

The Smart Lioness'

SELF ESTEEM JOURNAL

*"To love oneself is the beginning of a life-long
romance." - Oscar Wilde*

On a scale of 1- 10 How was your day? _____

Did you have any negative thoughts? If so,
what did you tell yourself to challenge
those thoughts?

Were there any problems? Were those
problems in your control? What did you tell
yourself to keep yourself from getting down?

What went well today? How did you
contribute?

What can you remind yourself of tomorrow
to help improve your self esteem?