



THE ESSENTIAL

SELF - ESTEEM

JOURNAL

MON

Something I did well today...

Today I enjoyed...

I felt proud when...

TUES

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

A compliment I received was...

Today I cooked myself...

I managed to...

FRI

A challenge I overcame...

I had a positive feeling about...

A skill I improved...

SAT

I felt good about myself when...

I showed someone else...

Today was interesting because...

SUN

One thing I learned today...

I am confident in...

I felt proud when...