

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...	



