

Name \_\_\_\_\_

Date \_\_\_\_\_

# *Self-Esteem*

Something good that happened to me today was

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Positive feelings that I experienced today

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A compliment that I would give myself today is

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Something positive someone said about me

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I made someone else feel good when I

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I had a negative thought about myself when

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A different thought that I can have next time is

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Something I can do to make tomorrow a better day is

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