

# SELF ESTEEM JOURNAL

You can use these templates to record your self esteem journey. Try and complete a table every day. For some more ideas, visit: <https://positivepsychology.com/self-esteem-worksheets/>

Date:

3 things that made  
me feel positive:

I felt proud of  
myself when:

I enjoyed doing:

Date:

My family admire  
me for my:

A small  
achievement I had  
today:

My highlight today:

Date:

My best attribute  
is:

3 unique things  
about me are:

I feel best about  
myself when I:

Date:

I am looking  
forward to:

I feel in my element  
when:

5 things or people I  
am thankful for:



Date:

My biggest success  
this week:

My friends admire  
me for my:

The time today when  
I felt at my best:

Date:

3 of my favourite  
things about myself:

What do my  
teachers/colleagues  
admire me for:

I am talented at:

