

# **My Self Esteem Journal**

*Ready to embark and take your first steps on your journey to discovery?*

*This is where you begin. Take the first step because this is a journal that helps you begin to tell a unique story....your story. And this book becomes all about...you!*

**First: Some ways to Discover a New You!**

Number One: **Replace Negative Talk**

Number Two: **Accept your Shortcomings**

(After all, you know yourself better than anyone else does!)

For example, if you say or think things like, “I’m a loser! Or I’m not as funny/witty/clever/smart/exciting/ or interesting as \_\_\_\_\_ is!”

If you constantly think: “I’m a failure! or “I’m too fat/lazy etc....”

You have become your worst enemy. You need to become your own best friend.

\*\*\*\*

Remember: If you keep up the negative talk, you will learn to believe it’s all true!  
Replace negative speak with positives.

Example: Instead of saying, “I’m a loser!”

Say: “I’m not having a good day. I know tomorrow will go better. Or:  
“Okay, I made a mistake. What did I learn from this experience to help me later?”

## Steps to a Better Tomorrow

What are the steps you need to take to achieve your dreams? What will it take to make your dreams come true?

**Self-Help Steps:** 5 Things you can do to make your life better right now:

- Step 1 \_\_\_\_\_
- Step 2 \_\_\_\_\_
- Step 3 \_\_\_\_\_
- Step 4 \_\_\_\_\_
- Step 5 \_\_\_\_\_

Remember: Start with Baby Steps....

## Goals Page

**My Immediate Goals are:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Six months from now I would like to:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**My Long-Term Goals are:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

(Remember, set Realistic Goals for yourself....)

***And....Think Positively!***

## Quotes Page

*Here are some positive quotes that may help you in your journey. You may run across more as you progress, and there's space to add them at the end of the page.*

*God grant me the knowledge to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to always know the difference.*

*No one can make you feel inferior without your consent.-Eleanor Roosevelt*

*You miss 100% of the shots you don't take-Wayne Gretzky*

*Whether you think you can or think you can't, you're right!-Henry Ford*

*We are what we repeatedly do- Aristotle*

*Mistakes are the portals of discovery-James Joyce*

## **Quotes I Like**

---

---

---

---

---

---

---

## *The Sad Page*

This can be your “sad page”, your blues page, or whatever you want to call it. When things don’t go right, it’s okay to be down sometimes. And if you continue to work for positive goals, then these feelings should go away...

Healthy/Angry feelings can make you think:  
***“How can I change my behavior?”***

Try to look at the world through another person’s eyes. Do some role playing. How does it feel when you put yourself in another person’s shoes? Can you close your eyes and imagine YOU are the person you just had an argument with? How do you think the other person feels? Did they have a legitimate reason to act the way they did? Think about why they behaved that way. Could there be an underlying reason for their seemingly bad or thoughtless behavior? Could they possibly have a valid point of view?

**Ask Yourself:** *“How does the other person feel?”*

Be tactful when you disagree with others. Practice tactful statements rather than flat declarations. Remember to respect other people’s opinions.

\*\*\*\*\*

**Remember:** Don’t feel sorry for yourself! Evaluate your problems in shades of grey. Absolutes don’t always apply. Learn to be flexible in your thinking. Productive actions *can* solve problems.

## ***The Glad Page***

*So what's wrong with being a "Pollyanna" sometimes?!*

**Remember:** You FEEL the way you think!

You can change Negative Thoughts. Take the negative thoughts and unhappy experiences and write down a positive thought or experience to take its place.

Try It:

Example: I'm Fat = I'm Healthy

---

---

---

Take Positive Steps. I WILL: \_\_\_\_\_

Learn to: \_\_\_\_\_

Remember to: \_\_\_\_\_

I will learn to be *flexible* enough to change my mind when I know I'm wrong!  
Don't fall into the "I Should Have..." or the "If Only I ....." trap!

Remember: Know Thyself and LOVE Thyself!

Learn to change your perspective. There's an old song that goes, "*Ain't got a dime to my name what a terrible shame...Ho Hum! Ho Hum! Look at that crank with the dough in the bank. Don't you feel sorry for him?*" In other words, if you're broke and someone else has money, don't feel sorry for yourself.

