

Self-Esteem Journal For Adults

Worksheet

Journaling can promote positive self-reflection, a useful approach to enhancing your self-esteem. In this Self-Esteem Journal template, you or your client can note down meaningful daily events and reflect on them to enhance your self-knowledge.

It may be helpful to reflect on these entries later in time to become aware of any trends in your feelings and emotions.

Date:

5 things that made me feel peaceful today:

I felt proud of myself when:

I enjoyed:

Date:

My family admire me for my:

5 small successes I had today were:

The highlight of my day was:

Date:

My best attribute is:

3 unique things about me are:

I feel most proud of myself when:

Date:

I'm excited for:

*5 things or people I feel
thankful for are:*

I am in my element when:

Date:

5 ways my life is awesome:

*My biggest success this
week was:*

I feel best about myself when: