



POSITIVE *Self-Talk* JOURNAL

I feel good when...	I am proud of myself because...	Something that went well today was...	I had fun when...
The best part of today was...	I am unique because I...	I learned from this mistake...	I feel strong when...
I love it when...	A quality I am learning is...	My biggest accomplishment this week was...	Something I love about my life is...
Today was interesting because...	I am grateful for...	I showed kindness today by...	I like this about myself...

