

My Self-Esteem Journal

Monday	I was proud of how I tried to...	
	Something that made today interesting was...	
	I felt confident when...	
Tuesday	I liked the way I spoke to myself when...	
	Something that made me feel calm today was...	
	A small thing I achieved today was...	
Wednesday	I appreciated someone for...	
	A moment that made me laugh was...	
	I felt comfortable being myself when...	
Thursday	Someone made me smile by...	
	I enjoyed learning or noticing...	
	I felt good about helping with...	
Friday	I did something that showed I care...	
	I enjoyed spending time with...	
	Something that went better than I expected was...	
Saturday	I liked how I handled...	
	Something I saw or heard that was lovely was...	
	I felt thankful for...	
Sunday	I realised this week that I am good at...	
	A nice memory from this week is...	
	Something that makes me feel good is...	

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About this Resource

My Self-Esteem Journal is a simple printable worksheet designed to help children, teenagers, and adults build confidence, self-worth, and emotional wellbeing. Each daily prompt encourages reflection on positive experiences, personal strengths, and small achievements.

This self-esteem activity sheet can be used at home, in schools, or in therapy sessions to promote self-awareness and a positive mindset.

Find more free printable self-esteem worksheets, confidence-building activities, and emotional wellbeing tools at www.SocialWorkersToolbox.com.

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