily Gratitude, Productivity, & Happiness 6" X 9" Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books, Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2)

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