



Self-Esteem Journal

Day	3 Writing prompts	Response
Mon	One good thing that happened to me today...	
	Today I had fun when...	
	Today I felt proud of myself because...	
Tue	3 small successes I had today were...	
	I enjoyed...	
	Something I did for someone was...	
Wed	My favorite thing today was...	
	Today I accomplished...	
	I am excited for...	
Thur	I feel most proud of myself when...	
	The highlight of my day was...	
	Positive feelings that I experienced today...	
Fri	Someone I was thankful for today...	
	Something about today I'll always want to remember...	
	Things I did to make a positive difference today...	
Sat	What I'm excited about today...	
	Something I did well today...	
	3 good things about me...	
Sun	Amazing things that happened today...	
	A compliment I would give myself today is...	
	I felt good about myself when...	

Self-awareness is at the heart of many important and rewarding things in life. It's a compass that can guide you in moments when you don't have all the answers. Here are 8 ways to improve your self-awareness and make it a habit.

