

WEEKLY SELF ESTEEM JOURNAL



Belong Grow Succeed

SOMETHING I DID WELL THIS WEEK...	
THIS WEEK I FELT PROUD...	
THIS WEEK I HAD FUN WHEN...	
SOMETHING I DID FOR SOMEONE ELSE	
I WAS PROUD OF SOMEONE ELSE	
THIS WEEK I ACCOMPLISHED...	
A CHALLENGE I OVERCAME WAS...	
I KEPT MY COOL WHEN...	
I WAS ABLE TO TALK ABOUT HOW I FELT	
SOMETHING I LEARNT ABOUT MYSELF...	
I LIKE MYSELF BECAUSE...	
SOMEONE HELPED ME...	
A POSITIVE FEELING THIS WEEK WAS...	
I KNOW I AM LOVED BECAUSE...	
I CHALLENGED MYSELF WHEN...	
NEXT WEEK I WILL TRY..	
I MANAGED MY ANGER WHEN...	
SOMETHING I DID TO HELP OTHER	
I AM A GOOD PERSON BECAUSE...	
I WAS SURPRISED WHEN...	

If a child or young person has low self-esteem they are likely to focus on the negatives and not register the positive thing in their lives. This worksheet encourages them to actively remember the 'good bits' At the end of each day, reflect on good things that happened that day, and at the end of the week set some time aside to reflect on the positives. It can also be a useful tool for target setting for the following week.