



Self-Esteem Journal For Adults

Worksheet

This *Understanding Self-Confidence* worksheet is a helpful resource for grown-ups who want to their self-esteem and self-confidence in order to improve it.

Journaling can promote positive self-reflection, a useful approach to enhancing your self-esteem. In this Self-Esteem Journal template, you or your client can note down meaningful daily events and reflect on them to enhance your self-knowledge.

It may be helpful to reflect on these entries later in time to become aware of any trends in your feelings and emotions.

Date:	
<i>5 things that made me feel peaceful today:</i>	
<i>I felt proud of myself when:</i>	
<i>I enjoyed:</i>	

Date:	
<i>My family admire me for my:</i>	
<i>5 small successes I had today were:</i>	
<i>The highlight of my day was:</i>	



Date:	
<i>My best attribute is:</i>	
<i>3 unique things about me are:</i>	
<i>I feel most proud of myself when:</i>	

Date:	
<i>I'm excited for:</i>	
<i>5 things or people I feel thankful for are:</i>	
<i>I am in my element when:</i>	

Date:	
<i>5 ways my life is awesome:</i>	
<i>My biggest success this week was:</i>	
<i>I feel best about myself when:</i>	