

SELF-ESTEEM JOURNAL



TRANSITION

MONDAY

Something that went well today...

Something that made me smile was...

I was proud of...

TUESDAY

I felt good about myself when...

A positive thing i saw was...

Today I accomplished...

WEDNESDAY

Today I had fun when...

Today someone was nice when...

One nice thing I did today was...

THURSDAY

Today I enjoyed spending time with...

I did better at...

i enjoyed today because...

FRIDAY

My favourite part of today was...

It was really funny when...

Today was interesting because...

SATURDAY & SUNDAY

I completed...

I enjoyed...

I am grateful for...



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