

# Self-Esteem Journal

<b>MON.</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>TUE.</b>	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
<b>WED.</b>	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
<b>THUR.</b>	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
<b>FRI.</b>	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
<b>SAT.</b>	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
<b>SUN.</b>	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	