

SELF-ESTEEM JOURNALING



Welcome to your journey of self-discovery and empowerment! This self-esteem journal is designed to help you nurture a positive self-image and build confidence through thoughtful reflection and introspection.

POSITIVE ATTRIBUTES

List five things you like about yourself. Why do these attributes make you feel good?



CREATE

Create three positive affirmations you can repeat to yourself daily.

- 1.
- 2.
- 3.

REFLECTION

Write about the best compliment you've received. How did it make you feel, and why do you think someone noticed this quality in you?



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Insert pictures you love of yourself!

Photo #2

KINDNESS

Remember to express kindness towards yourself.

GRATITUDE

List three things you are grateful for about yourself. How do these aspects improve your daily life?

1.

2.

3.

CRITICISM

Reflect on a time you received constructive criticism. How did you handle it, and what did you learn about yourself?

LOVE LETTER

Write a love letter to yourself, highlighting your strengths, accomplishments, and qualities you cherish.

