



# Pretty

Girl Problems

**SELF ESTEEM  
JOURNAL**

Monday

Something I did well today...	
Today I had fun when...	
I felt proud when...	

Tuesday

Today I accomplished...	
I had a positive experience with (a person, place or thing)...	
Something I did for someone...	

Wednesday

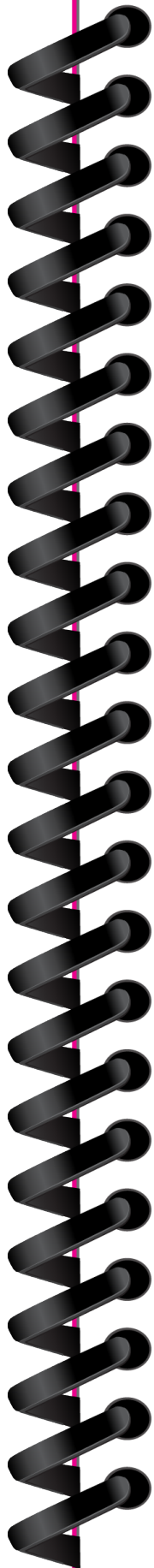
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	

Thursday

I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	

Friday

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Something I did well today...	
I had a positive experience with... (a person, place or thing)	
I was proud of someone when...	

Saturday

Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	

Sunday

A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	

*"You're always with yourself, so you might as well enjoy the company". DVF-*

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