



# WEEKLY SELF-ESTEEM JOURNAL

	MON	TUE	WED	THU	FRI	SAT	SUN
I felt good about myself when...							
I helped someone today...							
Something good I did today was...							
I was proud of someone when...							
I felt good about myself when							
Today I had fun when...							
Positive feeling I experienced...							
A compliment I would give myself							

