

Journal Your Thoughts Each Day



Recognize Who You Are:

You are Loved

Day 1: Do you feel you have done something that may cause God to not love you? That's not possible! You can never out-sin God's grace! List ways He has blessed you:

No matter how messy your life gets, you are loved by your Creator.



Day 2: When have you ever felt let-down by someone you wanted to share something important with? Did you take it personal? Share that experience with God now:

When you enjoy what God has made, it brings Him joy.



Day 3: Have you ever felt you didn't deserve love? Claim the inherent value God gave you in the womb. Thank Him for seeing you with that value!

God's love is different than that of man.



Day 4: What fills you with fear? Feeling alone? Rejected? Maybe speaking in public? Communicating with your boss? Ask God to show you the cause of your fear. How can you tackle the cause, not just the fear?

Fear is not from God.



Day 5: Has God ever protected you in a time of need? List ways you have seen Him work in your life:

Trusting God can draw you closer.

What have you learned this week about God's love? Do you understand the difference between God's love and man's love?



You are Valued

Day 6: Do you take on more than you can accomplish? How well do you complete your tasks when you are tired, angry or overwhelmed? List small ways you can take care of yourself:

Taking care of yourself is not a luxury, it is a necessity!



Day 7: When have you thrown away a \$20 bill because it was dirty? Do you look for perfection in yourself? Find five things you like about yourself.

Beautiful doesn't mean being perfect.



Day 8: When have you felt left out? What can you do in place of feeding your hurt? List healthy ways you encourage yourself:

Read a good book, go for a walk, listen to gospel music, take a hot bath, help someone in need, etc.



Day 9: When have you felt discarded by someone you thought loved you? Did you blame yourself? How can you reinforce your value to move forward?

God will never leave you.



Day 10: When has one word made a difference in a conversation? List words you use to enhance a statement:

Are they encouraging? Words are powerful. Be careful how they are used.

Do you see your value in a different light? Claim your true value, given to you by God.



You are Unique

Day 11: Do you just go along with family or friends without knowing what you truly want? Look at your likes and dislikes and list your favorite color, food, season, book, movie:

It is good to be flexible but don't forget to know what you like or dislike.



Day 12: Do you look in the mirror to say, "Good Morning, I like you right now!" or are you looking for perfection? Does one little flaw through you off for the whole day? List five things you like about yourself:

God didn't make a mistake, accept yourself the way He made you.



Day 13: When have you been stung by cutting words from someone? What did you do with those words? Repeat them to yourself? Believe them and criticize yourself? Would Jesus say those things to you? If not, don't believe them.

Listen to God for the truth about who you are.



Day 14: Do you automatically assume you are wrong when there is a difference in answers with someone? Look again. List ways in which you can believe in yourself:

Look for a reasonable answer instead of beating yourself up.



Day 15: What situation do you make fit your predetermined belief? Are you looking for a reason to criticize yourself? List things that you are good at:

Find ways to praise yourself every day, no matter how small it is. See the unique human that you are.

List ways that you are unique:



You are a Work in Progress

Day 16: Has a distorted thought caused you to believe a lie? Write down negative thoughts you have about yourself and follow it with “that’s a lie!”

Just because you have believed it for a long time doesn’t make it true.



Day 17: When have you blamed God for the consequence of your poor decision? Ask for forgiveness for the past and guidance for the future:

Seek God’s will by drawing close to Him.



Day 18: Do you carry guilt for something that you did in the past? Write out a plea for forgiveness:

God readily forgives when you ask Him! And forgive yourself!

Day 19: Do you look for faults in others in order to make conversation? Write out how you feel when you put someone else down:

There are two forces in life, positive and negative. Your words will pull you in one direction or the other.



Day 20: Do you meet words of encouragement with excuses? List the ways you respond when complimented:

Learn to accept a compliment with, “Thank You.”

