

Self-Esteem Journal

MONDAY	
Something I did well today...	
Today I had fun when...	
I felt proud when...	
TUESDAY	
Today I accomplished...	
I had a positive experience with (a person, place, or thing)...	
Something I did for someone...	
WEDNESDAY	
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	
THURSDAY	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	
FRIDAY	
Something I did well today...	
I had a positive experience with (a person, place, or thing)...	
I was proud of someone when...	
SATURDAY	
Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	
SUNDAY	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	

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