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… |  |