

NEW YORK TIMES BESTSELLING AUTHOR

Mark Batterson

**WIN
THE
DAY
JOURNAL**

HARNESS THE POWER OF 24 HOURS

**SNEAK
PEEK**



**SAMPLE
ONLY**

**UNCORRECTED
PROOF**

Batterson

WIN THE DAY

JOURNAL



**THIS
JOURNAL
BELONGS
TO**



WIN THE DAY JOURNAL

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WIN THE DAY

JOURNAL



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GET READY TO WIN THE DAY!

Hey friend!

If you've picked up this book, chances are you may have read or at least heard of the book that inspired it—*Win the Day:*

7 Daily Habits to Help You Stress Less &

Accomplish More. In that book, I introduce readers to the power of living in day-tight compartments and explain the habits you can form for winning today, every day. But most habits require practice, and that is exactly where this journal comes in. As you write and reflect your way through the pages that follow, you will learn practical tips for reframing your past, stewarding your present, and facing your future with confidence.

Before you dive in, here are some suggestions on how to achieve the best results. First, take it one habit at a time. If you try to make too many changes at once, your chances of success go way down. It's important not to take on too much too quickly. Instead, pick a habit and go to work on it. Rome wasn't built in a day, right? It'll take consistent effort over weeks and months and years to win the day. I hope this book comes to feel like an old friend that you pick up off the shelf and turn to often.

Second, I recommend going through this book with a friend, a team, or a small group. You'll certainly benefit if you tackle it all by yourself, but there is synergy when you set goals within a community of accountability. It gives you a built-in sounding board to bounce ideas off of while encouraging each other to keep at it.

Lastly, the most important step to remember is to approach every habit with a day-tight compartment mindset. If you start to feel overwhelmed, just ask yourself, *Can you do it for a day?*

MARK BATTERSON



HOW TO USE THIS JOURNAL

Even if you've read the book *Win the Day* and are already familiar with the concept of my 7 Habits, allow me to explain the basic structure of this journal.

First, the content is divided into three parts that focus on reconciling your past, conquering your present, and claiming your future:

PART 1:
Bury Dead
Yesterdays

PART 2:
Win the
Day

PART 3:
Imagine Unborn
Tomorrows

In the “past” section, we will explore the habits *flip the script* and *kiss the wave*. In the “present” section, we will look at the habits *eat the frog* and *fly the kite*. The final section, which looks ahead to the future, will introduce the habits *cut the rope*, *wind the clock*, and *seed the clouds*.

As you work through the journal, you will have the opportunity to actively put all of the habits into practice by completing the different exercises and writing prompts that have been specifically designed for each one. Some of these activities might take up only a few minutes, while others might be longer term in the sense that they will help guide you into launching bigger ideas and goals. The important thing is to take these one at a time, in any order, and at your own pace. Just find a timeline and schedule that works for you and stick to it! Along the way, let this journal be your essential handbook, accountability partner, and source of inspiration. After all, your dreams are waiting. You just have to start by winning today!

As a final note, you may find it helpful to check out some of the more “plan-oriented” bonus features in the back of the book, labeled *Win the Day 2.0*. Since some of those activities span longer timelines, you might want to get a jump on them now.

Whatever your dreams may be, it's time to make them actual goals. So pick up a pencil, switch on your creative mindset, maybe grab a friend, and let's get started!

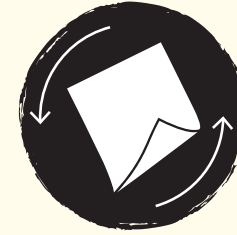
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If you want God to do something new, you can't keep doing the same old thing.

BURY DEAD YESTERDAYS

Memory is both a blessing and a curse. Without it, we'd have to relearn everything every day! The challenge, of course, is remembering right. We have a tendency to remember what we should forget and forget what we should remember. That's how we get stuck in a moment and can't get out of it. If you want God to do something new, you can't keep doing the same old thing. The first two habits—*flip the script* and *kiss the wave*—will help you rewrite your narrative and reconcile your pain. If you feel like a prisoner of your past, prepare to be set free!

If you want
to change your
life, start
by changing
your *story*.



Habit 1

FLIP THE SCRIPT

There is an ancient blessing found in Numbers 6:24–27 that you’ve probably heard a time or two:

The LORD bless you
and keep you;
the LORD make his face shine on you
and be gracious to you;
the LORD turn his face toward you
and give you peace.

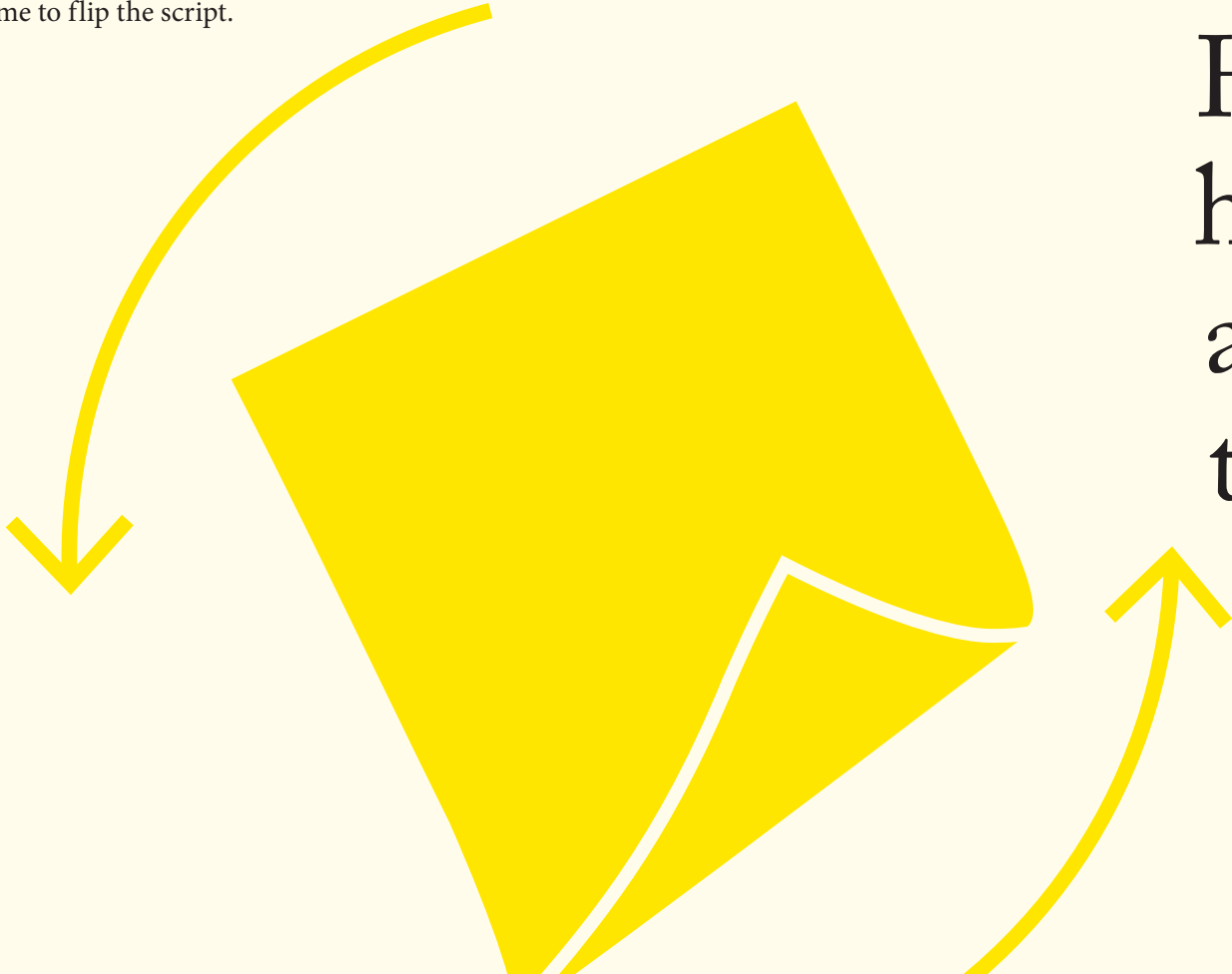
We usually stop right there, but that’s not even the best part. It’s the postscript that packs the punch: “So they will put my name on the Israelites, and I will bless them.”

