



# My Self-Esteem JOURNAL

DR. CARMEN THOMAS



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# SELF-ESTEEM JOURNAL

**D**o you love yourself? Do you treat yourself with respect, kindness, and tender loving care?

Having self-confidence is linked with greater happiness, healthier relationships, and a stronger sense of accomplishment in life.

In this journal, I want you to reflect on your life, gifts, and talents.

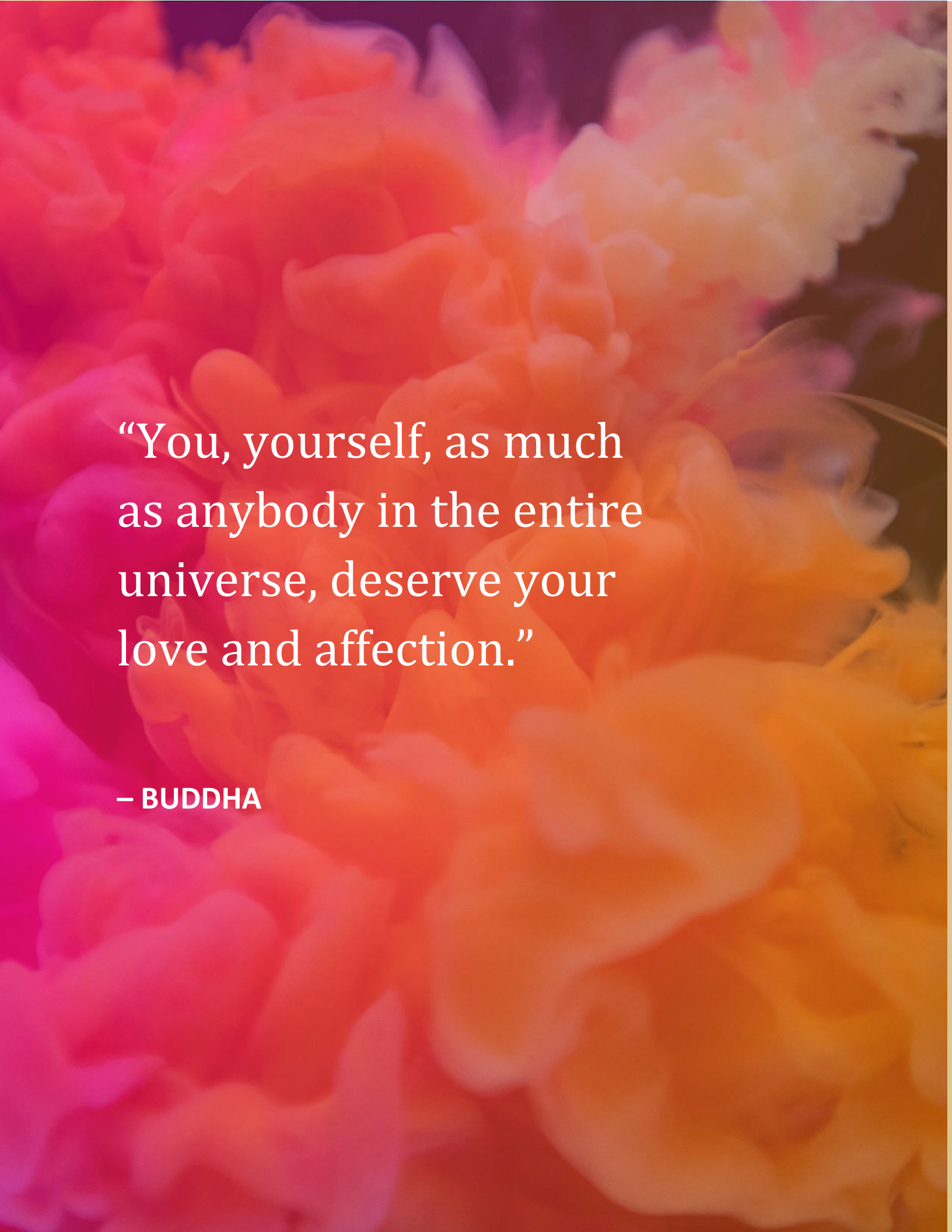
Journaling is a fantastic way to discover more about yourself and what makes you so wonderful. You have gifts and talents that are stamped in your heart.

