

# SELF-ESTEEM JOURNAL

*Regular acknowledgment of your successes helps boost self-esteem.*

M

I felt proud when

I had a positive experience with

T

Something I did well today

I felt proud of someone when

W

Today I accomplished

Something I did for someone

Th

I felt good about myself when

Today I had fun when

F

I felt proud when

I had a positive experience with

Sa

Something I did well today

I felt proud when

Su

I felt good about myself when

I had a positive experience with

