

Instructions for Making the Self-Esteem Log:

First, using ordinary copy paper, make as many copies of the original that you need --each copy yields 8 mini-pages.

Second, cut up copies using the dotted lines as a guide.

Finally, stack 10 mini-pages together and staple at the top. Now you have a 10-page Self-Esteem Log.

Self-Esteem Log	
A) What I did Wrong:	
B) What I did Right:	
1	
2	
3	
C) What I Could Improve on:	
1	
2	
3	

Using Your Self-Esteem Log:

First Step, More Awareness: Notice your self-talk (what you tell yourself in your mind) when you do something wrong, *mess up*, fail at something you're trying, do something dumb, make a mistake, have an accident, etc. You might be damaging your self-esteem by what you say to yourself.

Do you practice being a *positive coach* to yourself, by saying such things as: "I'll try harder next time", "this is another learning experience for me", "I will make sure I learn all I can from this upsetting situation".

Or, do you practice being a *punishing coach* by saying such things as: "What a stupid thing that was", "I'm such an idiot", "I'll never be able to face my friends now", "what a loser". After awhile, your thoughts can become habits and you may not even be aware that you're thinking them, or how they can affect your life.

Next, Practice Focusing on the Positive:

Write down a situation (*something you did wrong*) in your Self-Esteem Log. Also, take the time to write *what you did right* and *what you could improve on*. (See Example)

This will help you be more honest and fair, when you think about what you did wrong. You **did** do something wrong and we're not saying forget it. But, the truth is, you also **did something right**. How fair is it to only look at what you did wrong and ignore completely what you did right? You can't change what's happened, but you can make it "not wasted" by learning the most you can from the experience.

Now, you can practice focusing on what you did right and what you could improve on. This will help you get the best learning experience from the situation. Ask yourself: "If I ever have children, do I want to be a positive coach or a punishing coach to them?"

(EXAMPLE)

Self-Esteem Log	
A) What I did Wrong:	
TRIED TO GET ON BUS BEFORE OTHERS GOT OFF FIRST	
B) What I did Right:	
1	LISTENED TO DRIVER WHEN HE SAID "BACK OFF"
2	KEPT QUIET WHEN I WANTED TO SAY SOMETHING SMART
3	CALMED MYSELF DOWN DURING THE BUS RIDE
C) What I Could Improve on:	
1	BE PATIENT WHEN IN NEW SITUATIONS
2	PRACTICE BEING MORE OBSERVANT
3	APOLOGIZE WHEN I MAKE A MISTAKE