I'm Worth It

Self-Esteem Coloring Journal

Name: ____________________________
"You yourself, as much as anybody in the entire universe, deserve your love and affection."

— Buddha
TAKE CARE OF YOU.
you're worth it.
DON'T LET ANYONE STEAL YOUR SUNSHINE.
whether you think you can or think you can't
YOU'RE RIGHT
Always find the joy in life no matter how small!
Never let anyone dull your sparkle.
Life might not be the party we’d hoped for, but while we’re here, we should dance.
NEVER COMPARE YOURSELF TO OTHERS.
You won't be able to please everyone, all of the time.
Spend time with people who lift you up.
Love yourself first and everything else falls into line.

– Lucille Ball
“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, but define yourself.”

– Harvey Fierstein
Believe in yourself
Believe you can and you will.
“Be the change you want to see in the world.” ~Gandhi
If you want to lift yourself up, lift up someone else.

~Booker T. Washington
Let your dreams take flight.
Choose kindness & laugh often.
DON'T CRY BECAUSE IT'S OVER.
Smile because it happened.
~ DR. SEUSS
"No one can make you feel inferior without your consent."

– Eleanor Roosevelt
<table>
<thead>
<tr>
<th>Day</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Today I was PROUD when I:</td>
</tr>
<tr>
<td>Monday</td>
<td>I did this FOR MYSELF today:</td>
</tr>
<tr>
<td>Tuesday</td>
<td>I did this WELL today:</td>
</tr>
<tr>
<td>Wednesday</td>
<td>I enjoyed today because:</td>
</tr>
<tr>
<td>Thursday</td>
<td>My favorite thing about today was:</td>
</tr>
<tr>
<td>Friday</td>
<td>One positive thing I thought:</td>
</tr>
<tr>
<td>Saturday</td>
<td>Something I did FOR SOMEONE ELSE:</td>
</tr>
</tbody>
</table>
If I could draw happiness, it would look like...
Thank you for purchasing Coloring Journal for Girls.

I truly appreciate your feedback.

~The Counseling Teacher

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  - School Name: Counselor Name
  - 2015-2016
  - Comprehensive School Counseling Program (CSCP)
  - **$6.77**
  - not yet rated

- **Welcome aboard!**
  - School Name: Teacher Name
  - 2015-2016
  - **$6.77**
  - not yet rated

- **Counselor’s Presentation**
  - School Name: Counselor Name
  - Year - Year
  - Comprehensive School Counseling Program (CSCP)
  - **$5.55**
  - not yet rated

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  - School Name: Counselor Name
  - Year - Year
  - Comprehensive School Counseling Program (CSCP)
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  - 1 rating

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  - School Name: Counselor Name
  - Year - Year
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  - 2 ratings

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  - Presentation - Meet the ...
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  - 11 ratings

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  - 30 ratings

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  - Whoooo is the Teacher?
  - School Name
  - Year - Year
  - **$5.00**
  - 8 ratings