

Name: _____

Date: _____

My Self-Esteem Journal: Thankful & Proud This Week

Being thankful helps our hearts grow stronger.

Take a few minutes to think about your week and answer honestly.

1. One thing I did well this week was:

2. I felt happy when:

3. I am proud of myself because:

4. Something new I tried this week:

5. One kind thing I did for someone:

6. One kind thing someone did for me:

7. Something that made me laugh:

8. A person I am thankful for:

9. One thing I like about myself is:

My Positive Sentence:

I am _____ and that makes me special.