



Fill in one box each day . At the end of the week, read through each day and circle your favorites.

SELF ESTEEM JOURNAL

5 THINGS THAT MADE ME FEEL PEACEFUL TODAY:

I FELT PROUD OF MYSELF WHEN:

I ENJOYED:

MY FAMILY ADMIRES ME FOR MY:

5 SMALL SUCCESSES I HAD TODAY WERE:

THE HIGHLIGHT OF MY DAY WAS:

MY BEST ATTRIBUTE IS

3 UNIQUE THINGS ABOUT ME ARE:

I FEEL MOST PROUD OF MYSELF WHEN:

I'M EXCITED FOR:

5 THINGS OR PEOPLE I FEEL THANKFUL FOR ARE:

I AM IN MY ELEMENT WHEN:

5 WAYS MY LIFE IS AWESOME:

MY BIGGEST SUCCESS THIS WEEK WAS:

I FEEL BEST ABOUT MYSELF WHEN:

I FEEL MOST THANKFUL FOR:

I HELPED SOMEONE BY:

SOMETHING THAT MADE ME SMILE TODAY: