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Open

Date: _____ **SELF-ESTEEM JOURNAL**

Something good that happened to me today was _____

Something positive someone said about me _____

A compliment that would give myself today is _____


Positive feelings that I experienced today _____

I made someone else feel good when I _____

Had a negative thought about myself when _____

A different thought that I can have next time is _____

Something I can do to make tomorrow a better day is _____



PsychPoint
Self-Esteem Journal



Self-Esteem Journal

When working on your self-esteem, it is important to make a habit of reflecting on what your thoughts, beliefs, and emotions are like. Through this reflection you will learn about yourself.

1. On a scale of 1 to 10, how was your day?

2. Did you have any negative thoughts? If so, what did you tell yourself to change those thoughts?

3. Were there any positive thoughts or feelings in your world? What did you tell yourself to prevent yourself from getting those down?

4. What went well today? How did you contribute to that?

5. What makes you proud to be proud of yourself today?

6. What did you learn about yourself?

7. What are you going to reward yourself about when you are tomorrow, to help improve your self-esteem?

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All About My Interests

My name _____

If you were to write a BOOK, what would it be about?

Imagine your work as a TEACHER, what subject would you teach?

What is your MOST favorite thing to LEARN about?

If you could meet ANY person in the world, who would you MEET?

What do you want to LEARN from this person?

Which three NEW things do you want to TRY?

Mark things you love doing:

- building things
- learning about space & planets
- finding solutions to problems
- taking things apart
- drawing
- playing or doing sports
- reading
- being in charge
- playing music
- thinking of new ideas
- doing yoga
- learning about history
- doing science experiments
- leading others
- acting or performing
- hiking and being in nature
- working on cars or motor
- singing
- learning about computers
- drawing or painting
- helping others
- anything else!

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14 Activities for self-esteem

Day 1: Name 3 people whose lives are made easier because of your presence

Day 2: Write 3 achievements you are proud of

Day 3: Write 10 strengths and talents that you have

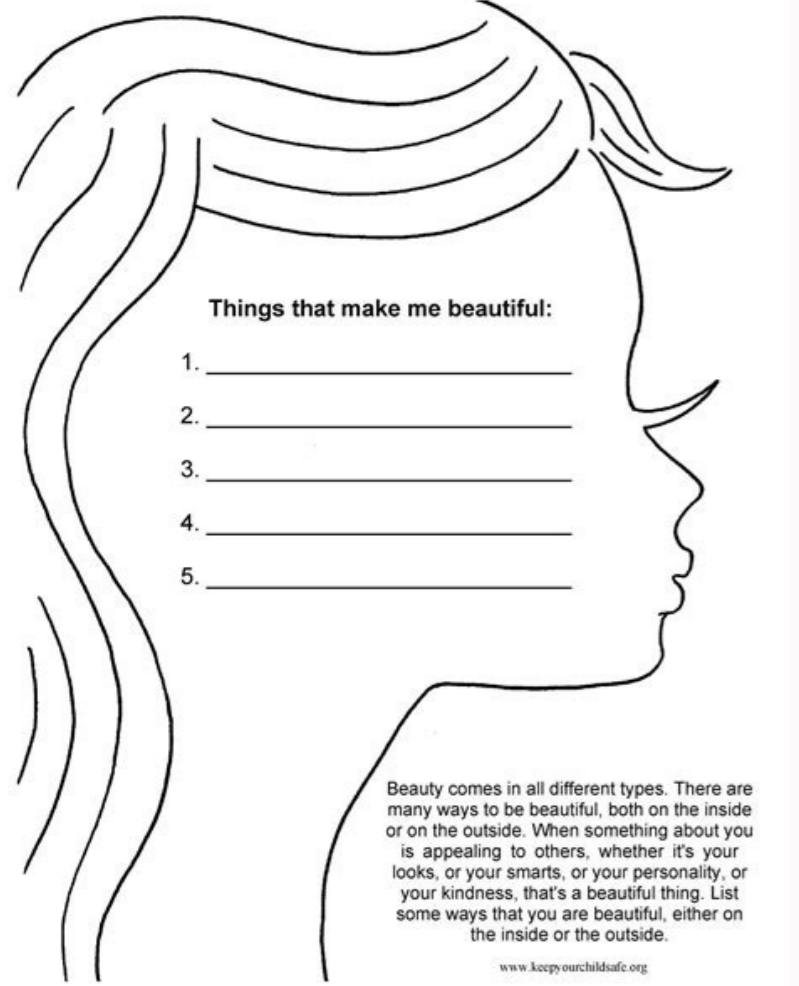
Day 4: Write 3 compliments which make you feel good

