

Self-Esteem Journal

A 30-Day Guided Journal

Daily Entry

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

SELF-ESTEEM JOURNAL



Date _____

TODAY'S ACCOMPLISHMENT

What did you achieve today? Celebrate it

MY POSITIVE QUALITIES

List qualities you genuinely like about yourself — skills, character traits, things others appreciate in you

STRENGTHS USED TODAY

What personal strengths did you use today?

NEGATIVE THOUGHT REFRAME

Catch a self-critical thought and rewrite it kindly

HOW I WAS KIND TO MYSELF

What is one way you treated yourself with care, patience, or compassion today?

TODAY'S AFFIRMATION

Write a positive statement in the present tense, as if it is already true — e.g. 'I am confident and capable'

WHAT I'M GRATEFUL FOR TODAY

What are you grateful for today? Name a specific person, moment, or thing

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