

## Self-worth Journaling / **Day 1**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 2**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 3**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 4**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 5**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 6**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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## Self-worth Journaling / **Day 7**

Please write three things you are **proud** of doing today.

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Please write three things you are **grateful** for today.

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Please write down three things you **want help with** tomorrow.

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