



## Self Esteem Journal

Use the space below to answer three questions each day. Try to answer them towards the end of the day and at the same time every day (maybe during your bedtime routine!). Need more space for your answer? Write the questions in a journal and answer them there!

*Monday*

1. Something I did well today was...

2. I had fun when...

3. I felt proud when...

*Tuesday*

1. Today, I accomplished...

2. I kept a healthy boundary by...

3. Something I did for someone else was....

*Wednesday*

1. I was curious today when...

2. I noticed that I was good at...

3. I felt strong when I...

*Thursday*

1. Today, I witnessed a positive thing! It was...

2. Something I really appreciate about myself is...

3. I worked towards a goal of mine by...

*Friday*

1. I worked hard today, by...

2. A happy little moment was...

3. I felt good about myself when...

*Saturday*

1. Someone said this positive thing to me today, it was...

2. I felt independent when I...

3. A positive action I took today was...

*Sunday*

1. Something that motivated me today was...

2. An activity that made me feel good about myself was....

3. I noticed that I achieved something! It was....