



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

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 oth...)*

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 tod...)*

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