***Think Positive Thoughts!***

# *Self Portrait*

*Rate your Traits! NOT Yourself!*

**Remember:** You are uniquely YOU! Don't measure yourself against unrealistic notions of success and failure.

**Good Points:**

**Need to work on my:**

---

---

---

Do you feel that you have an inferiority complex? Well, okay! Even if you do, you can use that to help you learn something about yourself and STILL work toward your goals!

How can I use what makes ME special as a person- Good and Bad points- to my advantage?

---

---

---

Find the **TRUTH** in self-criticism

**Remember:** Give Yourself a Break!  
Everyone can do *Something* Right!

List the reasons people like you:

---

---

---



## *Resolving Conflicts*

What can I do to change my behavior and make the outcome of a conflict end in a constructive manner?

---

---

---

How can I learn from a bad experience?

---

---

Next time, I'll try to: \_\_\_\_\_

Let's play...**Devil's Advocate:**

Write down the other person's opinion when you have an argument. That might make you see things more clearly from their point of view.

Example: Two girls have an argument about an actor. One of them thinks he's good-looking, the other says he's "Gross!" Or:  
You like dogs. Your best friend doesn't

Write down the argument using their point of view. Does it help you to see things in a different light?

Remember: RESPECT other people's opinions. They may not be right, but then, YOU may not be right either! Productive action solves problems. LISTEN to others when they talk to you!

Example: I had an argument and this is what the other person said:

---

---

# *Relationships*

How can I be the best possible partner in this relationship with my:

**Mother:** \_\_\_\_\_

**Father:** \_\_\_\_\_

**Sister:** \_\_\_\_\_

**Brother:** \_\_\_\_\_

**My Friends:** \_\_\_\_\_

**My Boss:** \_\_\_\_\_

**My co-workers:** \_\_\_\_\_

**My Girlfriend/Boyfriend/Partner:** \_\_\_\_\_

**My Spouse:** \_\_\_\_\_

**My Family & those I care about:** \_\_\_\_\_

**Things to work on and improve:** \_\_\_\_\_

---

---

---

---

## *Things I Like about ME!*

---

---

---

---

---

---

---

---

---

---

**Remember:** Be your own **BEST FRIEND FOREVER!!**

Be a *Cheerleader!* Support *yourself* when you're down...It's the only way you can become a supportive person and help others when THEY are down!

# *Self-Esteem*

What exactly *is* self-esteem anyway?

There's Conditional Self-esteem:

**Example:** I am a worthwhile person because...

Now, try this: UNCONDITIONAL Self-esteem!

I love and respect myself just because I AM ME!

I *can* learn to love and respect others just for being themselves!

Without conditions- I don't have to earn love and respect!

\*\*\*

**Remember:** Don't be afraid of failure or rejection. Learn that most successful people in life have learned from failures in the past. You'll discover that some risks are worth taking!

If you have disappointments or setbacks, you don't have to feel inferior. Sometimes it's better to try and fail than never to try at all!

*List of things I'm going to try:*

---

---

---

---

## *Reminders Page*

(Remember Al Franken, the guy from *Saturday Night Live*, who sat in front of a mirror and said to himself, “*I’m good enough, I’m smart enough, and dog gone it, people like me!?*”) Well, he was right!

Remember:

- I will always remember to feel equal to others!
- I will remember to enjoy special moments in life!
- I will remember to face any shortcomings I may have Honestly!
- I will learn to love & accept myself today-for the person I am *now!*
- I will not get defensive when criticized. My self-esteem survives!

### **Additional Reminders:**

---

---

---

---

**Remember:** It’s exciting to plan for the person you want to become, BUT you must learn to love yourself for the person you are *today!*

## *Worthwhile Goals & Causes*

### **Example:**

List of volunteer or non-profit organizations that you admire and that you feel are worthy. What can you do to become an active part of these groups?

---

---

---

---

List your Hobbies & Interests. What are some of the things that make you happy? What are the things that interest you? What brings you joy?

---

---

---

Who are some of the people that you admire most? The list can include famous people or simply those individuals that you have known and admired.

---

---

---

What are the qualities that you admire most in other people?

---

---



***The Road to Nirvana...***  
***How to achieve Inner Peace!***

You must decide how to stay on the road that leads to happiness in your own life, and how you will go about achieving your goals.

***....Remember: Take pleasure in the small things and find JOY in Living each day!***

To move on to the next level:

You can find untapped reserves of inner strength if you can learn to do away with excessive pride and ego. And always to treasure learning and the joy that knowledge brings.

**Learning:** Find *new opportunities* to learn at *every stage* of your life!

And don't forget to Have Fun!

Discover the pleasure of helping others.

Increase your productivity!

Spend quality time with those you love!

**Remember:** Use these pages to expand your *goals*. And add to this journal as you make the journey of self-discovery with your new-found reserves of **Self-Esteem!**



A Bonus Book:

### **The Kindness Book**

Would you like to do something kind for a friend or acquaintance, but can't think of what you might do? Here's a list of ideas. Some may be put into the category of Random Acts of Kindness for strangers. Others are ideas for those in your community or circle (School teachers, church members, co-workers, neighbors, family members and friends). Some of these can be done individually, others are good ideas for children or for the entire family to join in and participate. Enjoy!

*A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.* – Amelia Earhart

*Kind words can be short and easy to speak, but their echoes are truly endless.*  
- Mother Theresa

Some of the acts of kindness begin with family and close to home. Here's a list of things you can do for those in your own Community and Neighborhood.

- Delivering (or *Making*) fresh cookies to co-workers or other office workers.
- Collecting goods for a food drive or food bank.
- Offering to baby-sit for parents for a few hours.
- Volunteering at an agency, or a church, that needs help.
- Donate your time at a Senior Center
- Give Blood.
- Stop by a nursing home; check in on residents who don't have family living nearby.
- Leave a treat or even a handmade note of thanks for the delivery person or mail carrier.

\*\*\*\*\*

All of these small acts of kindness can be done with just a few hours of time each week or each month. If you set aside that time to add these activities, just one or two to your schedule, it will begin to add up as a fulfilling and rewarding experience. It not only helps those around you, it also serves to give *you* a boost!

## **More Kindness in Communities and Neighborhoods**

- Organize or take part in a clean up drive in your local park or neighborhood.
- Give toys to the children at a local shelter, or collect the toys throughout the year to give to organizations that collect Christmas toys.
- Write something nice and complimentary about your waitperson on the back of the bill.
- Send a gift that you know might help an acquaintance or friend anonymously.
- Organize your own clothing drive for a local shelter.
- Buy books for a day care or school.
- Slip extra money to someone you know is having some financial difficulty or setback.
- Collaborate with friends to bake cakes or pies; arrange with a soup kitchen to deliver desserts for Thanksgiving dinner or for their mealtime.
- Roll out the garbage cans for your elderly neighbors or pick them up along with your own at the end of the trash pick-up day.
- Purchase a copy of a book about kindness, place a smile card in the middle, and pass it along!
- Pay the toll or drive-in fast food bill for the person behind you.
- Shovel (or sweep) your neighbors driveway or mow their lawn.
- Stop to help someone on the side of the road with car trouble.
- If a friend or neighbor is moving, offer to bring food.
- Offer to donate blood if you hear of a special need or catastrophic event.
- Collect personal care items for homeless shelters or victims of natural disasters.

## **Showing Kindness at your Workplace**

- Take flowers in to work and then share them with co-workers.
- Write a note to your boss about someone who has helped you-give praise to others when they deserve special recognition.
- Leave money in the vending machine sometime for the next person to get a treat.
- Have a food drive at work. Ask employees to bring non-perishable food items to donate to a local charity or food bank.
- Get to work early one day and leave a piece of candy, brownie, fruit, or flowers at every desk along with a small smile card.
- Leave a cake or other food item in the kitchen or central area anonymously with a Thank-You note attached.
- Appreciate your co-worker by giving them a gift of service. For example, sponsoring a gift for those who live in developing countries, of a goat, a pig, a well, for example, will be more inspiring than the standard or unimaginative gifts we often buy for others. Attach a note explaining how the gift you give affects someone else's life.
- Occasionally e-mail your group of office friends and acquaintances an article or exceptional story of kindness or good works.
- Pass along an inspirational book or article to those you work with.
- When appropriate, share some funny e-mails that lighten the mood!
- Print out and save and then pass along inspirational stories.
- Occasionally buy a drink or a snack for someone at work who's having a long and/or difficult day.

## **Kindness in Schools and Youth Organizations**

If you have children, or work in a school atmosphere, then these acts of kindness may apply to you and your family.

- Ask students to perform a Random Act of Kindness for a stranger and then write an essay describing their experience. Ask them to elaborate about how it made them feel and the reaction of the person who received their kindness.
- For Teachers & Sunday School Teachers: Send a note home telling parents something their child did well.
- Start a journal of your own featuring Random Acts of Kindness. These may be stories you've heard on the news, ones you've read, or your own and the acts of those you know. You can make a notebook or display them on your own bulletin board or scrapbook.
- Volunteer to serve dinner at a local soup kitchen.
- Have your students or Sunday School class make up Kindness Bookmarks.
- Ask children or students to pick someone who has done something nice for them and then write that person a thank-you note.
- Through your local school or church, help to organize a food or clothing drive for a local shelter.
- Hold a stuffed toy or teddy bear drive to donate the toys to police, fire departments or hospitals to distribute to children.
- Make and decorate Holiday cookies at Halloween/Easter/Christmas or other special occasions and then deliver them to a children's home or a shelter.
- For children, surprise your parents with a special Breakfast in Bed!

## **More Kindness at School and in your Community**

- Have students, in class or Sunday School, write a positive comment about other students in their class on index cards or pieces of paper. Make a collage with the cards and display this as a reminder.
- Provide children and students time to begin their own Kindness Journal in which they may keep their own kindness stories, pictures, ideas or feelings about Random Acts of Kindness they have witnessed or experienced.
- Ask children to pick two people who have done something nice for them. Have them write letters of appreciation, explaining in detail how they have made a difference in their lives.
- Sit with either elderly members of your own family, or senior citizens in your community. Record some of their memories of their community when they were growing up. Compare their likes and dislikes, their experiences with those of young people growing up today. Compare the prices of goods and the era from their youth with the world we now live in. This is a good exercise to hear and to learn from older people and to get to know them as we spend time with them.
- Study the habits of kind people through history. Journal them for yourself, or explore with children and then illustrate the kind works in your journal. Discuss with others, with children, how their chosen paths affected the world.
- Adopt a child at school who may need a friend. Check in with them periodically to see how things are going.
- Make a habit of writing notes of appreciation to the people in your life. For children, notes or flowers or small treats can go to teachers, or school workers and the principal. At your office, particularly the custodians or administrative staff will appreciate thoughtful habits.
- For children: Kids may be prompted to write a special note to their parents to let them know why they are special and why they are thankful.
- For Kids of all ages! Send a letter or note to a former teacher to let them know the difference they made in your life.

## Kindness at Home

In your own life, there are some things we take for granted. There are days when we don't see past our own problems, and we miss so much that may eventually help our own self-esteem when we take the time to focus on others.

- Send a gift anonymously to a friend at some point in your life.
- Surprise someone in your house with Breakfast in Bed one morning.
- Talk to young children about why catching wild creatures like frogs and turtles is not a good idea. Remind them that wild animals need to stay wild and free.
- Have a family member choose someone outside the family unit who has made a positive difference on his or her life. Write short thank you notes, and mail or e-mail them together.
- Bake cookies with a group, or as a family, and take them to neighbors or those who may need a lift.
- Pitch in and clean up the yard of a neighbor who is elderly or ill, someone who has had surgery recently, or someone who has had a family death or emergency.
- Volunteer with your spouse or your children or friends at a soup kitchen.
- Leave flowers for a friend or neighbor as an anonymous gift.
- Start a Family Kindness Journal, or a Thankfulness Journal, to add acts of kindness both given and received. Create a family scrapbook. If you have photos, include them with the stories. As years go by, and as children grow, you can review the many ways that kindness has touched your family's life.
- As a house-warming gift for a new neighbor, ask others to pick their favorite quote and add these to a small book or journal.
- Pick a stretch of road in your neighborhood to organize a clean up day.

## **More Kindness at Home**

- Surprise your spouse or your roommates or children with a special meal you made or bought.
- Include a small note or funny joke in your child's lunchbox or spouse's lunch.
- Call your parents just to check in and say Hello.
- When you are out of town, arrange to have a meal dropped off to your spouse or your kids.
- Collect inspiring quotes (or old family recipes/photos) and create a journal or scrapbook to give to family members as gifts this Holiday Season.

*Our true wealth is the good we do in this world. None of us has faith unless we desire for our neighbors what we desire for ourselves.*

- Muhammad



## Kindness to Animals

*I am in favor of animal rights as well as human rights. That is the way of a whole human being.*

- Abraham Lincoln

We need to think of ourselves as whole human beings. And to extend the acts of kindness that we perform for others to the animals in our lives. Not everyone needs to have a pet, a cat or a dog, to realize the bonds that form between humans and animals.

- Adopt a pet from a shelter, if you can.
- Call the local animal shelter and find out what donations they need. Collect treats, food, first aid supplies, toys, cat litter, towels, and soft blankets to go to the homeless animals.
- Maintain water bowls or birdbaths for migrating birds in your yard. Make bird seed available as well.
- Notify authorities if you see pets in hot cars during the summer months. This could save an animal's life. Educate children about the dangers of leaving pets unattended or tied up outside.
- Offer to wash or cover the expense of grooming for a pet belonging to an elderly neighbor.
- Make nutritional treats for dogs and cats, or give them to neighbors for their pets. Take treats to the animal shelter.
- Go to a fundraiser or donate to animal shelters or wildlife funds.
- Adopt a wild animal. A lion, tiger, or whale may be adopted. Zoos, aquariums, and animal habitats have adoption programs. You may receive a photo or biography of your newly adopted friend.

## **Kindness to the Environment**

*Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."*

Some may feel that your own self-esteem and self-worth may be enhanced by acts of kindness to others. But what does that have to do with the environment?

Without partisanship or rancor, we may all agree that clean air and water are vital to our survival and for the future of our children and the planet. So with that in mind, we may continue to "pay it forward" by thinking of ways to contribute to the well-being of our own environment.

- Plant a tree in your yard or neighborhood
- Recycle! Donate soda cans to a local organization that can turn them in to raise funds and set a good example for kids by recycling at home.
- Participate in beach or lake cleanups to remove debris that can harm bird, sea turtles and other beach or lake creatures. Clean up trash and refrain from littering.
- Keep your own neighborhood looking good by promoting a regular neighborhood cleanup day for homeowners or in nearby parks and dog parks.
- To reduce air pollution, consider carpooling, taking public transportation, biking or walking.
- Recycle all aluminum, plastic, newspapers, magazines and papers.
- Cut down on energy you use at home by lowering the heat and turning off lights, turn off TV's and other electric equipment, and raising the A/C a notch and using fans.
- As gifts, consider giving houseplants to teachers, friends and co-workers.

## **Acts of Anonymous Kindness**

*Be an opener of doors for such as come after thee.*

-Ralph Waldo Emerson

- Leave a small gift or plant for a friend or neighbor. Especially if you know they've had a hard day or have been going through a difficult time.
- Slip a small amount of cash (\$20.00-or what you can afford!), to a person who you know is having some financial difficulty.
- Select some people in your life who you feel may need a special lift and send them a small gift: Flowers, tickets to a special event, or a gift certificate.
- Purchase a copy of a book about kindness or happiness, read it, and pass it on.
- Pay the toll or the fast-food bill for the person behind you.
- Write a good review of a restaurant or of a waitperson.
- Plan to send a special meaningful gift to a friend or acquaintance at least once in your life.
- At work or school, arrive early and leave a treat anonymously-candy, brownies, fruit, a flower, for each worker or student. Attach a small card with an uplifting message if you can.

These acts of kindness work two-fold. They will definitely help those in need, but at the same time, they will help you to boost your own self-esteem and self-worth. You realize over time that those whose lives you've touched will give you back everything you have pulled out of yourself if you take the time to listen to others and to pay attention to your surroundings. Learn to be mindful of these things, and it will help to improve your own self-worth and self-esteem.

The rest of the Self Esteem Journal includes monthly pages for your own Journaling notes to help you to set goals and to guide you throughout the year. At the end of the Journal, don't forget to look at the online link to the Writers Hub blog where you will be able to sign up for monthly prompts, a Self-Esteem Calendar to download, and more! Here is the link for The Writers Hub:  
<http://authorp.blogspot.com/>

The following pages will help you to create your own personalized Self Esteem Journal for your own notes and goals throughout the year.































## *The Journey Continues...*

- *For Monthly Prompts and encouragement-sign up at [www.6degreeswriter.com](http://www.6degreeswriter.com)*
- *Follow me on twitter @mljtpa*
- *E-mail me at 6degreeswriter.com*
- *Follow my Facebook Authors Page: Mary L Johnson*
- *Visit The Writers Hub at <http://authorp.blogspot.com/>*
- *The journey continues....!*

