## **Self-Esteem Journal**

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	