



Self-Esteem Journal

Worksheet

A self-esteem journal can help kids start reflecting on the positive aspects of themselves, as well as the things they experience each day.

Children can use these *Self Esteem Journal* prompts as a guide for structuring their journaling each night.

Monday

One thing I did great at today...

Something I found fun ...

I admire how I...

Tuesday

A good thing I accomplished...

I had a nice time when...

I helped someone by...

Wednesday

I was proud of myself for...

Something kind I did for someone...

Today it was interesting when...

**My
Self-Esteem
Journal**

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Thursday

I made someone smile when...

One really fun thing I did...

I felt positive about...

Friday

Something I aced today...

I felt proud about myself when...

I admired someone else for...

Saturday

Something I helped someone with...

One thing I achieved...

Today was lovely because...

Sunday

A beautiful thing I noticed...

Today I achieved...

Something that made me feel good...