

# 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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## MY SELF-ESTEEM JOURNAL

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Peer reviewed by Mayvriill Freeston-Roberts, BACP Accredited and Registered Counsellor and Psychotherapist

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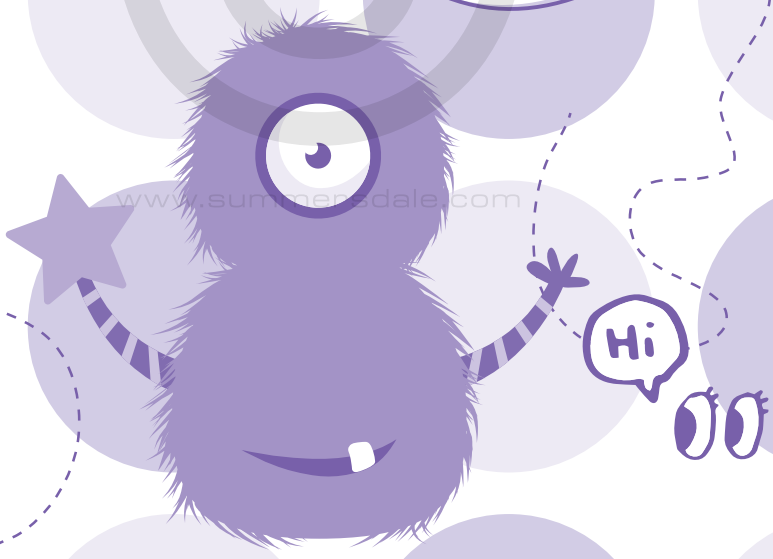
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# INTRODUCTION

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!**

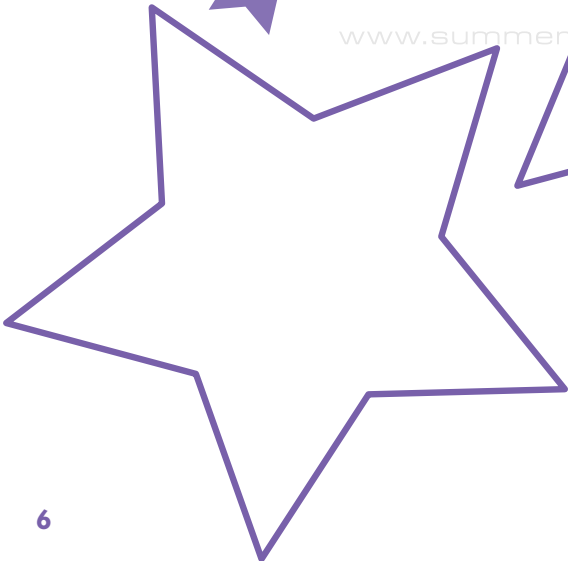
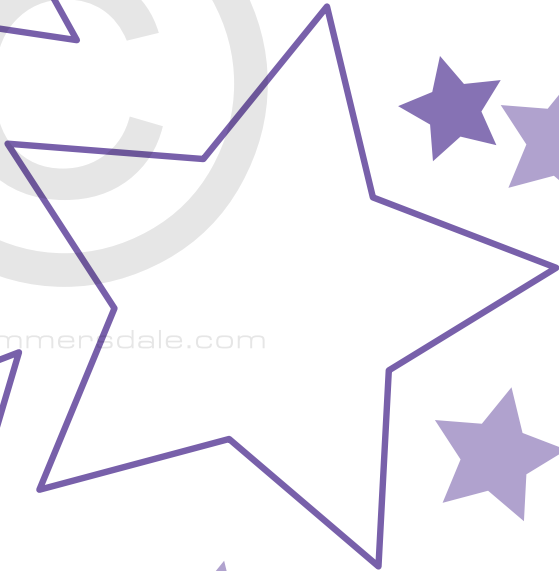


