

Name \_\_\_\_\_

Date \_\_\_\_\_

# Self-Esteem Journal

MONDAY	
Something I did well today...	
Today I had fun when...	
I felt proud when...	

TUESDAY	
something I did well today...	
Today I had fun when...	
I felt proud when...	

WEDNESDAY	
Today I achieved...	
My favorite thing today was...	
3 good things about me...	

THURSDAY	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	

FRIDAY	
Something I did well today...	
I had a positive experience with...	
I was proud of someone when...	

SATURDAY	
I felt happiest when...	
I had positive experience with...	
Today I grateful for...	

SUNDAY	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	