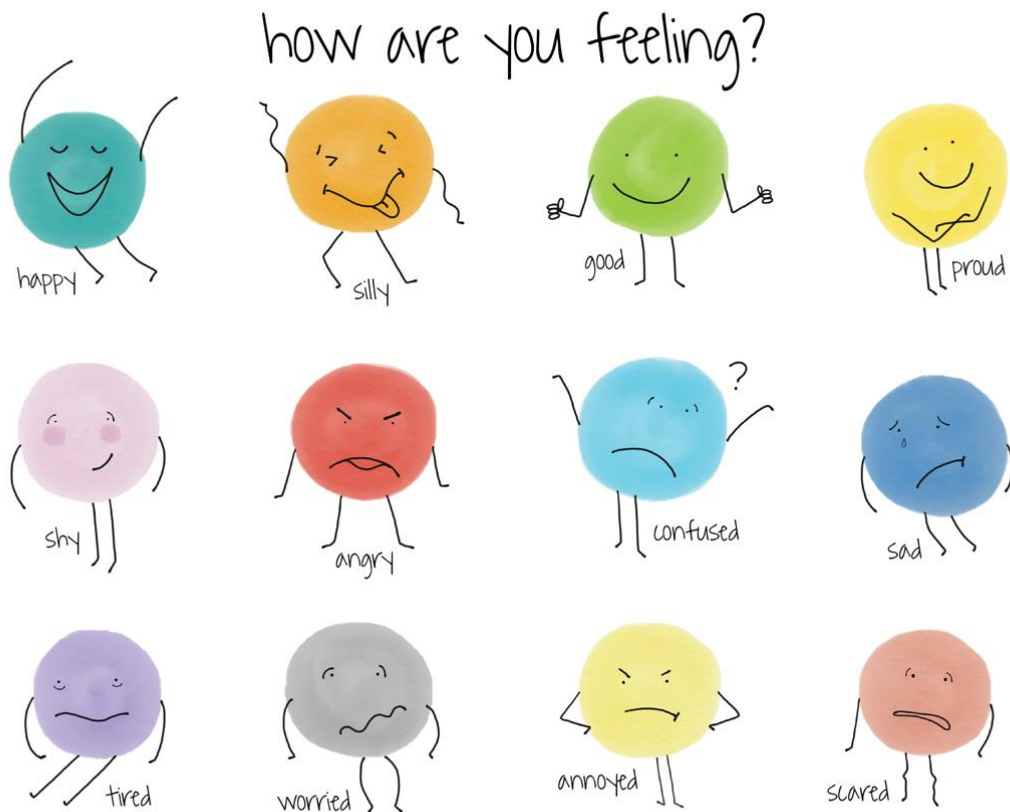


Children Support Guide

It is important for us to always be checking on how we are feeling. How have you been feeling this week?



Lets rate this out of 10!

10 = the most you have ever felt this way.

0 = the smallest amount you have ever felt this emotion.

How strong are you feeling this way today?

Next we are going to look at the happy things that have happened for you this week. The worksheet is below but you can also see online

<https://www.therapistaid.com/worksheets/self-esteem-journal.pdf>

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...	
	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	Something I did well today...	
	I had a positive experience with (a person, place of 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...	