

Self-Esteem
JOURNAL

SINGLE MAMA WAY



COUNSELLING

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SELF-ESTEEM JOURNAL

Do you love yourself? Do you treat yourself with respect, kindness, and tender loving care?


Having self-confidence is linked with greater happiness, healthier relationships, and a stronger sense of accomplishment in life.

In this journal, I want you to reflect on your life, gifts, and talents.

Journaling is a fantastic way to discover more about yourself and what makes you so wonderful. You have gifts and talents that are stamped in your heart.

Now it's time to unlock these gems and believe what is true about you:

YOU ARE VALUABLE AND PRECIOUS!



“You, yourself, as much
as anybody in the entire
universe, deserve your
love and affection.”

- BUDDHA



“Love yourself first and everything else falls into line.

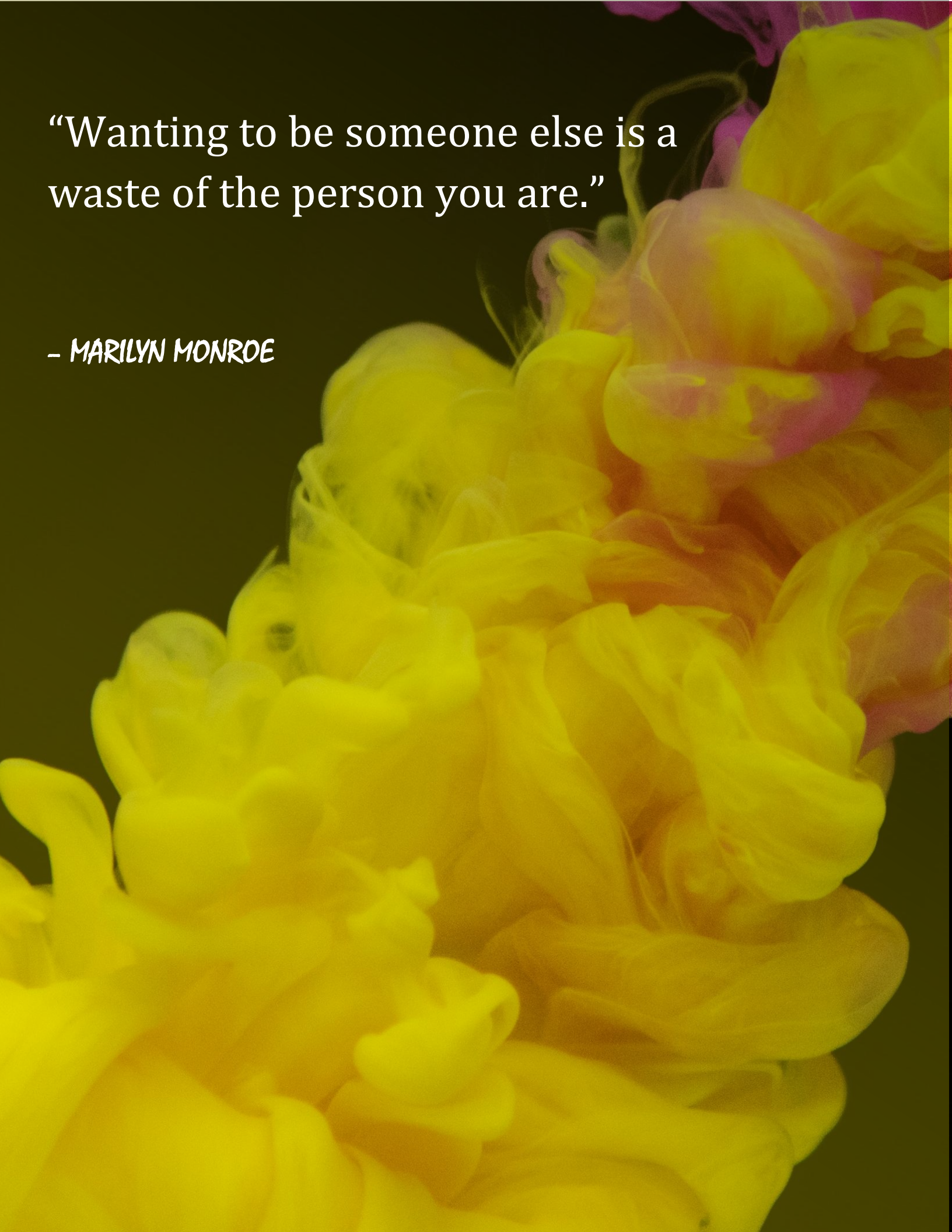
You really have to love yourself to get anything done in this world.

