

# SELF-ESTEEM JOURNAL



## MONDAY

Something that was good with friends is...

Something that made me smile was...

I was proud in class when...

## TUESDAY

I felt good about my learning when...

A happy moment i had with class was...

my favorite part of today was...

## WEDNESDAY

Today I had fun when...

Today my grandma and grandad made me feel good by...

One nice thing I did today was...

## THURSDAY

Today I enjoyed spending time with...

I did better at...

i enjoyed today because...

## FRIDAY

My favourite thing with grandma and grandad was...

It was really funny when...

School was good today because...

## SATURDAY & SUNDAY

I At the weekend i ...



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MONDAY

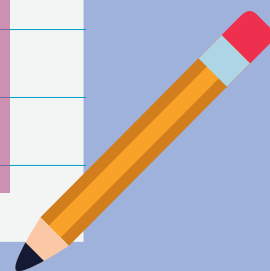
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY & SUNDAY



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