

The background of the image is a dense field of flowers, likely tulips, in shades of purple and blue. The flowers are slightly out of focus, creating a soft, textured background. The colors transition from a deep purple on the left to a bright blue on the right.

Self-Esteem JOURNAL



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SELF-ESTEEM JOURNAL

Do you love yourself? Do you treat yourself with respect, kindness, and tender loving care?

Having self-confidence is linked with greater happiness, healthier relationships, and a stronger sense of accomplishment in life.

In this journal, I want you to **reflect on your life, gifts, and talents.**

Journaling is a fantastic way to discover more about yourself and what makes you so wonderful. You have gifts and talents that are stamped in your heart.

Now it's time to unlock these gems and believe what is true about you:


YOU ARE VALUABLE AND PRECIOUS!




“You, yourself, as much
as anybody in the entire
universe, deserve your
love and affection.”

- BUDDHA


HOW DO YOU DEFINE SELF-ESTEEM? WHY?




HOW WOULD YOU RATE YOUR SELF-ESTEEM FROM 1 (*LOWEST*) TO 10 (*HIGHEST*)? WHY ISN'T IT LOWER?



LIST FIVE THINGS YOU'RE GOOD AT.
HOW DO YOU FEEL WHEN YOU DO THESE THINGS?






“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

- LUCILLE BALL


DESCRIBE HOW YOUR CHILDHOOD POSITIVELY AND NEGATIVELY INFLUENCED YOUR SELF-ESTEEM AS AN ADULT. HOW HAVE YOU GROWN SINCE THEN?



WHAT CAN YOU DO EACH DAY TO SHOW MORE LOVE TO YOURSELF?


A large, empty rectangular box with a dotted border, occupying most of the page. It is intended for the user to write their answers to the question above.

LIST ALL THE THINGS THAT MAKE YOU HAPPY. INCLUDE PEOPLE, ACTIVITIES, POSSESSIONS, AND IDEAS.



HOW WOULD YOUR BEST FRIEND DESCRIBE YOU TO A COMPLETE STRANGER?





“Wanting to be someone else is
a waste of the person you are.”

- MARILYN MONROE

DESCRIBE YOUR 10 GREATEST ACCOMPLISHMENTS SO FAR – BIG OR SMALL.

