AGES 12–18 SELF-REFLECTION

# My Self-Esteem Journal



**WHAT THIS IS**

Your brain remembers mistakes loudly. Journaling helps you notice what you do well and who you are.

**HOW TO USE IT**

1. Answer the prompts honestly.
2. Add one entry a day for a week.
3. Reread it on tough days.

**EXAMPLE**

"*Today I stood up for my friend. That took courage.*"

## Five things I like about myself

1. _____
2. _____
3. _____
4. _____
5. _____

## A time I handled something hard

_____

_____

_____

## What a friend would say is great about me

_____

_____

_____

## This week

| Day | One thing I did well or am proud of |
|---|---|
| Mon | |
| Tue | |
| Wed | |
| Thu | |
| Fri | |
| Sat | |
| Sun | |

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