Name: _____   Date: _____

Self Esteem Journal

I had a negative thought that can have next time is

_____

I had a negative thought about myself when

_____

I made someone else feel good when

_____

Positive feelings that I experienced today

_____

A compliment that would give myself today

_____

Something good that happened to me today was

_____

Something I can do to make tomorrow a better day is

_____

Something positive someone said about

_____