Now it's time to unlock these gems and believe what is true about you:

**YOU ARE VALUABLE AND PRECIOUS!**

**YOU ARE UNSTOPPABLE!**






“You, yourself, as much  
as anybody in the entire  
universe, deserve your  
love and affection.”

– BUDDHA







“ Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

– LUCILLE BALL





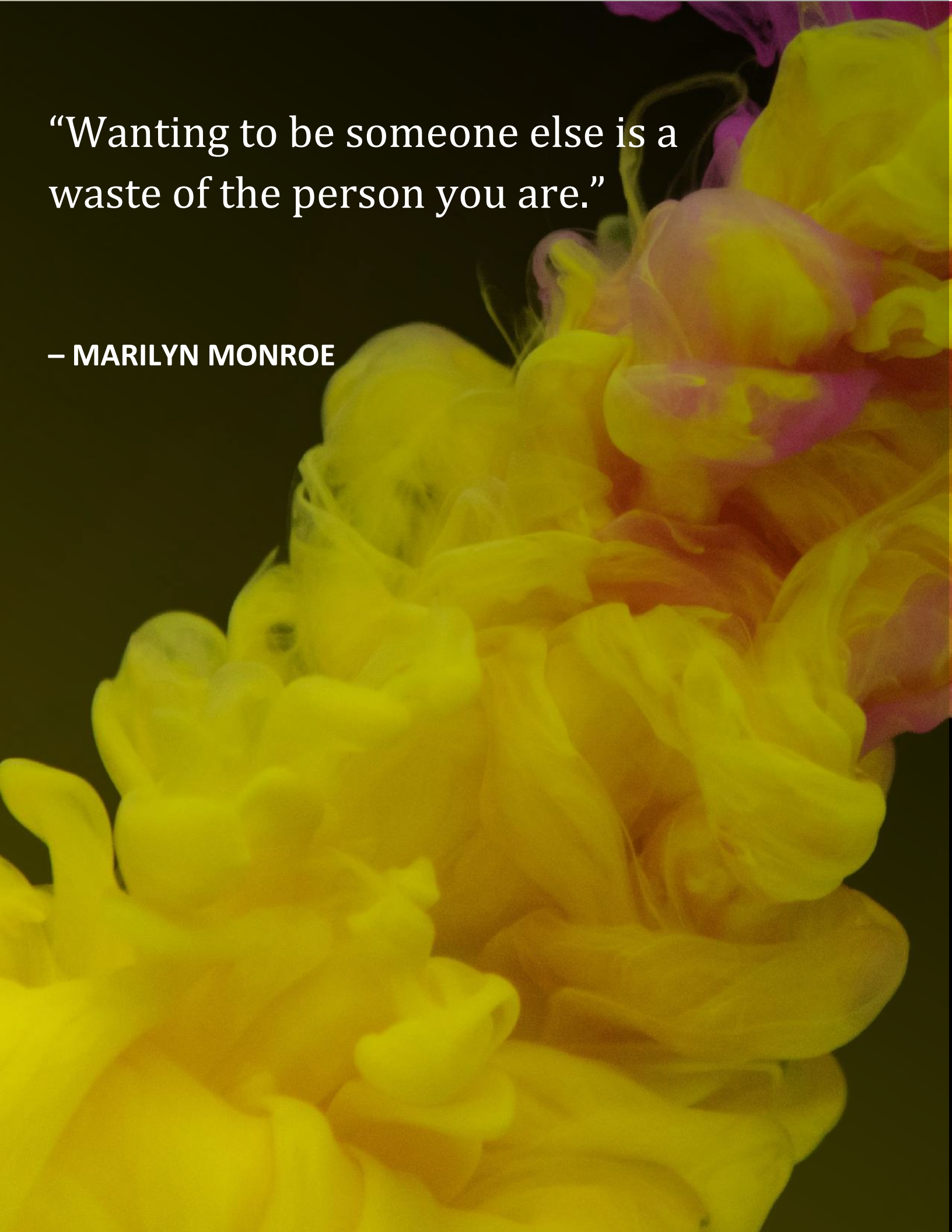






“Wanting to be someone else is a waste of the person you are.”

– MARILYN MONROE

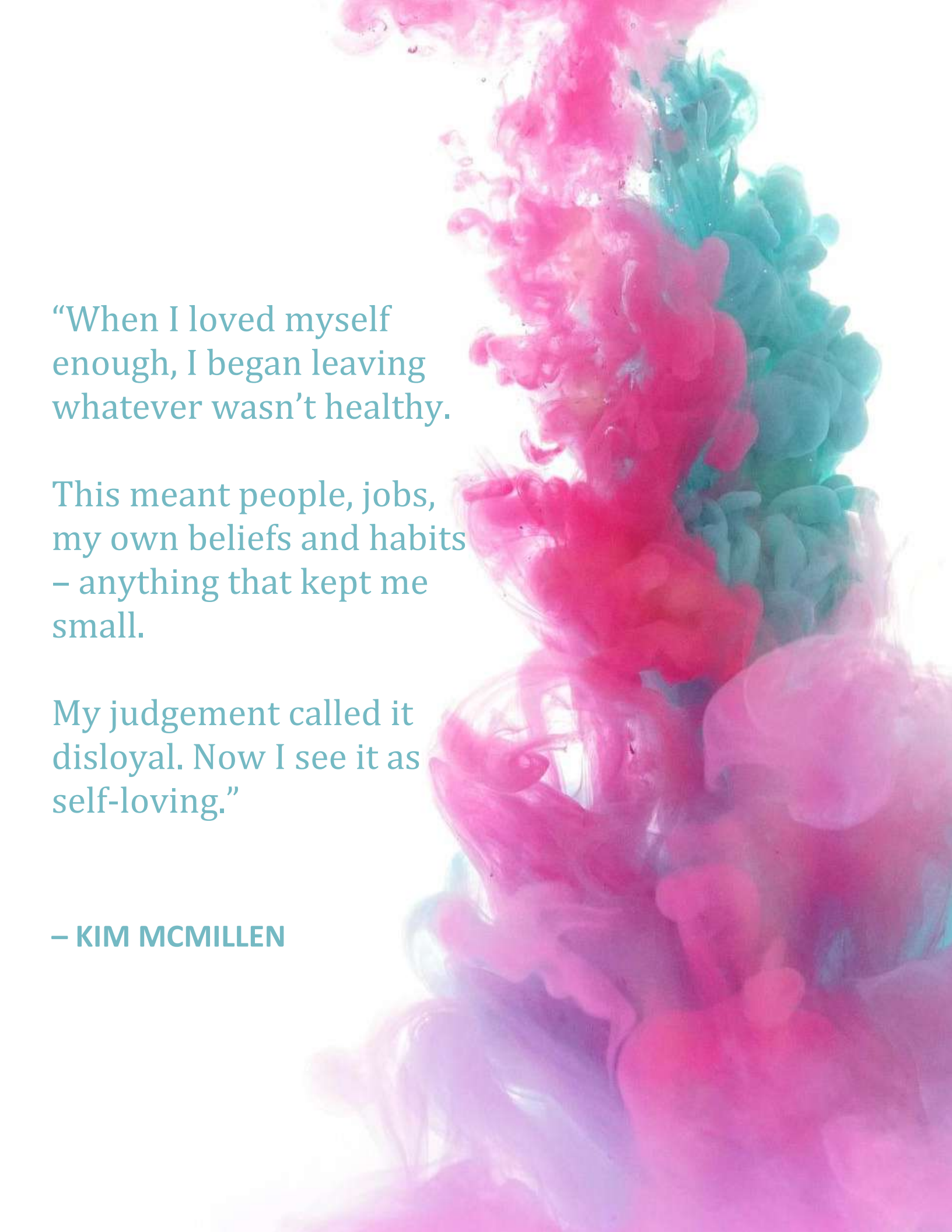












“When I loved myself  
enough, I began leaving  
whatever wasn’t healthy.

This meant people, jobs,  
my own beliefs and habits  
– anything that kept me  
small.

My judgement called it  
disloyal. Now I see it as  
self-loving.”

– KIM MCMILLEN









“Our self-respect  
tracks our **CHOICES**.

Every time we act in **HARMONY** with  
our authentic self and our heart, we  
earn our **RESPECT**.

It is that simple.  
**EVERY CHOICE MATTERS.”**

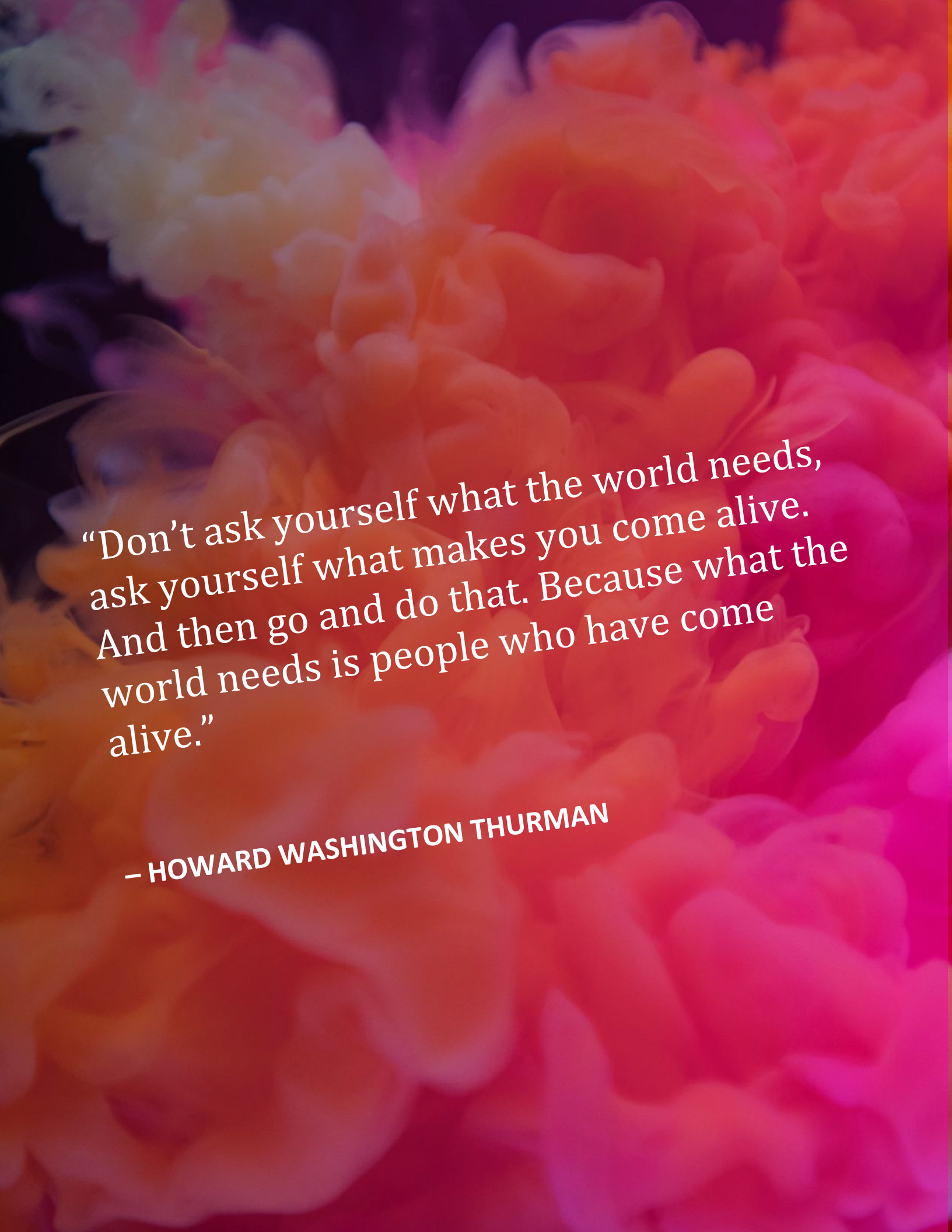
— DAN COPPERSMITH











“Don’t ask yourself what the world needs,  
ask yourself what makes you come alive.  
And then go and do that. Because what the  
world needs is people who have come  
alive.”

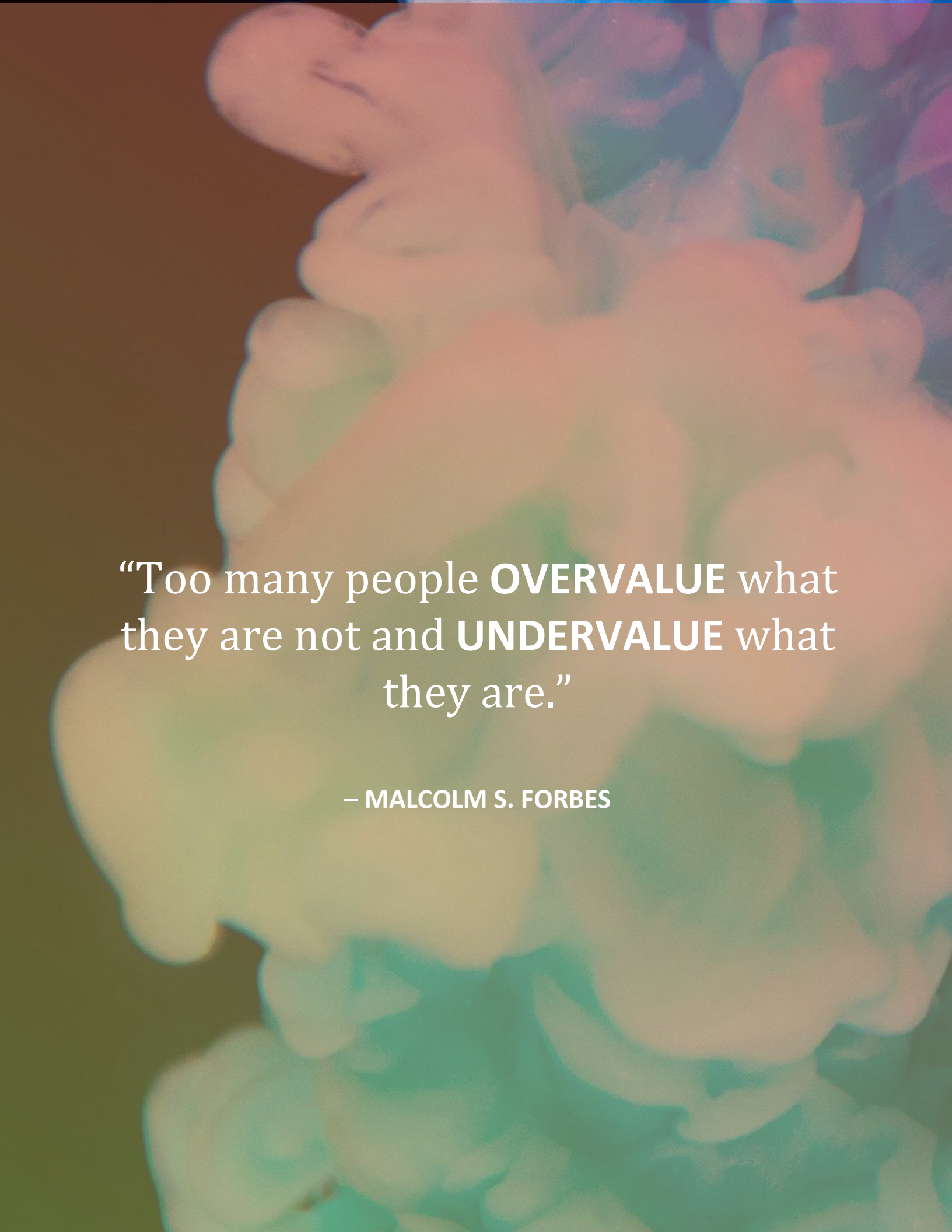
– HOWARD WASHINGTON THURMAN



WHO IN YOUR LIFE MAKES YOU FEEL THE MOST CONFIDENT?  
THE MOST LOVED?

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“Too many people **OVERVALUE** what they are not and **UNDERVALUE** what they are.”

