

MY SELF-ESTEEM JOURNAL

Purpose: There are many benefits to keeping a journal, such as strengthening self-discipline and inspiring creativity.

Use this particular worksheet to journal your accomplishments and any positive occurrences you've experienced throughout the day by filling in the prompts (**Examples below**). Keep your entries in a safe place so you can go back and review them. Take note of how you're progressing and reflect on your experiences to gain a deeper understanding of yourself.

Sun	My best quality is	<i>My kindness</i>
	An interesting event was	<i>Saw a fashion show</i>
	Best part about today	<i>Getting to relax</i>
Mon	Something fun I did today	<i>Played video games</i>
	I feel strongest when	<i>I have people's support</i>
	Best part about today	<i>I finished my work early</i>
Tue	Today I accomplished	<i>Cleaning my kitchen</i>
	3 things I like about myself	<i>Smile, hair, and resolve</i>
	Best part about today	<i>Talking to my mom</i>

Sun	My best quality is	
	An interesting event was	
	Best part about today	
Mon	Something fun I did today	
	I feel strongest when	
	Best part about today	
Tue	Today I accomplished	
	3 things I like about myself	
	Best part about today	
Wed	Something I did well today	
	I feel happiest when	
	Best part about today	
Thur	Today I helped someone with	
	I showed myself compassion when	
	Best part about today	
Fri	I felt good about myself when	
	People are proud of me when	
	Best part about today	
Sat	A positive thing I witnessed	
	Something that went well today	
	Best part about today	