# You are a star –

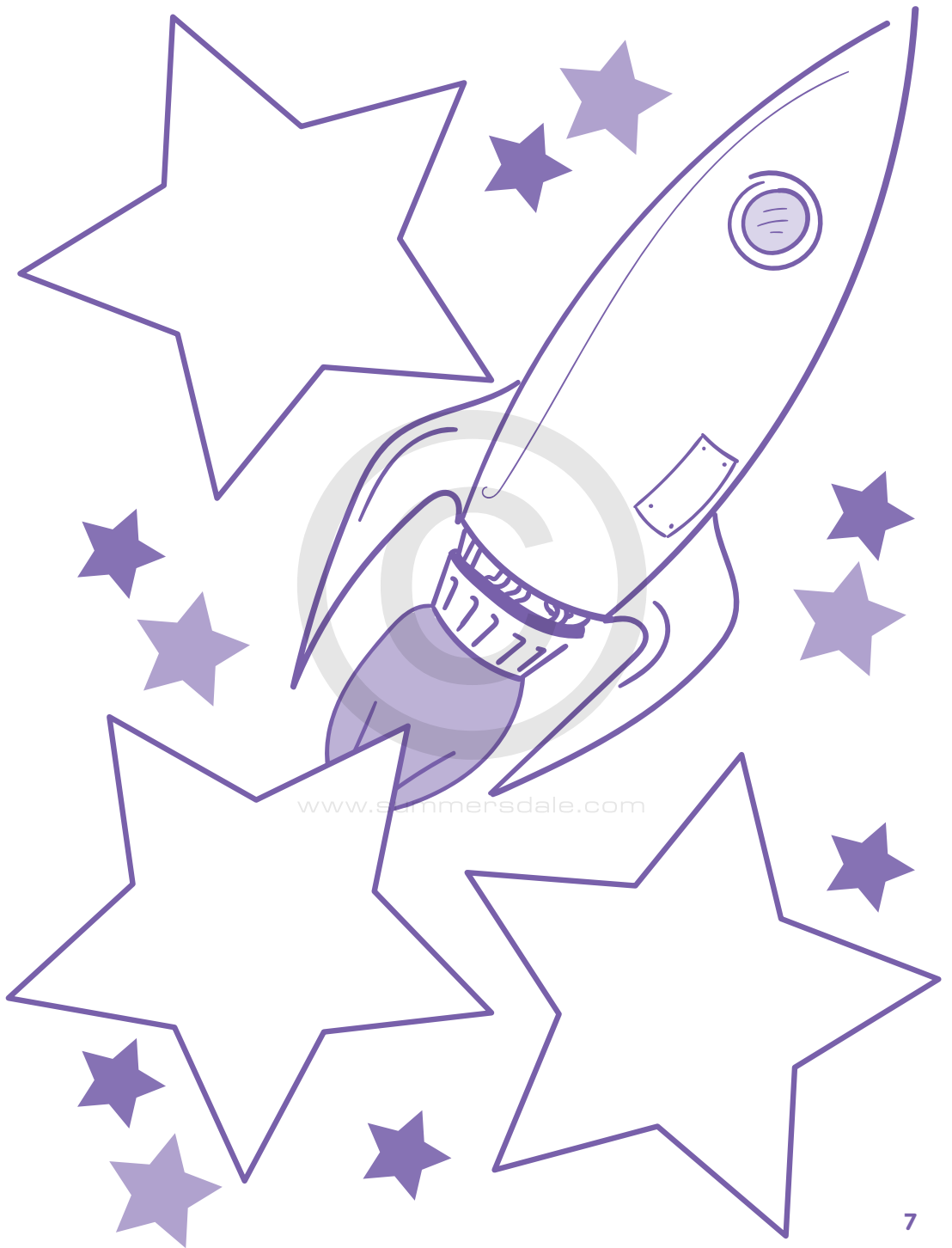
*always remember that.*



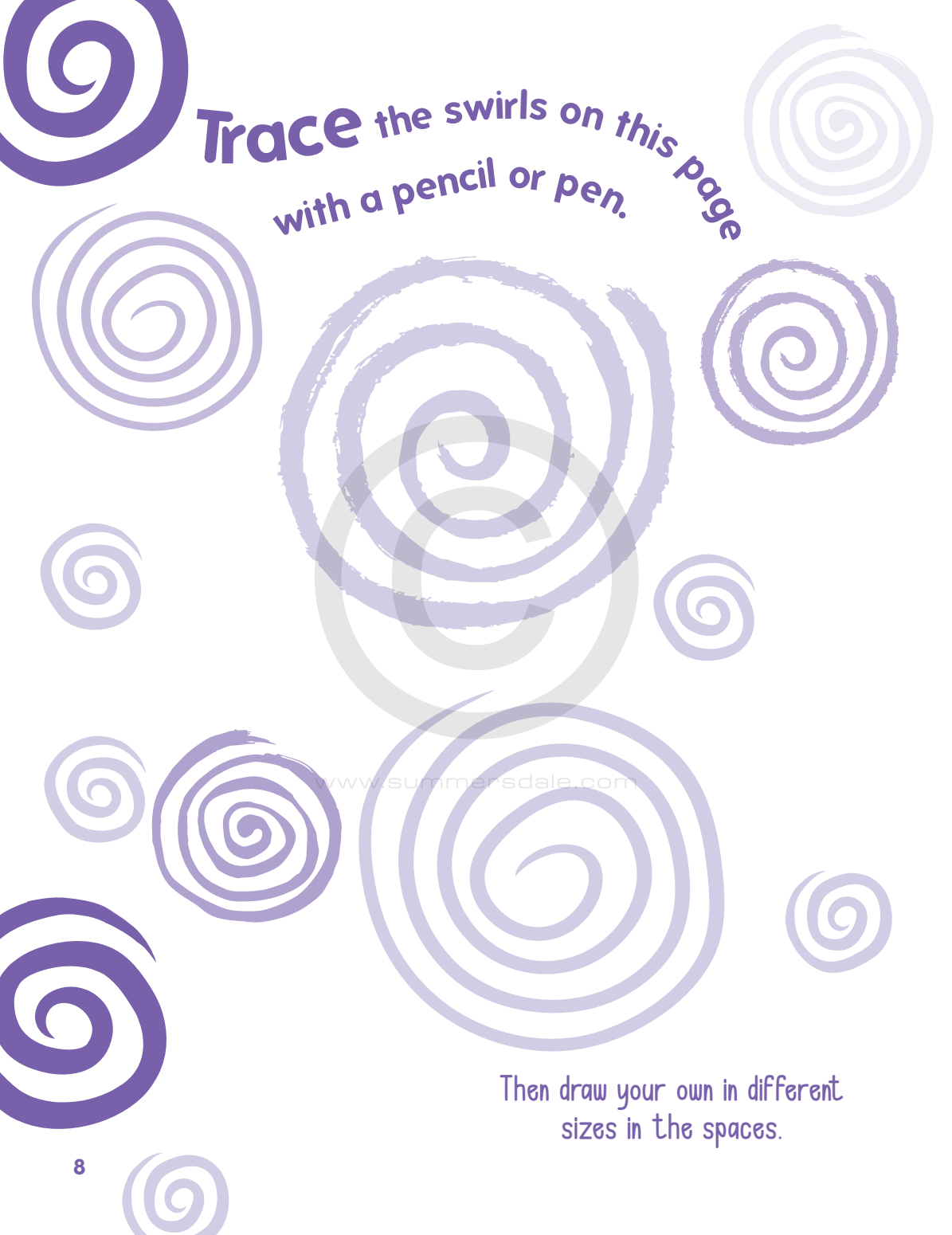
**Write down all the things  
that you are great at in  
the stars on this page.**



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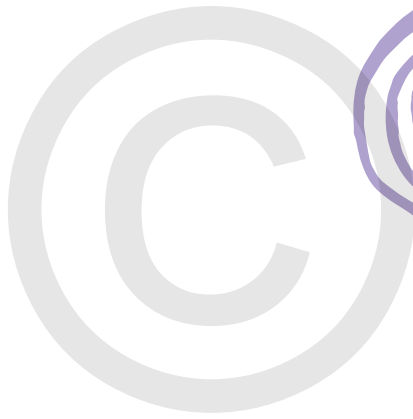


**Trace** the swirls on this page  
with a pencil or pen.

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Then draw your own in different  
sizes in the spaces.