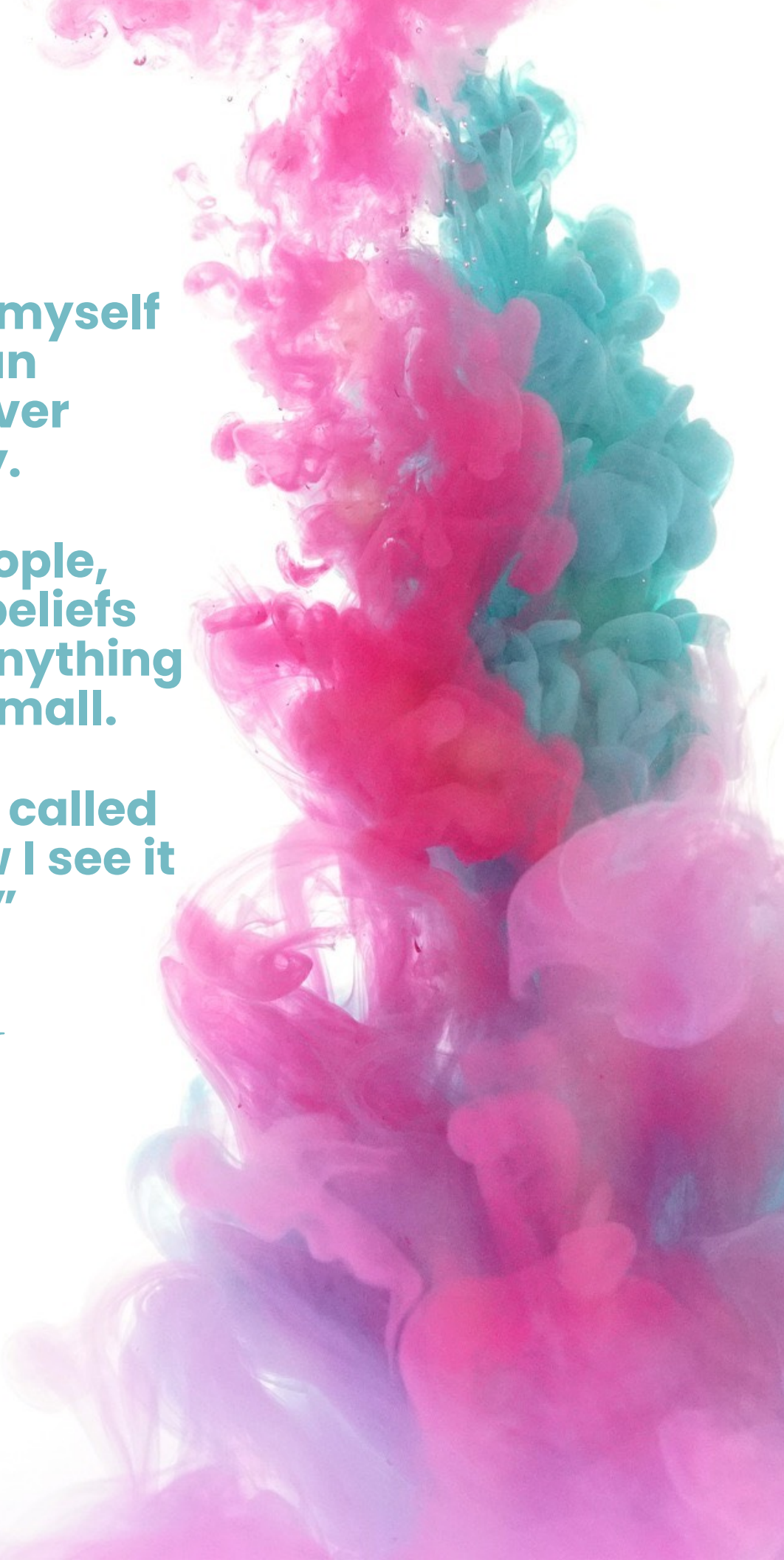


DESCRIBE 10 FUTURE ACCOMPLISHMENTS YOU WANT TO ACHIEVE.

A large rectangular area enclosed by a dotted line, intended for writing 10 future accomplishments. The area is currently blank.

WRITE ABOUT ALL OF THE CHALLENGES YOU'RE CURRENTLY FACING. NEXT, IMAGINE YOU'RE GIVING ADVICE TO SOMEONE WITH THESE CHALLENGES. WHAT ADVICE WOULD YOU GIVE?






**“When I loved myself
enough, I began
leaving whatever
wasn’t healthy.**

**This meant people,
jobs, my own beliefs
and habits – anything
that kept me small.**


**My judgement called
it disloyal. Now I see it
as self-loving.”**

- KIM MCMILLEN

WHAT ADVICE WOULD YOU GIVE TO YOUR 10-YEAR-OLD SELF?



WHAT IS YOUR FAVORITE PERSONALITY TRAIT?
HOW DOES HAVING THAT TRAIT HELP YOU?



DESCRIBE YOUR BELIEFS AND VALUES AND HOW THEY MAKE YOU A GOOD PERSON.





“Our self-respect
tracks our CHOICES.

Every time we act in HARMONY
with our authentic self and our
heart, we earn our RESPECT.

It is that simple.
EVERY CHOICE MATTERS.”

– DAN COPPERSMITH

LIST 15 THINGS THAT HAVE HAPPENED IN YOUR LIFE THAT MAKE YOU SMILE.