You are making choices and changing every day. Use your challenges to make yourself strong instead of allowing them to make you a prisoner. List ways to address challenges ahead of time:

Remember God’s Promises



You are Forgiven

Day 21: Is there someone in your life who reminds you of your mistakes? Are their words in line with God's teaching? List five times you haven't forgiven yourself for mistakes:

Their words are a reflection of their character not yours.



Day 22: When have you found comfort from another's understanding for your mistake? Who has encouraged you to face your errors and move on?

We all need comfort and encouragement.



Day 23: Is there someone on whom you would rather seek revenge than forgive? Write a request to Jesus to love them through you:

Your unforgiveness will never hurt them. It will, however, create a barrier for your relationship with Jesus. The command to forgive is for you.



Day 24: Have you ever been the one who afflicted pain? Whether intentional or not, have your words crushed someone? How did you feel?

Forgive yourself and learn from your errors.



Day 25: Have you applied a believer's misbehavior to all believers? Have you ever rejected God because of people who say they follow Him? Tell of a time you let people draw you away from seeking God:

Look to Jesus, not His followers, to find peace.

We all are working daily to grow more like Jesus and need forgiveness. Give others the forgiveness that you want for yourself. What do you need to forgive yourself for?



You are Not Forsaken

Day 26: When have you faced a challenge that you wanted to run away from? Who did you seek to help you?

God is always there when you seek Him.



Day 27: When have you felt abandoned while waiting for an answer from God? Do you wait with patience? Anxiety? Anticipation? What can you do to be thankful while waiting?

God's timing is always perfect.



Day 28: When have you felt abandoned by people you thought were friends? Where did you turn for comfort? Was it healthy for you?

Don't harm yourself just because someone else did.



Day 29: When have you had an answer to prayer come from an unlikely place? Where do you look for answers?

Angles can come in any shape.



Day 30: Describe a time when an angry response made a situation worse. How can you apply “be angry and do not sin?”

Your feelings come from your thoughts. Beware of what you are thinking.

You will never be abandoned when you seek God’s will. How can you celebrate your uniqueness?



You are a Child of God

Day 31: What has God entrusted you with? How are you using your gifts and talents He gave you?

Use your gifts for His glory and you will be blessed.



Day 32: Do you criticize yourself repeatedly over the same thing? You can change it or accept it! What are you doing?

You are enough for God to use for His glory.



Day 33: When have you felt insignificant? Were you comparing yourself to someone?

Life is about compassion, not comparison.



Day 34: What do you find comfort in? Does it replace God's presence in your life?

God wants you to be healthy and happy.



Day 35: Who do you look to as an example? Who looks to you? What do they see?

Jesus is our example.

How do you feel about being a royal child of God?



You are Cared For

Day 36: When have you felt like disaster was coming but the situation turned out okay? What happened?

God can send anyone to bless you.



Day 37: Have you ever made yourself sick with worry? Did it change the outcome? How can you fret less and trust God more?

There is a difference between worry and concern. One is unhealthy.



Day 38: Have you been able to help someone who is experiencing what you have survived? How did that make you feel about your situation?

Experiences are stepping stones.



Day 39: Are you mourning the loss of something? What good times do you remember surrounding what was lost?

Find something to fill the void but don't forget the good memories.



Day 40: How have you found a blessing in something unusual?

Blessings can be anywhere when you look.

How can you find more ways to see how God cares for you?

Release Negative Influences



Man's Lies

Day 41: Have you ever justified something that was not confirmed in scripture?

Wisdom comes from meditating on God's word.



Day 42: When have you found that your first impression was not accurate?

We do not see as God sees.



Day 43: Have you ever judged someone by the situation they experienced and ignored the fact that they survived?

We all learn at different rates.



Day 44: When have you focused on your worries instead of trusting God?

What you focus on will affect your mood. Choose wisely.



Day 45: When have you allowed someone's comment to discourage your belief in your abilities?

Rely on what God says about you.

What lies from man do you need to let go of? Let go or it could smother you.



Your Discouragement

Day 46: When have you allowed negative thoughts to wreck your mood?

List five things that make you happy and tell why they do.

Day 47: Is there someone who makes your blood boil? Or at least makes you angry?