- LUCILLE BALL


DESCRIBE HOW YOUR CHILDHOOD POSITIVELY AND NEGATIVELY INFLUENCED
YOUR SELF-ESTEEM AS AN ADULT. HOW HAVE YOU GROWN SINCE THEN?

“Wanting to be someone else is a waste of the person you are.”

- MARILYN MONROE



WRITE ABOUT ALL OF THE CHALLENGES YOU'RE CURRENTLY FACING. NEXT,
IMAGINE YOU'RE GIVING ADVICE TO SOMEONE WITH THESE CHALLENGES.
WHAT ADVICE WOULD YOU GIVE?



“When I loved myself
enough, I began leaving
whatever wasn’t healthy.

This meant people, jobs,
my own beliefs and habits
– anything that kept me
small.

My judgement called it
disloyal. Now I see it as
self-loving.”

– *KIM MCMILLEN*

WHAT ADVICE WOULD YOU GIVE TO YOUR 10-YEAR-OLD SELF?

WHAT IS YOUR FAVORITE PERSONALITY TRAIT?

HOW DOES HAVING THAT TRAIT HELP YOU?

DESCRIBE YOUR BELIEFS AND VALUES AND HOW THEY MAKE YOU A GOOD PERSON.



“Our self-respect
tracks our **CHOICES**.


Every time we act in **HARMONY** with
our authentic self and our heart, we
earn our **RESPECT**.

It is that simple.
EVERY CHOICE MATTERS.”

— DAN COPPERSMITH

LIST 15 THINGS YOU'VE DONE OR SURVIVED THAT MAKE YOU FEEL PROUD.

