

Self-esteem week

Monday	Something I did well today	
	I feel good about myself when	
	A positive thing I witnessed	
Tuesday	Today was fun when	
	Something I did for someone	
	I had a positive experience when	
Wednesday	I felt proud when	
	Today I accomplished	
	I had a laugh when	
Thursday	What I like about myself	
	Today was interesting because	
	Something that made me smile	
Friday	A quality I see in someone else	
	A happy place for me is	
	I felt warm today when	
Saturday	An object I love is	
	I felt happy when	
	I was proud of someone else when	
Sunday	Something nice I saw today	
	I took time today to	
	Someone made me smile when	