

Self-Esteem Journal

Summary

Positive self reflection through journaling has been found to improve self-esteem and general well-being. Self-esteem reflects a person's overall emotional evaluation of him or herself.

Use the Self-Esteem Journal to record meaningful moments during the day. Critically reflect on these experiences in order to learn about yourself on a deeper level. Occasionally read through your previous entries and take note of any shifts in your emotions.

Date	Prompt	Response
	10 things that brought me peace today were:	
	I felt empowered when:	
	I had fun when:	

Date	Prompt	Response
	My loved ones are proud of me because:	
	5 things that went well today were:	
	I feel happiest when:	

Date	Prompt	Response
	My best quality is:	
	3 things that make me unique are:	
	The best part of today was:	

Date	Prompt	Response
	I'm looking forward to:	
	10 people or things I am grateful for are:	
	I feel strongest when:	

Date	Prompt	Response
	I feel best about myself when:	
	My greatest accomplishment today was:	
	The 3 things I love most about my life are:	