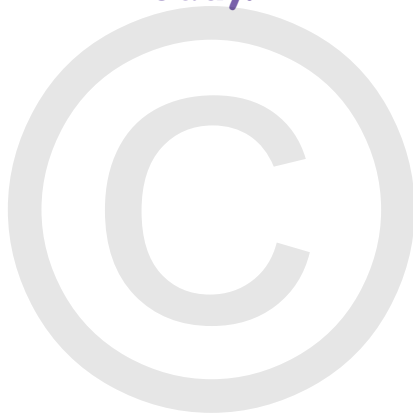
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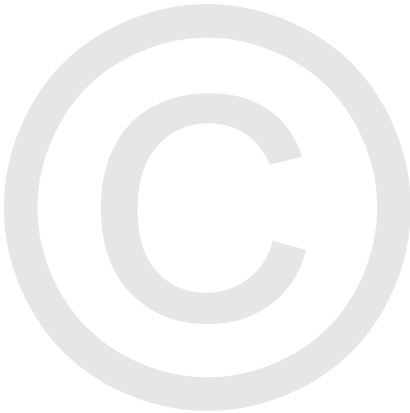
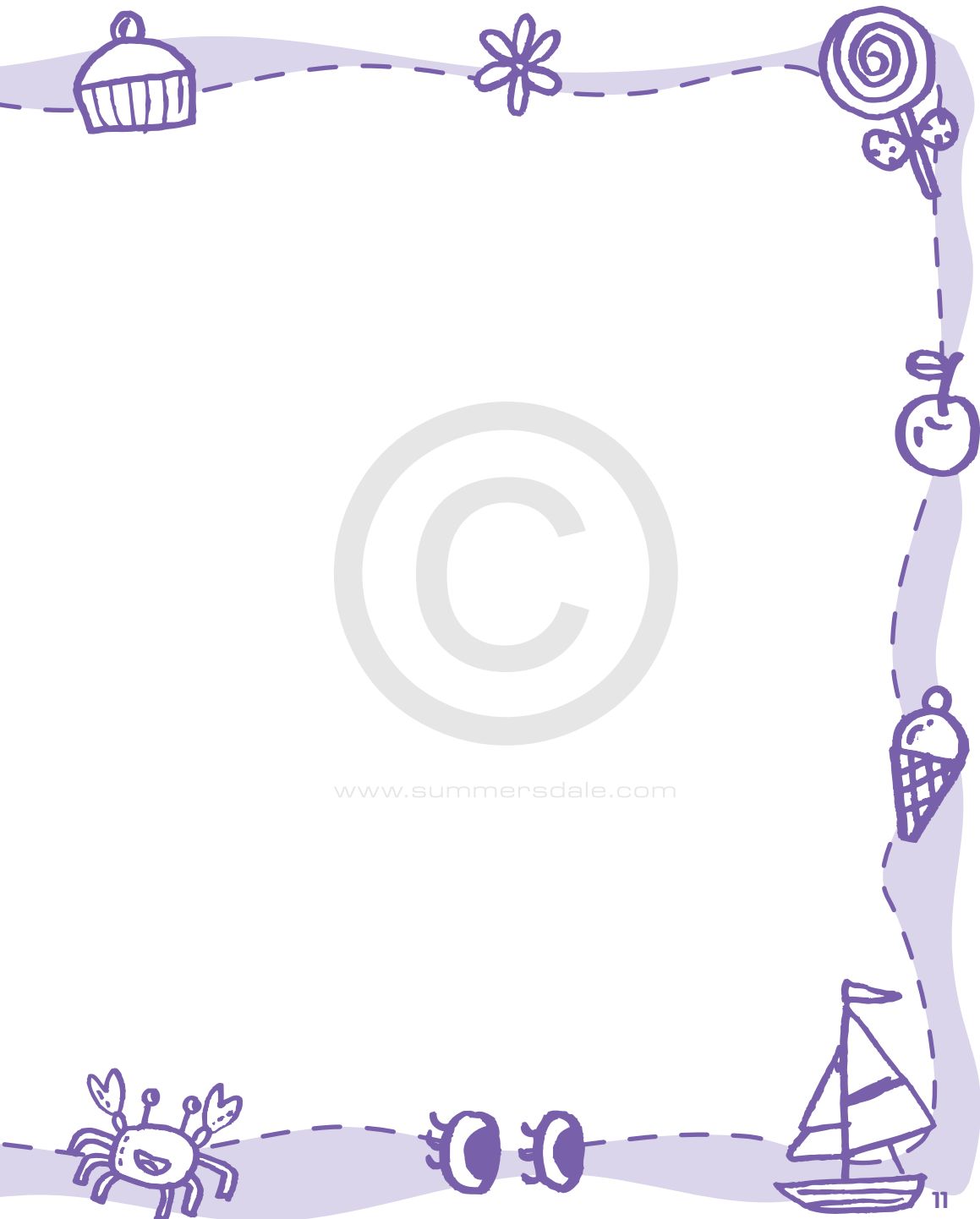