Pray for those who have hurt you because it is a step towards healing.



Day 48: What are you holding onto that actually harms you?

Healing will only occur when you let go of harmful habits.



Day 49: How do you react when you have been treated unfairly?

Their actions are not your responsibility.



Day 50: Has God ever given you unexpected blessings? List five of them:

Record your blessings to remember them during dark days.



Your Guilt

Day 51: Cleaning up around you can help clear your thinking. Look around. What can to clean up, and then donate to someone who may need it:

Giving is a way of uplifting your own feelings.



Day 52: When have you lead someone to believe something that may not have been true:

Omitting part of the truth can be deceitful.



Day 53: Have you ever made a promise and not kept it? Maybe to God? When did you just not show up for something you felt you should do?

God knows what you do, and what you don't do.



Day 54: The answer to most of our problems are found in meditating and memorizing scripture. When was the last time you meditated over a scripture and asked for "eyes to see?"

Opening the Bible will only help if you take time to listen to what it says.



Day 55: When have you done something without thinking of the consequence: What was the results?

Today's actions will affect tomorrow.



False Images

Day 56: Can you look in the mirror and say, “I like you right now!”? What is it that you criticize yourself for? Why?

When you complain about yourself, you are criticizing your Creator.



Day 57: Have you ever been the one people made fun of? Did you turn that treatment on someone else or did you learn compassion for others? Tell how you have encouraged someone you saw in that circumstance:

Use the lessons you learn to help others.



Day 58: Do you enjoy credit for the work you do? Has anyone cheated you out of your spotlight? Tell how you felt and how you responded:

Find your favor with God not man!



Day 59: What do you need to let go of that is weighing you down? How can you release it?

A butterfly can't fly if it holds on to its cocoon.



Day 60: Are you competitive? Is it to build your self-esteem or to improve yourself? Explain how you feel when you lose:

Competition can make you stronger, depending on your attitude.

What images of yourself do you need change to see yourself as God does?

Rejoice with Thanksgiving



In Confidence

Day 61: Do you cry over things you don't think you will never have? (Boy, have I!) Tell God what you would like in your future and then believe it:

Picture what you want, not the path there. God could take you a different route!



Day 62: When have you been afraid to ask for help? Did you know what kind of help to ask for? Write your deepest secret and confess it to God:

Even if you can't find the words, God knows your thoughts.



Day 63: When has someone surprised you with a compliment? How did you respond? Tell how you felt:

Learn to say a simple, "Thank you."



Day 64: When have you surprised someone with a compliment? How did they respond and how did their answer make you feel?

It is not polite to offer an excuse/explanation instead of a "thank you."



Day 65: When have you helped someone overcome their fear?

Helping someone build confidence in both of you.

How have you built your confidence this week?



In Hope

Day 66: What skills do you have that you may be able to use more efficiently?

God has supplied us with all that we need to create a fulfilled life in Him.



Day 67: When have you felt that you couldn't go on but you did? Did you thank God for the ability to do so?

God gives us strength when we need it, and sometimes not before.



Day 68: When have you helped someone without checking to see if anyone noticed? How do people's discouraging words effect your actions?

God blesses us when we look to Him for guidance and not to man's objections.



Day 69: Have you ever lied to yourself about your desires because you thought they were unobtainable? Why did you believe that?

God knows your thoughts. You are not hiding anything from Him or yourself!



Day 70: Have you ever wanted to hide in a crowd? Are you uncomfortable when people look you in the eye? What are you afraid of?

Square your shoulders, lift your head and speak confidently. Become that person.

Hope is not "if." Hope in Christ is "when." Don't let your hope be shaken.



In Happiness

Day 71: Open your eyes to the things God have given you. List blessings that are around you every day:

Focus on the good in your life.



Day 72: What are the first words you speak in the morning? How do they help you through the day?

When your feet hit the floor, declare that it will be a good day.



Day 73: When have you been a blessing in someone's life? How did that make you feel?

Ask God to show who you can help with things you want to get rid of.



