

My Self Esteem Journal

Monday	Today I had fun when	
	My favourite thing today was	
Tuesday	Today I accomplished	
	My favourite thing today was	
Wednesday	I felt good about myself when	
	My favourite thing today was	
Thursday	I felt proud today when	
	My favourite thing today was	
Friday	Today I helped someone when	
	My favourite thing today was	
Saturday	I felt good about myself when	
	My favourite thing today was	
Sunday	Today was interesting because	
	My favourite thing today was	