Use this page to scribble or doodle  
all the things that made you

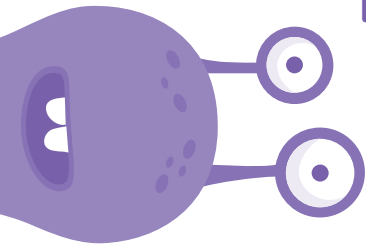
**smile**  
today.



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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.

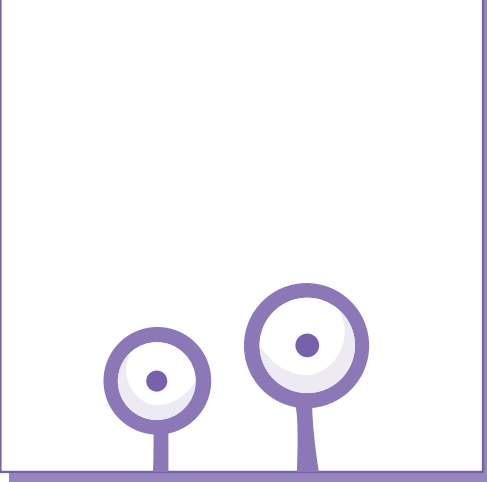
I AM A  
GOOD  
FRIEND

I AM  
FUNNY

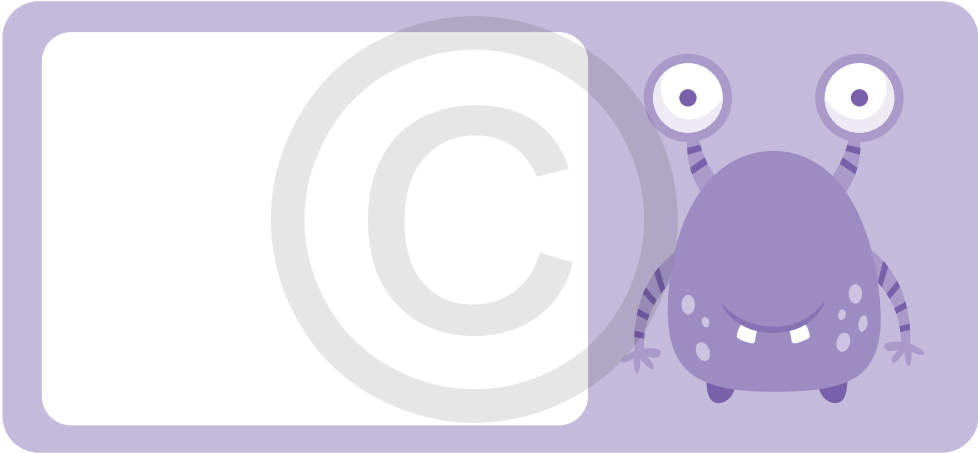
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I AM  
AMAZING!

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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