

Self Esteem Journal

Reflecting on your day and yourself can help increase your self-esteem and well-being. Answer the following questions each day as a way to reflect on your positive activities and interactions. Doing so can help you counteract negative self-talk and identify activities that make you feel good about yourself. It's OK if you don't have an answer for every question every day – answer the ones that make the most sense for you on a given day.

Today I felt proud when...

Today I felt loved when...

Today I felt empowered when...

Today I felt most myself when...

Today I felt most accomplished when...

Today what I did best was

My greatest accomplishment today was....

Today I was strongest when...
