

Self-Esteem Journal

| Date | What I Did | Trait/Quality/Skill |
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Self-Esteem Journal

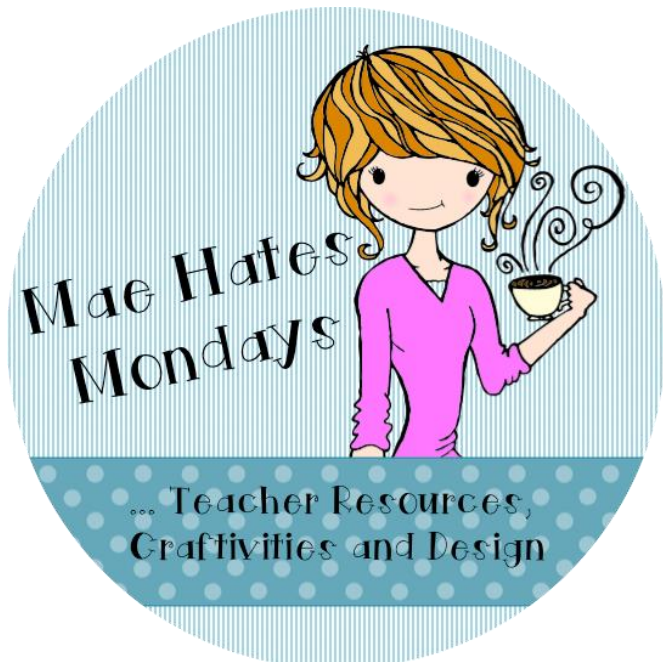
| Date | What I Did | Trait/Quality/Skill |
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SAMPLE! Self-Esteem Journal

| Date | What I Did | Trait/Quality/Skill |
|---------------|--|------------------------|
| October 22 | Finished my book report | Hardworking |
| October 23 | Helped classmate with math homework | Caring Good at math |
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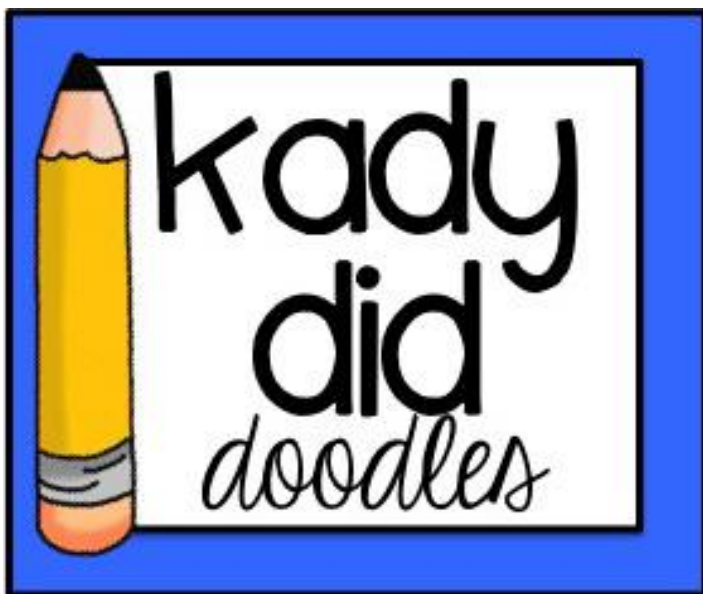


Credits



Mae Hates Mondays

-Thank you for the sneakers!



Kady Did Doodles

-Thank you for the hearts!