Day 74: When have you stepped out of your comfort zone and God blessed you?

Staying in your comfort zone can steal your blessings.



Day 75: Do you act differently around friends than you do family? Who do you want to impress more with your good qualities? Why would they be different?

God knows your heart and motivation. Please Him, not people.

How have you encouraged your own happiness this week?



In Peace

Day 76: When has God met your needs when you thought all was lost?

Man can't satisfy your need for your Creator's love.



Day 77: When has God given you peace when your nature said to panic? What were the results?

Focus on God's greatness instead of your fear.



Day 78: When do you feel closest to your Savior? Do you thank Him as much in good times as you ask for help in bad?

Hold tight to your faith, in good times and bad.



Day 79: When have you felt God's comfort during a storm in your life?

He is always there to comfort you.



Day 80: When have you had to wait for God's timing? Were you patient or anxious? What did you learn for the next time you have to wait?

God's timing is always better than our own.

Have you learned how to wait with God and not just for Him?

Reward for Believing



Salvation

Day 81: When have you compared yourself to others? Do you accept that everyone has the same value in God's eyes? How do you feel about that?

Jesus died for *anyone* who believes.



Day 82: What do you expect from yourself each day? Perfection?

If you think you will, or if you think you won't, you are correct. Retrain your brain.



Day 83: How can you help someone know of God's sufficient care? What is your personal experience to that fact?

Rest in your faith and share your testimony.



Day 84: Are you concerned for someone else's decision to accept Jesus into their life? How can you pray for them?

Ask God to speak into their heart.



Day 85: How can you help someone else accept Jesus? What can you do or say to show your faith?

Ask for the words that will touch them.

Can you find reasons to be grateful for believing, other than the greatest reward of salvation?
Has your daily life been better with God in control?



Guidance

Day 86: Have you ever thought, “Where did those words come from?” Where do you believe they originated? How did they direct the conversation?

Look for small ways that God lets you know He is watching.



Day 87: How has God's answer to prayer been different than what you expected? Was it better than your plan?

God's ways are not are ways.



Day 88: When has a challenge or obstacle in your life led to answered prayer?

Not all obstacles are from the enemy.



Day 89: When has God clearly shown you the answer you were praying for? How did you know it was God and not your desires?

Open your eyes and then back it up with God's word. He cannot answer outside His character.



Day 90: When has God protected you from consequences of your unwise decision?

He never abandons you, even when you ignore His wisdom.

How have you listened for God's guidance this week? What did you learn?



Protection

Day 91: It can be hard to let go and let God. Have you ever been to the end of your options and lost for direction? How did it turn out?

Letting go takes complete trust.



Day 92: Have you ever been thankful for something that you hadn't prayed for? How did you feel?

He protects you from many unknowns.



Day 93: When has God protected you with obstacles? How did you see the connections?

Not all challenges are to stop you but to strengthen you.



Day 94: When has God used natural things in an supernatural way?

God works through everyday things.



Day 95: When have you felt uncomfortable in a situation but felt God's spirit guiding you?

Listen to your inner warnings.



Gifts

Day 96: When has God spoken to you through nature? Was it a hike? Sunset? How did you feel?

He gave us His wonders to bring us pleasure.



Day 97: Have you ever worried about money? How has God come through for you?

He gives us exactly what we need.



Day 98: What have you thought you lost, only to gain it back? Did you complain to God or trust in His work for you?

He fills the desires of our hearts.



Day 99: Has God ever blessed you with something no one else understood? How did you feel towards the people?

He is personal in His relationship with you.



Day 100: Have you put your past to rest and trusting fully in God? Ask Him to show you if anything is hindering your growth with Him?

What gifts are you thankful for? How can you use them to serve your Creator?



I pray that this journey has helped you take closer steps in your relationship with yourself and with our Lord and Savior, Jesus Christ. I would love to hear from you. Tell me about your journey at:

www.nanceywest.com

or on Face Book at <https://www.facebook.com/groups/likingmyselflovingmylife> .

Blessing to you,

Nancey