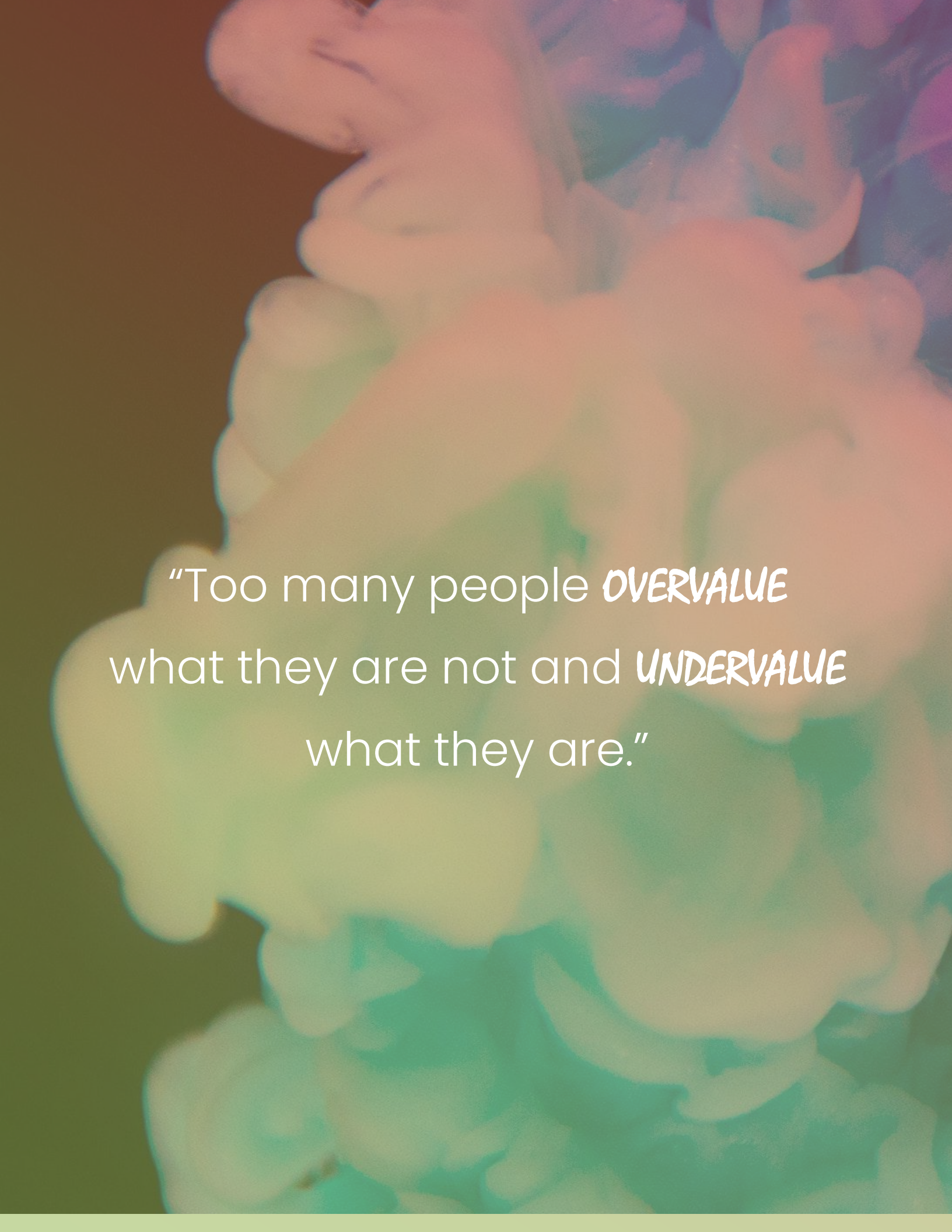
WHAT DO YOU NEED TO ACCOMPLISH IN THE NEXT 30 DAYS TO FEEL THAT
YOU'VE HAD A GREAT MONTH?



“Don’t ask yourself what the world needs,
ask yourself what makes you come alive.
And then go and do that. Because what the
world needs is people who have come
alive.”

– HOWARD WASHINGTON THURMAN

WHO IN YOUR LIFE MAKES YOU FEEL THE MOST CONFIDENT?
THE MOST LOVED?



"Too many people **OVERVALUE**
what they are not and **UNDERVALUE**
what they are."

HOW ARE YOU MAKING THE WORLD A BETTER PLACE? LIST THE POSITIVE CONTRIBUTIONS YOU MAKE TO THE WORLD AND TO THE PEOPLE IN YOUR LIFE.


DESCRIBE THE GREATEST OBSTACLE YOU'VE SUCCESSFULLY OVERCOME.

"THERE IS NOTHING NOBLE ABOUT
BEING SUPERIOR TO SOME OTHER
MAN.

THE TRUE NOBILITY IS IN BEING
SUPERIOR TO YOUR PREVIOUS
SELF."

- HINDU PROVERB


DESCRIBE SOMETHING YOU DID BUT WERE AFRAID TO DO.
HOW DID YOU FEEL AFTER IT WAS OVER?



“If you aren’t good at loving yourself, you will have a difficult time loving anyone, since you’ll resent the time and energy you give another person that you aren’t even giving to yourself.”

- BARBARA DE ANGELIS

HOW MUCH TIME DO YOU SPEND WORRYING ABOUT THE OPINIONS OF OTHERS? HAS THIS HABIT EVER HELPED YOU IN ANY WAY?

