Self-Esteem Journal

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