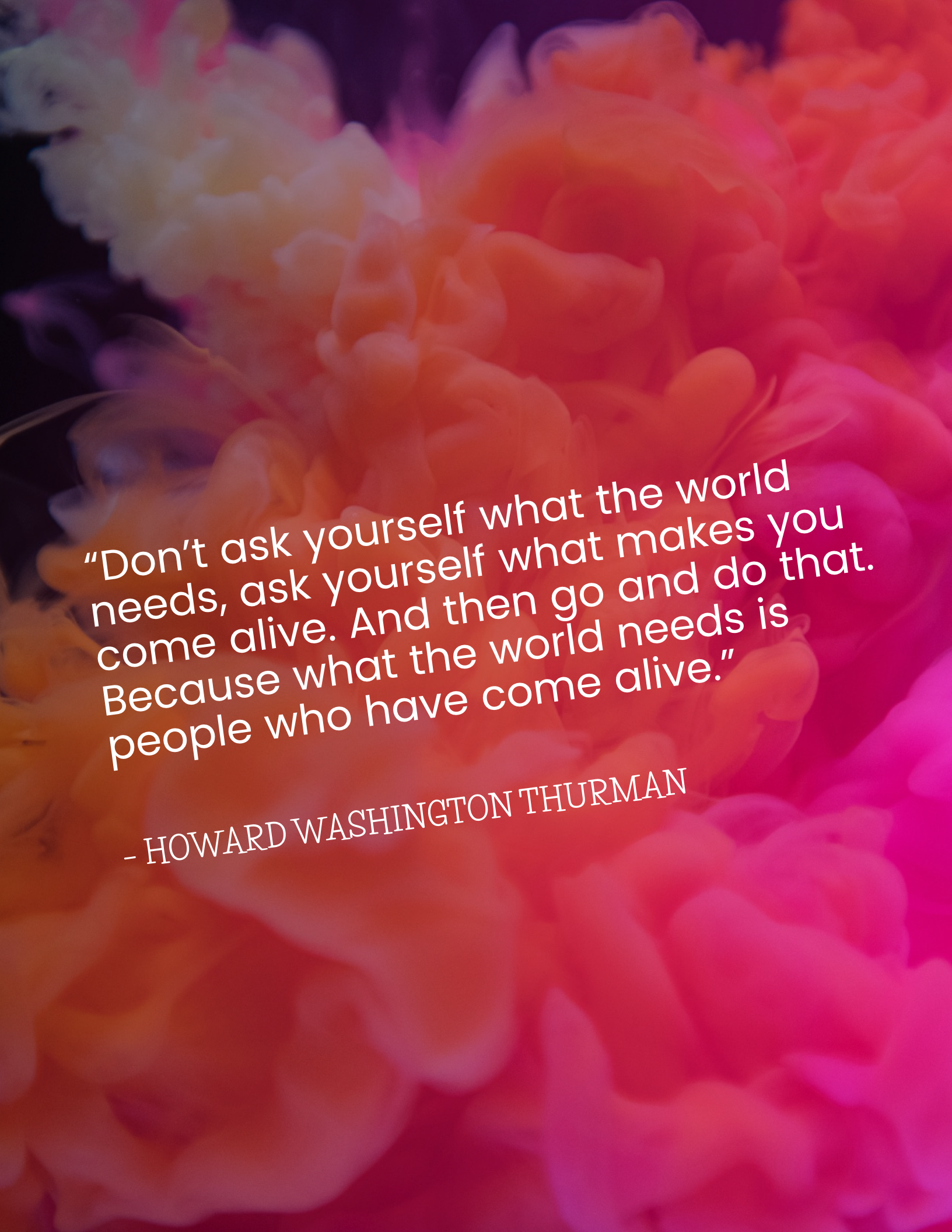


LIST 15 THINGS YOU'VE DONE OR SURVIVED THAT MAKE YOU FEEL PROUD.

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WHAT DO YOU NEED TO ACCOMPLISH IN THE NEXT 30 DAYS TO FEEL THAT YOU'VE HAD A GREAT MONTH?





"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."

- HOWARD WASHINGTON THURMAN


CHOOSE SOMEONE YOU ADMIRE AND LIST EVERYTHING YOU HAVE IN COMMON WITH THAT PERSON.

