

Self-Esteem Journal

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|--------------|-----------------------------------------------------------------|--|
| MON. | Something I did well today... | |
| | Today I had fun when... | |
| | I felt proud when... | |
| TUE. | Today I accomplished... | |
| | I had a positive experience with... | |
| | Something I did for someone... | |
| WED. | I felt good about myself when... | |
| | I was proud of someone else... | |
| | Today was interesting because... | |
| THUR. | I felt proud when... | |
| | A positive thing I witnessed... | |
| | Today I accomplished... | |
| FRI. | Something I did well today... | |
| | I had a positive experience with (a person, place, or thing)... | |
| | I was proud of someone when... | |
| SAT. | Today I had fun when... | |
| | Something I did for someone... | |
| | I felt good about myself when... | |
| SUN. | A positive thing I witnessed... | |
| | Today was interesting because... | |
| | I felt proud when... | |