

Boost your self-esteem!

Everyone has moments where they don't feel confident. Use this sheet to keep track of the good things in your life. This will help boost your self-esteem. Every day, write down 1 thing that:

- You did well or accomplished
- Was fun for you or interesting
- Made you proud of yourself or someone
- Was positive like a person, place, or thing

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Talk to your CHN therapist or social worker to learn more about self-esteem.



Care you can feel good about. 866.246.8259 www.chnny.org

