

**Psychoeducational Resources Website – Self-esteem**

**Self-esteem Journal**

<b>Monday</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>Tuesday</b>	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
<b>Wednesday</b>	I felt good about myself when...	
	I was proud of someone when...	
	Today was interesting because...	
<b>Thursday</b>	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
<b>Friday</b>	Something I did well today...	
	I had a positive experience with...	
	I was proud of someone when...	
<b>Saturday</b>	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
<b>Sunday</b>	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	