Day 5: Ask a friend or loved one to name 3 strengths that you have

Day 6: Compliment a stranger (a tough one!)

Day 7: Have lunch or tea alone at a nice cafe. Enjoy your own company.

Day 8: Script your ideal life. Choose one goal which you really want to achieve. Grab your journal and write today's entry as though you have achieved that goal. Write your feelings when you achieved it, the ups and downs you had to go through to achieve the goal. (It's a fun exercise, promise!)



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What is considered low income in the US? U.S. "Cuts" photo Åa: Juan Monino / Getty Images in the United States, the Census Bureau defines low income as family whose income level not exceed 150% of the national poverty level. If you have already , visit the HUD website to see what housing programs Å . Make automatic saving by withdrawing money from your current account directly into your savings account every month.Being a car when you can walk, is a area you can look at in the cut, for example. First of all, will see the income of your household. A two-person household earning less than \$17,240, and a three-person household earning less than \$21,720 qualify as low-income. HUD offers a variety of assistance programs to tenants and landlords with qualified income. usefu Å go with the lowest hanging fruit to remove it from your plate. A lunch bill of \$5 a day adds \$1,825 a day.Å How Å to get out of debt with low incomes?Photo CourtsÅa: Guido Mieth/Getty Images Å easy Å use a credit card when money is tight. What Å te Å help you create a budget for your variable expenses like eating out, groceries and televisionÅ n Å for example. If Å you Å found in a debt cycle, making small changes can help. Eating out or buying fast food can add up. Every month take a portion Å your savings and put it into your debts. While Å is paying Å your debt, Å create mAoes. . Once you have an adjusted rent, you can set your budget for all your fixed and variable expenses. Write all your expenses on a worksheet or piece of paper. will count the size of your family and Å where you live. To qualify as a very low income, will earn less than 50% of the median income. Depending on where Å live, the salary of a low-income family may surprise you. To qualify as extremely low, your earnings may Å exceed 30% of median income or poverty line in the United States.You can see the Income 2021 according to the place where you live and the size of your home using this table. table. Everything will help you determine where you can cut out and where you can save money. Tips for saving money with low low-income photo photos: JGI / Jamie Grill / Getty Images at a low income, save money can be difficult, but it is not Å € e t impossible. To foster more affordable home, it is often awarded a tax credit to buildings and developers who make a part of their apartments are available for low-income tenants. The housing of flow revenue is direct by HUD, as well as state governments Premises. EN 2020, for example, a person who has less than \$ 12,760 is considered low income. Take your new budget and savings plan and put it in accident. Compare this with your income and any help you are receiving. Stop using your credit cards and do not use any payment day of payment or progress to float it. There are complementary food programs, healthcare, student financial assistance, fiscal credit for children and more. its acre. Donors about debt settlements too. Subscriptions of music, cable and rapid food are all luxuries. Start by looking at anything in your budget you do not need. For a family of four, you will need to earn less than \$ 26,200 to fall under low-income threshold. Are you qualified as low income? Å, Photo CORTESY: Sean Gladwell / Getty Images in the United States, poverty and income levels are used to determine eligibility for financial and housing programs. Just because you can qualify as low income, it does not mean that you will receive low-income housing help. With a low-income housing, there are also restrictions to the place where you live. If you can cook at home or qualify for free school lunches, do it. There are three low-income categories determined by the of Housing and Urban Development of the United States, also known as HUD. With low-income housing, a tenant will pay a part of your income towards rent. 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