

My positive self talk journal

Date

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| I felt good when | This week I am proud of my self | Something that went well this week was ... |
| I had fun when ... | This makes me unique... | A mistake I learnt from this week is ... |
| I feel strong when ... | The best part of this week was ... | A good quality I'm developing is... |
| This was interesting this week ... | Something I am grateful for is ... | I was kind this week because ... |
| An accomplishment this week was ... | I like this about myself ... | Something I love about my life... |