

I LIKE MYSELF

Use this daily and weekly to improve your self-esteem. For each day, come up with three things you did well that day.

BALANCED
people

monday	tuesday	wednesday	thursday	friday	saturday	sunday

What was your highlight of the week?	What nice things did other people say about you this week?	What did you achieve this week - even the smallest thing counts?	What do you like about yourself this week?
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