

## Self-Esteem Journal

<b>MONDAY</b>	
Something I did well today...	
Today I had fun when...	
I felt proud when...	
<b>TUESDAY</b>	
Today I accomplished...	
I had a positive experience with (a person, place, or thing)...	
Something I did for someone...	
<b>WEDNESDAY</b>	
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	
<b>THURSDAY</b>	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	
<b>FRIDAY</b>	
Something I did well today...	
I had a positive experience with (a person, place, or thing)...	
I was proud of someone when...	
<b>SATURDAY</b>	
Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	
<b>SUNDAY</b>	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	