

MON	Something I did well...	
	I had fun when...	
	I felt proud when...	
TUES	I felt good about myself when...	
	A positive thing I witnessed today was...	
	Today I like myself because...	
WED	Today I learned...	
	Something I did well...	
	I felt proud when...	
THUR	I felt proud when...	
	A positive thing I witnessed today was...	
	I felt good about myself when...	
FRI	Today I learned...	
	I had fun when...	
	Today I like myself because...	

SELF LOVE JOURNAL

