Self-Esteem Journal

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| **MON.** | Something I did well today… |  |
| Today I had fun when… |  |
| I felt proud when… |  |
| **TUE.** | Today I accomplished… |  |
| I had a positive experience with… |  |
| Something I did for someone… |  |
| **WED.** | I felt good about myself when… |  |
| I was proud of someone else… |  |
| Today was interesting because… |  |
| **THUR.** | I felt proud when… |  |
| A positive thing I witnessed… |  |
| Today I accomplished… |  |
| **FRI.** | Something I did well today… |  |
| I had a positive experience with (a person, place, or thing)… |  |
| I was proud of someone when… |  |
| **SAT.** | Today I had fun when… |  |
| Something I did for someone… |  |
| I felt good about myself when… |  |
| **SUN.** | A positive thing I witnessed… |  |
| Today was interesting because… |  |
| I felt proud when… |  |

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