

Boosting Your Mood Worksheet 6

Instructions: Use the boxes to draw, or write examples of each of the self-esteem boosters you could use next time you are feeling down.

Talk to someone you trust

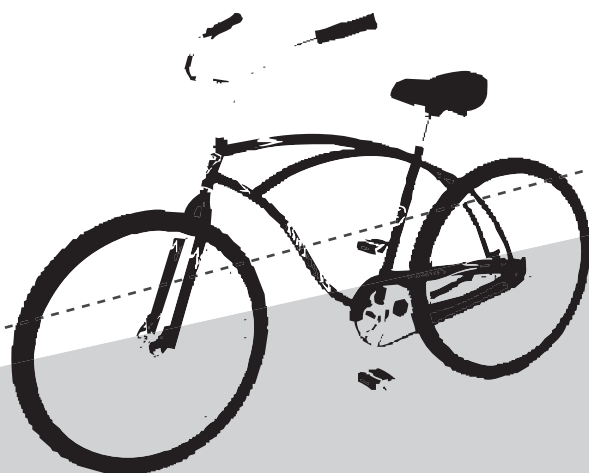
Do something special for someone else



Relax and have some fun

Do something you are good at

Look after your body/health



Boosting Your Mood Home Journal 6

You are as big as the things that bother you.
Anonymous

Q: Questions to ask your Support Person

What things do you do to lift your mood?

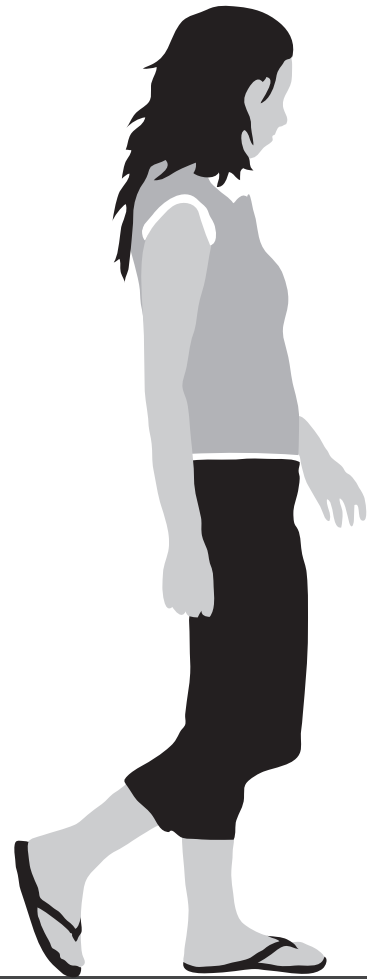
Do you ever use music to improve the way you feel?

A: Action Task

Use one self-esteem booster each day to keep yourself feeling great!

J: Journal Task

Plan one self-esteem booster you could use everyday:



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY
