MY SELF-ESTEEM JOURNAL

Scribble Down Your Thoughts and Have Fun with Some Mood-Boosting Activities

FROM THE BESTSELLING CHILDREN'S MENTAL HEALTH SERIES



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INTRODUCTION

Self-esteem is all to do with how you feel about yourself.

When you have high self-esteem, it means that you believe in yourself and the things that you can do. It also means you can bounce back when things don't go your way because you know you'll get there if you keep trying.

When you have low self-esteem, it means you often feel like you're not as good as other people and you might not want to try new things in case they don't go well for you.

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Self-esteem is important in order to be healthy and happy. The good thing about self-esteem is that, with a little bit of effort, it can grow and flourish!

My Self-Esteem Journal is a place to doodle, write or draw so you can explore your feelings and boost your self-esteem at the same time.

Find a comfortable chair to sit in or lie on your bed. Then doodle away your worries and fill in the fun activities to help you believe in yourself.

Our friend Bop will be popping up now and again to say hello!



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You are a star –

always remember that.



Write down all the things that you are great at in the stars on this page.

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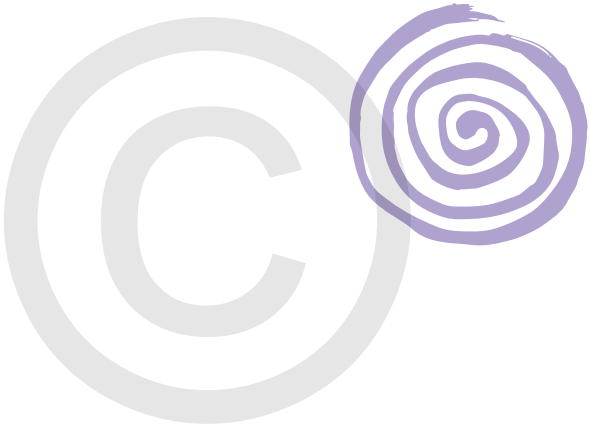
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Trace the swirls on this page with a pencil or pen.



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Then draw your own in different sizes in the spaces.



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Use this page to scribble or doodle
all the things that made you

smile

today.

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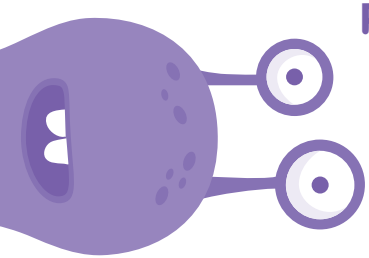








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Positive affirmations are powerful – especially if you shout

them out loud!

Here are some to get you started.
Colour in your favourites and write down a few of your own in the badges.

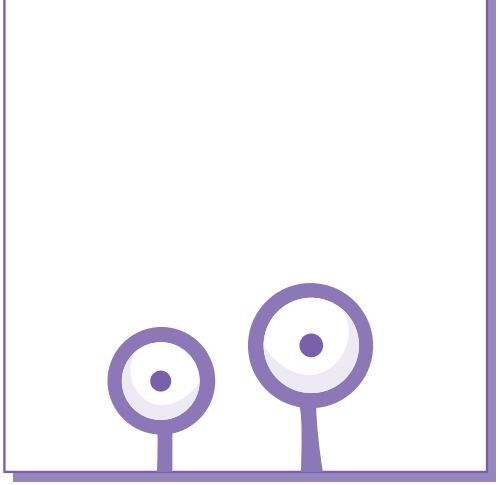
I AM A GOOD FRIEND

I AM FUNNY

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I AM AMAZING!

I AM KIND



Affirmations are simple statements that you say to make you feel good, because everyone deserves to feel good about themselves!



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