

Self Esteem Journal

Name:

Entry 1	Date:
Self-reflection	
Daily Affirmations: Start each entry by writing down one or more positive affirmations about yourself. These affirmations should be uplifting and encouraging, reinforcing your self-esteem.	
Daily Achievements: Take a moment to acknowledge your accomplishments for the day, no matter how big or small. Celebrate your efforts, progress, and achievements, as this can boost your confidence and self-esteem.	
How do I feel about myself today, and why?	
Did anything happen today that positively or negatively impacted my self-esteem?	
What are some negative thoughts or self-criticisms that came up today, and how can I reframe them in a positive light?	
What are some situations or people that make me feel good about myself, and how can I surround myself with more of these positive influences?	

Challenges and Overcoming Obstacles: Document any challenges you faced during the day and how you handled them. Reflect on how these experiences affected your self-esteem and how you can overcome similar obstacles in the future.

Positive Self-Affirmations and Encouragements: Write down additional affirmations or encouraging words that resonate with you. Use them as a source of motivation and inspiration throughout your journey to improved self-esteem.

Additional notes

Entry 2

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