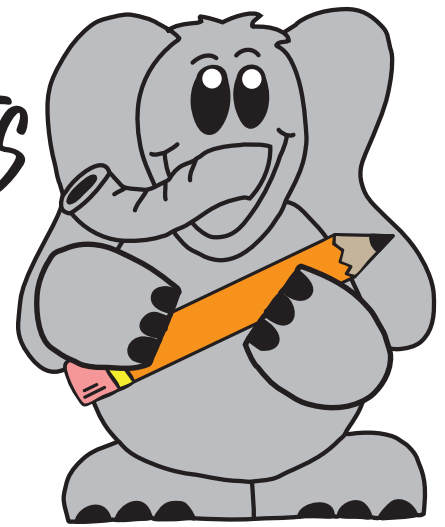


# Self-Esteem Journal Prompts



(Self-Esteem Elephant)

- I LIKE THIS ABOUT MYSELF...
- A POSITIVE THING THAT HAPPENED TODAY WAS...
- I WAS KIND TODAY BY....
- I FEEL GOOD ABOUT MYSELF WHEN...
- TODAY I ACCOMPLISHED...
- WHAT MAKES ME UNIQUE IS...
- I LOVE \_\_\_\_\_ ABOUT MYSELF BECAUSE....
- I AM PROUD OF MYSELF FOR...
- ONE THING I LEARNED THIS WEEK WAS...
- I LIKE WHO I AM AS A PERSON BECAUSE...
- SOMETHING I DID WELL TODAY WAS...
- I AM GRATEFUL FOR...
- I AM IN CONTROL OF MY ATTITUDE. ONE POSITIVE REACTION I HAD THIS WEEK WAS...
- ONE THING I AM WORKING ON GETTING BETTER AT IS \_\_\_\_\_. I PLAN ON GETTING BETTER AT IT BY \_\_\_\_\_...
- I WAS KIND TODAY BY...
- I LOVE MYSELF! ONE THING I LOVE ABOUT MY PERSONALITY IS...
- I MAKE GOOD DECISIONS. ONE GOOD DECISION I MADE THIS WEEK WAS...
- I AM FORGIVING. ONE WAY I FORGAVE THIS WEEK WAS BY...
- I FEEL PROUD WHEN...

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