

Self-esteem Journal

Sometimes our self-esteem can be affected by difficult or stressful life events. Positive self-esteem journaling has been shown to help improve your wellbeing and build self-esteem, making us feel good about ourselves.

For this journal you will be asked to write down **three positive statements** each day in relation to your **good qualities**, the **successes you have had** and **positive experiences**. These can be small instances and need not be or feel like large events.

This daily journal will allow you to explore your beliefs about yourself, examine your behaviour, how you feel about your life while learning more about yourself. The goal ultimately is to be able to shine a light on your many positive aspects, showing yourself more **compassion, acceptance and respect**.

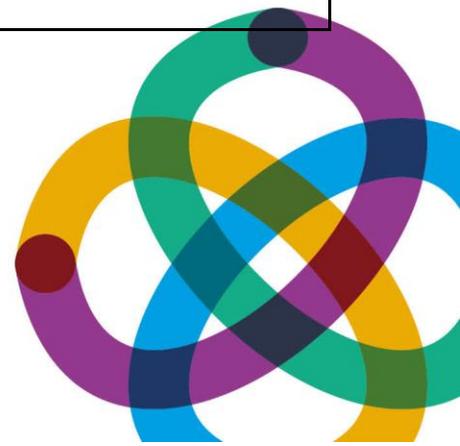
Please do print the journal or keep it on your computer, phone or tablet and refer back to it each day. You can also edit it to suite your circumstance.

Please remember to be kind to yourself, even small victories are a success.



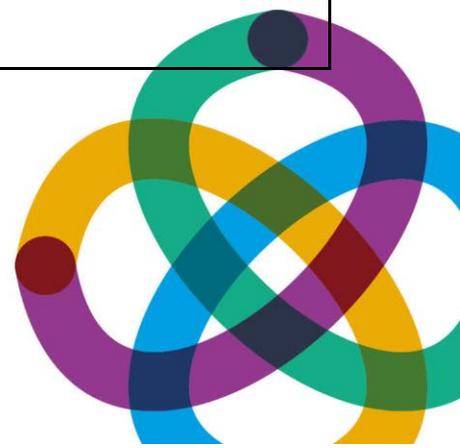
Self-esteem Journal

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	I felt enjoyment when...	
	I felt a sense of accomplishment when...	
Tue	I treated myself to a...	
	I admired somebody because...	
	Something I did for someone...	
Wed	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
Thu	I was happy when...	
	A positive thing I witnessed...	
	Today I accomplished...	
Fri	Something I did well today...	
	I had a positive experience with (a person, place or thing)	
	I was proud of someone when...	
Sat	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
Sun	I am grateful for...	
	Today was interesting because...	
	I felt proud when...	



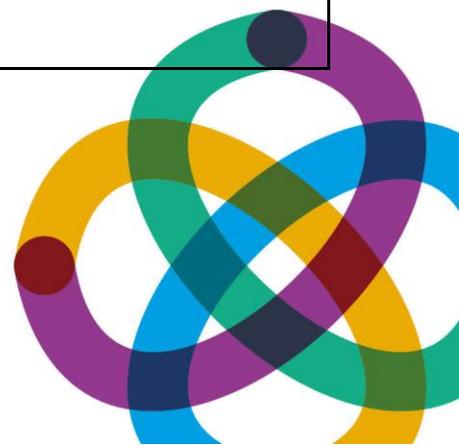
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