– MALCOLM S. FORBES

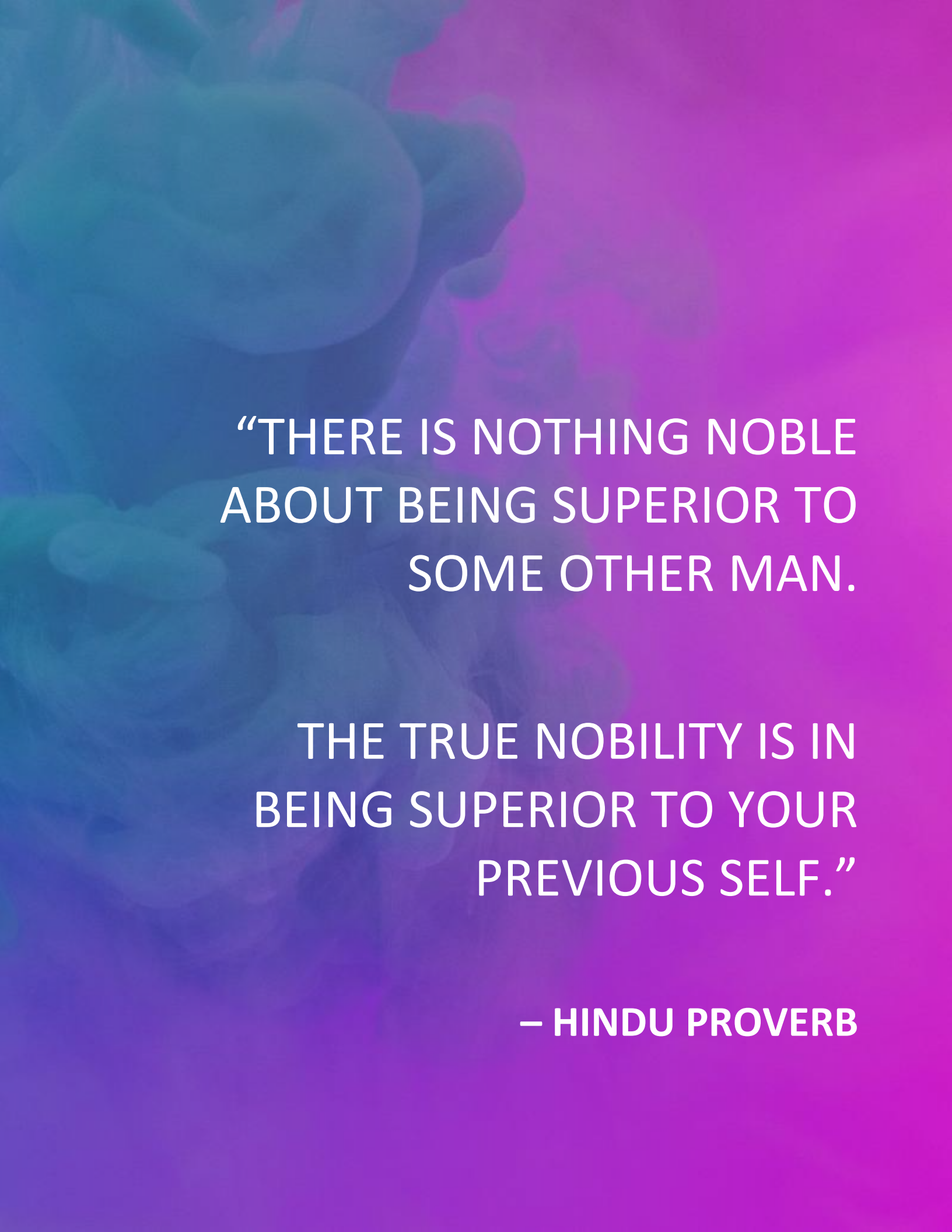












“THERE IS NOTHING NOBLE  
ABOUT BEING SUPERIOR TO  
SOME OTHER MAN.

THE TRUE NOBILITY IS IN  
BEING SUPERIOR TO YOUR  
PREVIOUS SELF.”


– HINDU PROVERB

DESCRIBE SOMETHING YOU DID BUT WERE AFRAID TO DO.  
HOW DID YOU FEEL AFTER IT WAS OVER?

A series of horizontal dotted lines providing space for writing.







“If you aren’t good at loving yourself, you will have a difficult time loving anyone, since you’ll resent the time and energy you give another person that you aren’t even giving to yourself.”


