

Self-Esteem Journal

When working on your self-esteem, it is important to make it a habit to reflect every day on what your thoughts, actions, and accomplishments were. Through this reflection you will learn about yourself.

1. On a scale of 1 to 10, how was your day?

1 2 3 4 5 6 7 8 9 10

2. Did you have any negative thoughts? If so, what did you tell yourself to challenge those thoughts?

3. Were there any mishaps? Were those mishaps in your control? What did you tell yourself to prevent yourself from getting down on yourself?

4. What went well today? How did you contribute to that?

5. What reason do you have to be proud of yourself today?

6. What did you learn about yourself?

7. What are you going to remind yourself about who you are tomorrow, to help improve your self-esteem?
