



A WEEK OF SELF ESTEEM

TRY TO FIND SOMETHING POSITIVE TO FILL IN FOR EACH OF THE BOXES BELOW. MAKING AN EFFORT TO NOTICE THE POSITIVES IN EACH DAY CAN IMPROVE SELF ESTEEM.

	SOMETHING I DID WELL TODAY...	I FELT PROUD WHEN...	TODAY I ENJOYED...
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

