

## Self-Esteem Journal

<b>Monday</b>	Today I accomplished...	
	I had positive experience with..	
	Something I did for someone today was...	
<b>Tuesday</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>Wednesday</b>	Today I achieved...	
	My favorite thing today was...	
	3 good things about me...	
<b>Thursday</b>	Something I did for someone today was...	
	I had positive experience with..	
	I felt proud when...	
<b>Friday</b>	Today I am grateful for...	
	I felt happiest when...	
	I showed myself compassion when...	
<b>Saturday</b>	Today I had fun when...	
	My favorite thing today was...	
	I felt good about myself when..	
<b>Sunday</b>	I felt happiest when...	
	3 good things about me...	
	Today I am grateful for...	

