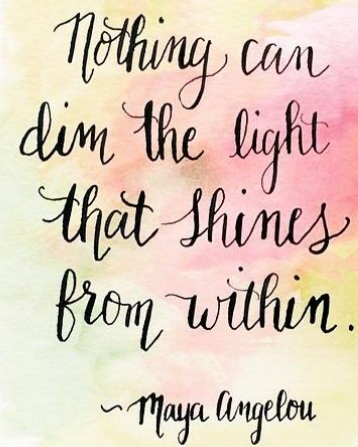


**Gain *Confidence &*
Improve
Your *Self-Esteem*
in **30 DAYS****



Nothing can
dim the light
that shines
from within.
~Maya Angelou

Positive journaling has been found to help improve feelings of well-being and self-esteem. With this Self-Esteem Journal Calendar, you will be able to journal about positive experiences, qualities or successes for the day.

This worksheet is great for generating ideas and stay optimistic through your struggles. I have designed this worksheet to be straight-forward and simple to use, while maintaining the qualities that are important for improving self-esteem.

***“Stay Positive, Stay Focused &
Success will FIND YOU”***

~Cheri Schultz

BE FEARLESS BE BOLD BE BRAVE

YOUR PERSONAL SELF-ESTEEM JOURNAL

1 Something I did well today..	2 Today I had fun when..	3 I felt proud when..	4 Today I accomplished..	5 I had a positive experience with (a person, place or thing)..	6 Something I did for someone..	7 I felt good about myself when..
8 I was proud of someone else..	9 Today was interesting because..	10 A positive thing I witnessed..	11 I felt extremely happy today when..	12 Today I boldly expressed myself when..	13 I totally enjoyed myself when..	14 I never gave up when..
15 Today I took charge and was focused on..	16 I was successful at..	17 I was able to express my..	18 I did my best by ..	19 I took total responsibility today..	20 I eliminated one of my roadblocks by..	21 My heart was full of gratitude when..
24 My confidence was boosted..	23 I was able to solve a major problem by ..	24 My enthusiasm for life allowed me to..	25 My life felt fulfilled when..	26 Today I felt energized when..	27 I was able to achieve ..	28 Today was my lucky day because..
29 I love being proactive because ..	30 I am confident and trustworthy because ..	 <i>Cheri Ann Schultz</i>		For more Inspiration, please visit my website: http://www.cherischultz.com		Copyright 2018 Cheryl A Schultz