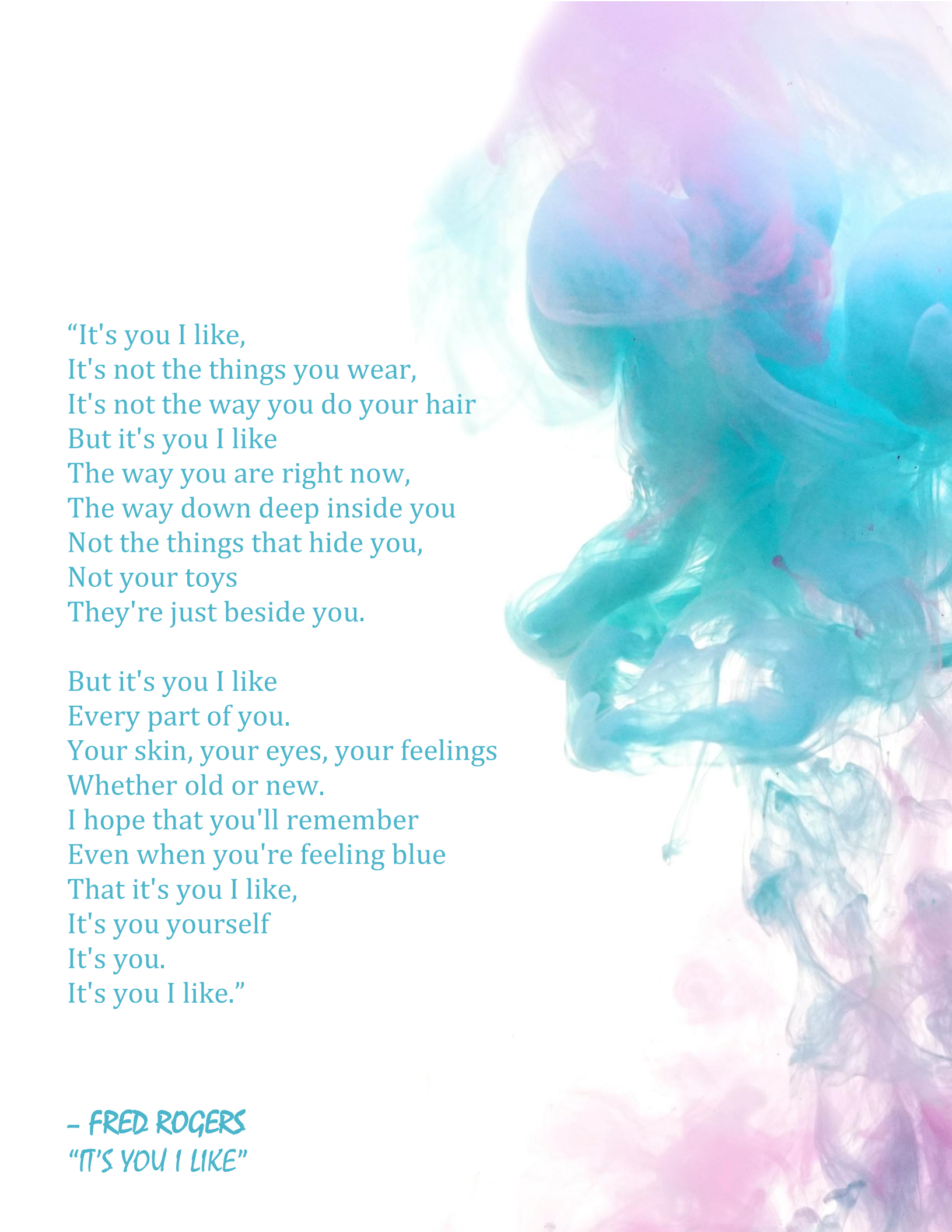


“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

– JEAN SHINODA BOLEN

DESCRIBE HOW YOU MASTERED A CHALLENGING SKILL.
HOW DID YOU FEEL WHEN YOU WERE SUCCESSFUL?

WHAT LIFE LESSON WOULD YOU SHARE WITH YOUR CHILDREN, NEPHEWS,
OR NIECES?



“It's you I like,
It's not the things you wear,
It's not the way you do your hair
But it's you I like
The way you are right now,
The way down deep inside you
Not the things that hide you,
Not your toys
They're just beside you.

But it's you I like
Every part of you.
Your skin, your eyes, your feelings
Whether old or new.
I hope that you'll remember
Even when you're feeling blue
That it's you I like,
It's you yourself
It's you.
It's you I like.”

- FRED ROGERS
“IT'S YOU I LIKE”