– BARBARA DE ANGELIS











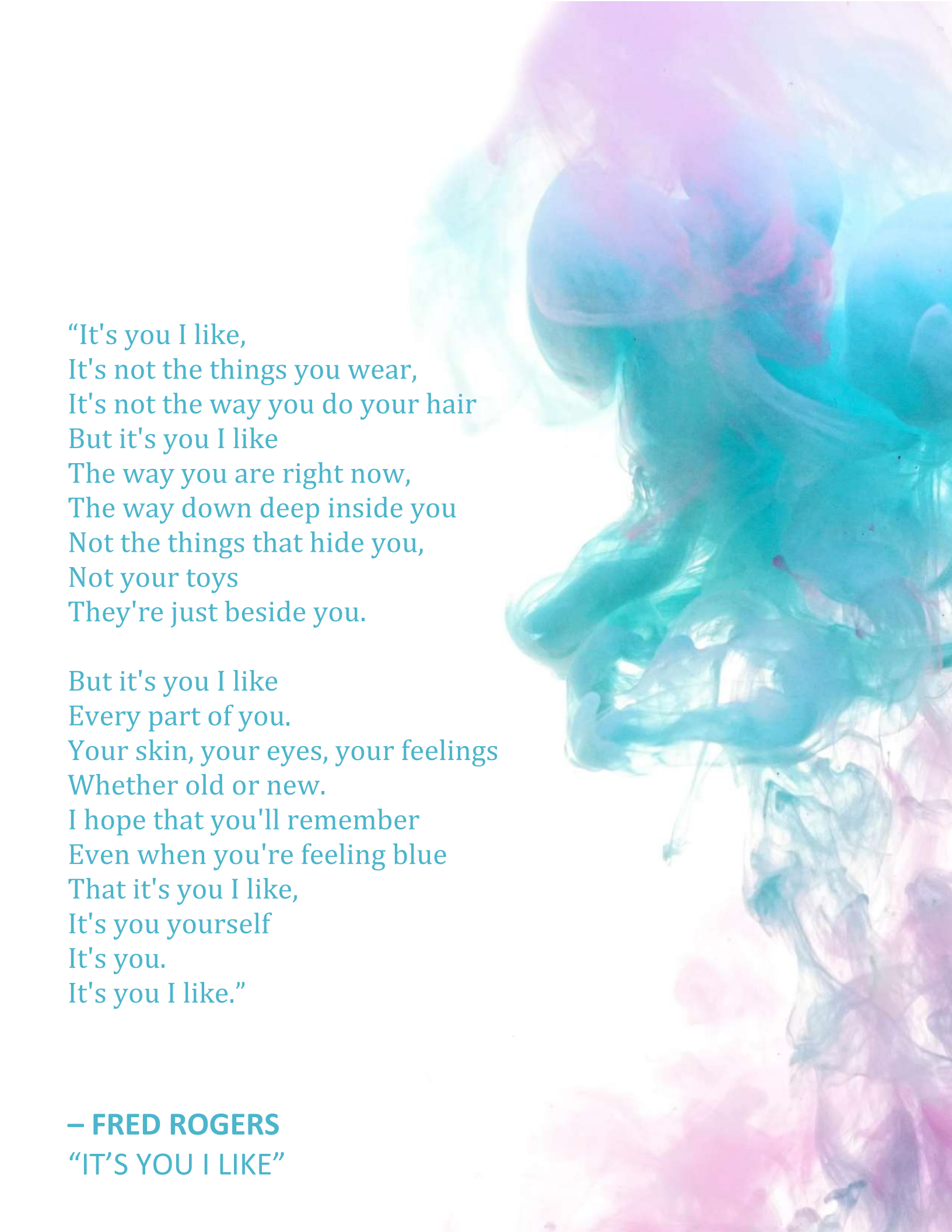
“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

– JEAN SHINODA BOLEN









“It's you I like,  
It's not the things you wear,  
It's not the way you do your hair  
But it's you I like  
The way you are right now,  
The way down deep inside you  
Not the things that hide you,  
Not your toys  
They're just beside you.

But it's you I like  
Every part of you.  
Your skin, your eyes, your feelings  
Whether old or new.  
I hope that you'll remember  
Even when you're feeling blue  
That it's you I like,  
It's you yourself  
It's you.  
It's you I like.”

– FRED ROGERS  
“IT'S YOU I LIKE”