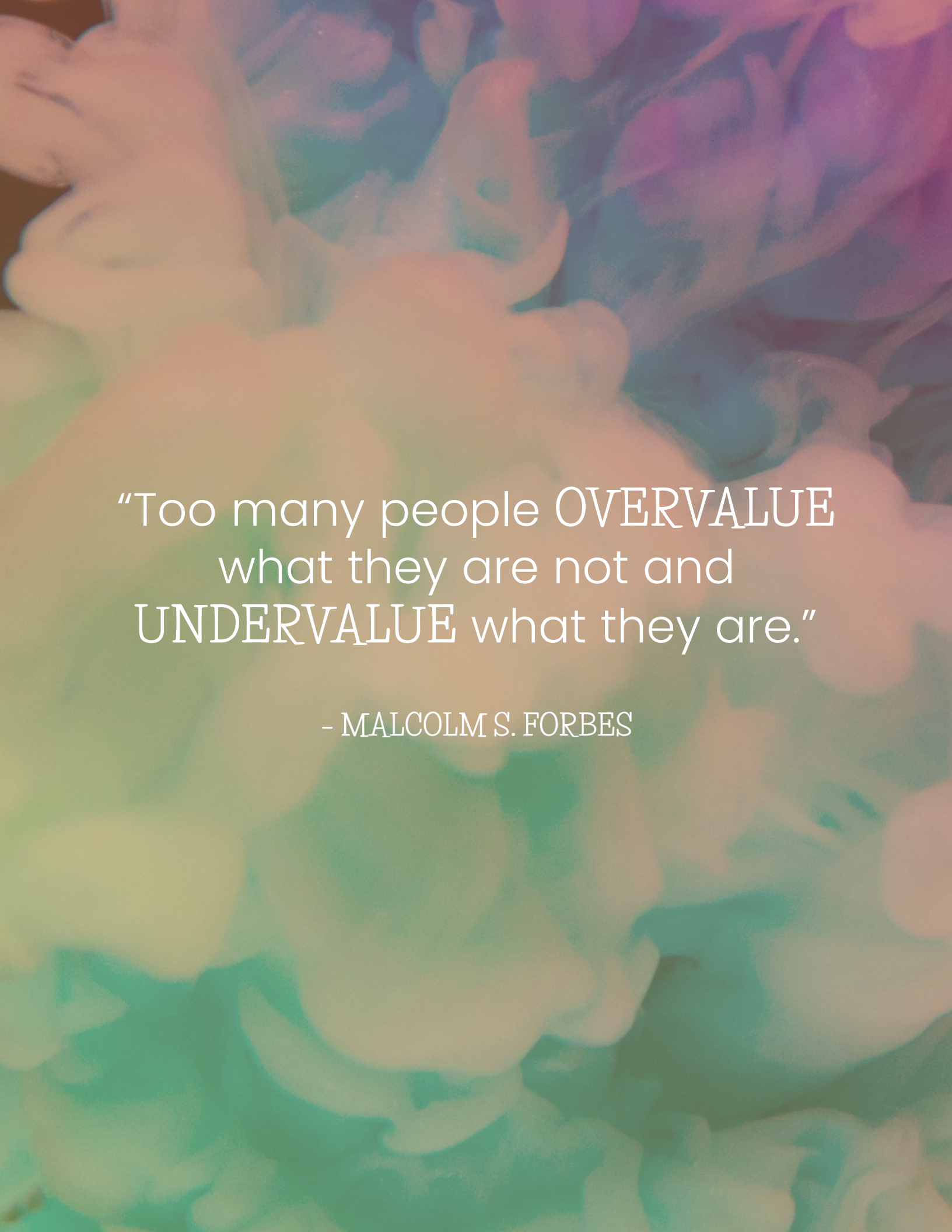


WHO IN YOUR LIFE MAKES YOU FEEL THE MOST CONFIDENT?
THE MOST LOVED?



HOW DO YOU BELIEVE OTHER PEOPLE SEE YOU? HOW WOULD A CASUAL OBSERVER DESCRIBE YOU? HOW WOULD A CO-WORKER DESCRIBE YOU?





“Too many people **OVERVALUE**
what they are not and
UNDERVALUE what they are.”

- MALCOLM S. FORBES

HOW ARE YOU MAKING THE WORLD A BETTER PLACE? LIST THE POSITIVE CONTRIBUTIONS YOU MAKE TO THE WORLD AND TO THE PEOPLE IN YOUR LIFE.




DESCRIBE THE GREATEST OBSTACLE YOU'VE SUCCESSFULLY OVERCOME.



WHAT DO PEOPLE SAY OR DO THAT HARMS YOUR SELF-ESTEEM?

WHAT ARE THINGS PEOPLE SAY OR DO THAT INCREASES YOUR SELF-ESTEEM?



WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?
LOOK AT YOURSELF FOR AT LEAST FIVE MINUTES.





“THERE IS NOTHING
NOBLE ABOUT BEING
SUPERIOR TO SOME
OTHER MAN.


THE TRUE NOBILITY IS
IN BEING SUPERIOR TO
YOUR PREVIOUS SELF.”

- HINDU PROVERB

DESCRIBE SOMETHING YOU DID BUT WERE AFRAID TO DO.
HOW DID YOU FEEL AFTER IT WAS OVER?




WHAT DO YOU WISH PEOPLE KNEW ABOUT YOU? WHY?



DESCRIBE THE KINDEST THING YOU EVER DID FOR SOMEONE.
HOW DID IT MAKE YOU FEEL?






"If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself."

- BARBARA DE ANGELIS

WHAT IS THE BEST COMPLIMENT YOU'VE EVER RECEIVED?
WHY DO YOU LIKE THIS COMPLIMENT THE MOST?




HOW MUCH TIME DO YOU SPEND WORRYING ABOUT THE OPINIONS OF OTHERS? HAS THIS HABIT EVER HELPED YOU IN ANY WAY?



WHAT IS THE BEST DECISION YOU'VE EVER MADE?
WHAT WAS SO GREAT ABOUT IT?






“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

- JEAN SHINODA BOLEN


DESCRIBE HOW YOU MASTERED A CHALLENGING SKILL.
HOW DID YOU FEEL WHEN YOU WERE SUCCESSFUL?




WHAT LIFE LESSON WOULD YOU SHARE WITH YOUR CHILDREN, NEPHEWS,
OR NIECES?

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WHAT DO YOUR FRIENDS ADMIRE ABOUT YOU?
WHAT DO YOU ADMIRE ABOUT YOURSELF?





"It's you I like,
It's not the things you wear,
It's not the way you do your hair
But it's you I like
The way you are right now,
The way down deep inside you
Not the things that hide you,
Not your toys
They're just beside you.

But it's you I like
Every part of you.
Your skin, your eyes, your feelings
Whether old or new.
I hope that you'll remember
Even when you're feeling blue
That it's you I like,
It's you yourself
It's you.
It's you I like."

- FRED ROGERS
"IT'S YOU I LIKE"