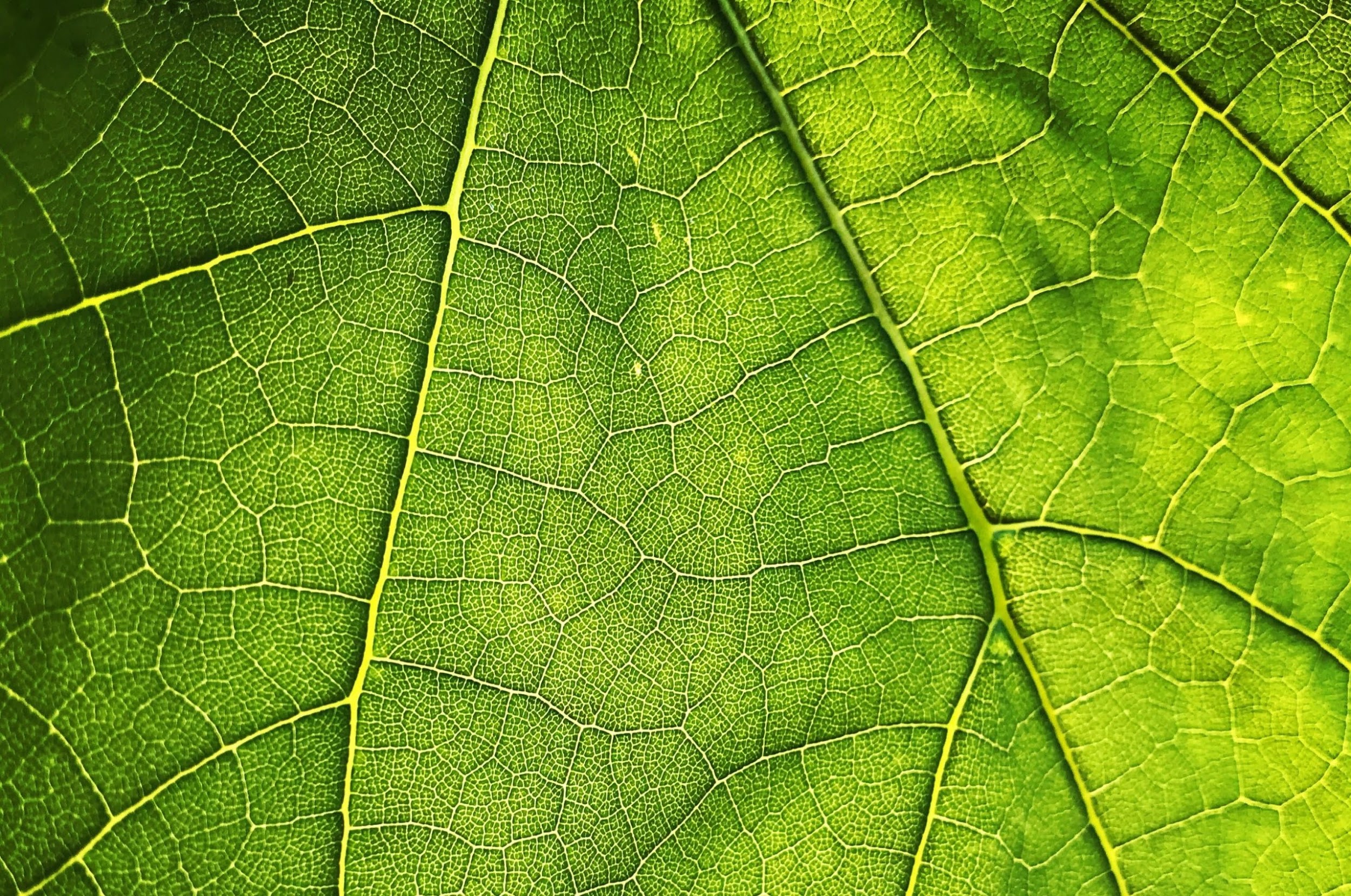
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**Career Services for Mental Health NEETs:**

**The WORK4PSY Toolkit**

**PART C: Tools and Activities**



# 

**3. Self-esteem Journal**

|  |  |  |
| --- | --- | --- |
| Monday | Something I did well today… |  |
| Today I had fun, when… |  |
| I felt proud when… |  |
| Tuesday | Today I accomplished… |  |
| I had a positive experience with… |  |
| Something I did for someone… |  |
| Wednesday | I feel good about myself, when… |  |
| I was proud of someone else… |  |
| Today was interesting because… |  |
| Thursday | I felt proud when… |  |
| I positive thing that I witnessed |  |
| Today I accomplished |  |
| Friday | Something I did well today… |  |
| I had a positive experience with (a person, place, or thing)… |  |
| I was proud of someone when… |  |
| Saturday | Today I had fun when |  |
| Something I did for someone |  |
| I feel good about myself when… |  |
| Sunday | I positive thing that I witnessed |  |
| Today was interesting because… |  |
| I felt proud when… |  |