



DAILY SELF-ESTEEM JOURNAL

A TOOL TO HELP IMPROVE SELF-ESTEEM

Positive journaling has been found to help improve feelings of well-being and self-esteem. Record three daily statements related to your successes, good qualities, and positive experiences.

MON.	Something I did well today...	
	Today, I had fun when...	
	I felt proud when...	
TUE.	Today, I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today, I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with/at...	
	I was proud of someone when...	
SAT.	Today, I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

Source: TherapistAid.com © 2014



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