

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SELF-ESTEEM JOURNAL

Something I Am Proud Of

\_\_\_\_\_

Something I worked Hard  
To Accomplish

\_\_\_\_\_

I Feel Calm And Peaceful When

\_\_\_\_\_

I Feel Most Confident When

\_\_\_\_\_

Things I Like About Myself

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Things I Am Good At

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Things That Make Me Unique

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Compliments I Have Received

\_\_\_\_\_  
\_\_\_\_\_

Things I Am Grateful for

\_\_\_\_\_  
\_\_\_\_\_

Challenges I Have Overcome

\_\_\_\_\_  
\_\_\_\_\_

Goals I Am Working Toward

\_\_\_\_\_  
\_\_\_\_\_