

TEEN GIRLS SELF ESTEEM

Name: _____

Something good that happened to me today was _____

Something positive someone said about me _____

A compliment that I would give myself today is _____

Positive feelings that I experienced today _____

I made someone else feel good when I _____

I had a negative thought about myself when _____

A different thought that I can have next time is _____

Something I can do to make tomorrow a better day is _____