

Self Esteem Journal



Monday	Today I had fun when ..	
	Today was interesting because	
	Something I did well today	

Tuesday	I felt proud when	
	Today I accomplished	
	A positive thing about today	

Wednesday	Something nice I did today	
	A compliment I recieved	
	Today was a good day because	

Thursday	The highlight of my day was	
	I felt proud when	
	Something I did well today	

Friday	Today I had fun when ..	
	A positive experience I had today	
	Something I did well today	

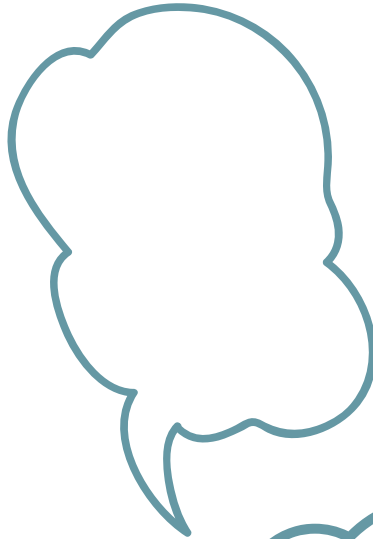
Saturday	Today I had fun when ..	
	Today was interesting because	
	Something I did well today	

Sunday	I felt proud when	
	Today I accomplished	
	A positive thing about today	

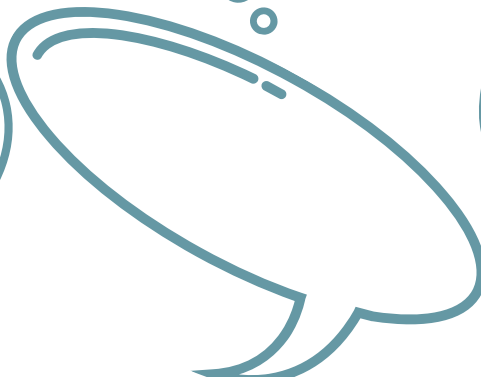
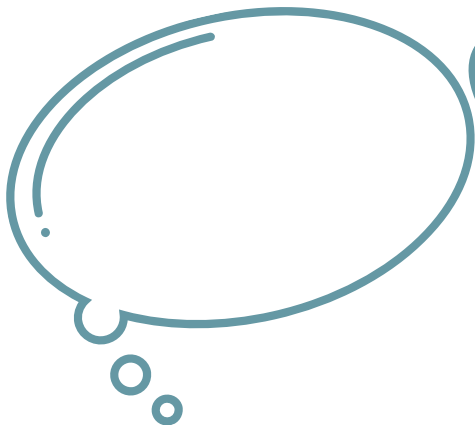
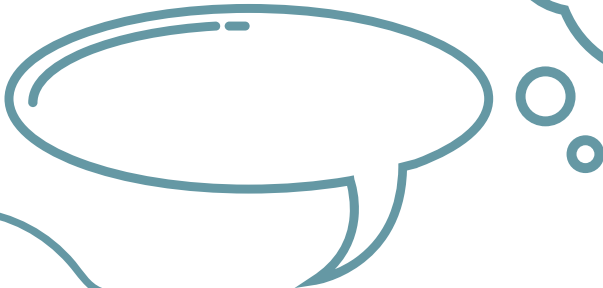
Positive self talk



I am
unique



I am strong
and I can overcome
challenges



Positive experiences



Write about a time when you displayed these positive qualities.

Sacrifice	
Courage	
Determined	
Selfless	
Bravery	
Proud	
Happiness	
Love	

Acts of Kindness



By completing random acts of kindness you will instantly boost your self esteem and confidence.

Let someone go before you in a line

Hold a door open for someone

Smile or give a wave to a stranger

Give a compliment to someone

Help someone who has dropped something

Help someone before they ask

Clean up after someone else

Bake something for someone

Pick up rubbish at your local park

Donate to a charity

Lend your favourite book to a friend

Prepare a meal for your family