Self-Esteem Journal

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| Week 1 | Something I did well today…. |  |
| Today I had fun when…. |  |
| I felt proud when…  |  |
| Week 2 | Today I accomplished… |  |
| I had a positive experience with… |  |
| Something I did for someone…  |  |
| Week 3 | I felt good about myself when…  |  |
| I was proud of someone else…  |  |
| Today was interesting because…  |  |
| Week 4  | I felt proud when…  |  |
| A positive thing I witnessed…  |  |
| Today I accomplished…  |  |
| Week 5 | Something I did well today…  |  |
| I had a positive experience with…  |  |
| Today was fun when…  |  |
| Week 6 | Something I did for someone…  |  |
| I felt good about myself when…  |  |
| A positive thing I witnessed…  |  |