

Self-Esteem Journal

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