

# Self-Esteem Journal for Kids

## Worksheet

A self-esteem journal can help kids start reflecting on the positive aspects of themselves, as well as the things they experience each day.

Children can use these *Self Esteem Journal* prompts as a guide for structuring their journaling each night.

**Monday**  
one thing I was great at today...

Something I found fun...

I admire how I...

**Tuesday**  
A good thing I accomplished...

I had a nice time when...

I helped someone by...

**Wednesday**  
I was proud of myself for...

Something kind I did for someone...

Today it was interesting when...



**Thursday**

*I made someone smile when...*

*one really fun thing I did...*

*I felt positive about...*

**Saturday**

*Something I helped someone with...*

*one thing I achieved...*

*Today was lovely because...*

**Friday**

*Something I aced today...*

*I felt proud about myself when...*

*I admired someone else for...*

**Sunday**

*A beautiful thing I noticed...*

*Today I achieved...*

*Something that made me feel good...*