God doesn't just rename us; He puts His name on us. There are more than four hundred names for God in Scripture. Which one does He put on us? All of them! This is how God flips the script. He changes our name, which changes our identity. We get grafted into God's story.

God writes His-story—history with a hyphen—through us.

If your life isn't what you want it to be, it may be because you're telling yourself the wrong story! Your *explanations* are more important than your *experiences*. Your *stories* are more important than the *situations* you find yourself in.

It's time to flip the script.



God writes
His-story—
history with
a hyphen—
through us.

FLIP YOUR STORY

Think about a time in your life when you went through a bad experience. Now flip the script of that story and write down some valuable lessons you learned from it or some other positive outcome you've had as a result of it since then.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Everything in your past is preparation for something in your future.

IMAGINE A DIFFERENT STORY

Is there a place in your life where you feel stuck in a rut? Use the space below to rewrite that narrative and tell yourself a different story. Paint a picture of your preferred future.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

A God-sized dream or God-ordained passion is conceived deep within your spirit. It's the thing that gets you up early and keeps you up late. It's the thing that makes you smile, makes you cry, or makes you pound your fist on the table. Those life themes become the subplots of your life, and they undergird everything you do.

AMBIDEXTERITY

Most of us tend to ignore our nondominant hand. Why bother, when using our strong hands is so much easier, so much better? We let our weak hands atrophy. But how you handle your weak hand affects more than your present task; it affects the next generation.

God wants to use you at your point of greatest giftedness. That's a given. He is the one who gave you those gifts in the first place. But God also wants to use you at your point of greatest weakness. Why? Because that is where His power is made perfect. That is where we present double trouble to the Enemy.

What weaknesses do you need to work on?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What activities or practices do you shy away from because you're "not good at them"?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Are there any you wish you were better at?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

List a few offhand skills you would like to cultivate.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Choose one skill and write a practical first step you can take toward mastering it.

Almost anybody can accomplish almost anything if they work at it long enough, hard enough, and smart enough.

Your brave is
someone else's
blessing. Your
hurt is someone
else's healing. Your
disappointment
is someone else's
deliverance.

SELF-CONTRACT

Write a contract with yourself of something you're going to accomplish or become by a certain day.

I, _____ ,
(INSERT NAME)

will accomplish _____
(STATE GOAL)

by _____ . I want to do this because
(INSERT DATE)

The first step I will take is to _____
_____ ,

which I will begin on _____ .
(INSERT DATE)

The first major milestone will be when I _____
_____ .

If I get discouraged, I will _____

(STATE WHAT YOU WILL DO TO MOTIVATE YOURSELF TO GET BACK ON TRACK)
_____ .

Accomplishment/success will look like _____
_____ .

When I have reached my goal, I will celebrate by _____

_____ .

Signed _____

Date _____

It's the adversities we overcome that make us who we are.

THE STORIES YOU TELL YOURSELF

False humility is thinking of yourself as anything less than who God says you are, and it's as destructive as pride. Just like in the story of David and Goliath, you may be up against a giant, but you are in Christ. And in Christ, you are nobody's underdog!

On this page and the next, answer the following questions:

What stories are you currently telling yourself? Where are they coming from? Are they helpful or hurtful? Are they accurate or inaccurate?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, typical of notebook paper or a form designed for handwritten entries. There are no margins, text, or other markings on the page.[illegible]

What did Jesus say? “With God, all things are possible.” When you give complete editorial control of your life to Him, *possible* becomes the plotline.

KNOW YOUR STORY

Sometimes before you can move forward, you have to know where you've come from. With that in mind, do a little research into your family or into those who have left their fingerprints on your life. What convictions or character defined their lives? What decisions were turning points for them? Who influenced them? Write down some interesting facts you find.

[illegible][illegible]

Illustrate the effect of those who have had an impact on you. For example, you could draw your family tree. Or you could illustrate how you have passed on to others the qualities or values you reaped from those who shaped you.



**If you don't like your story line, God can change it.
He can redeem the loss, recycle the mistake, and rewrite the pain.**

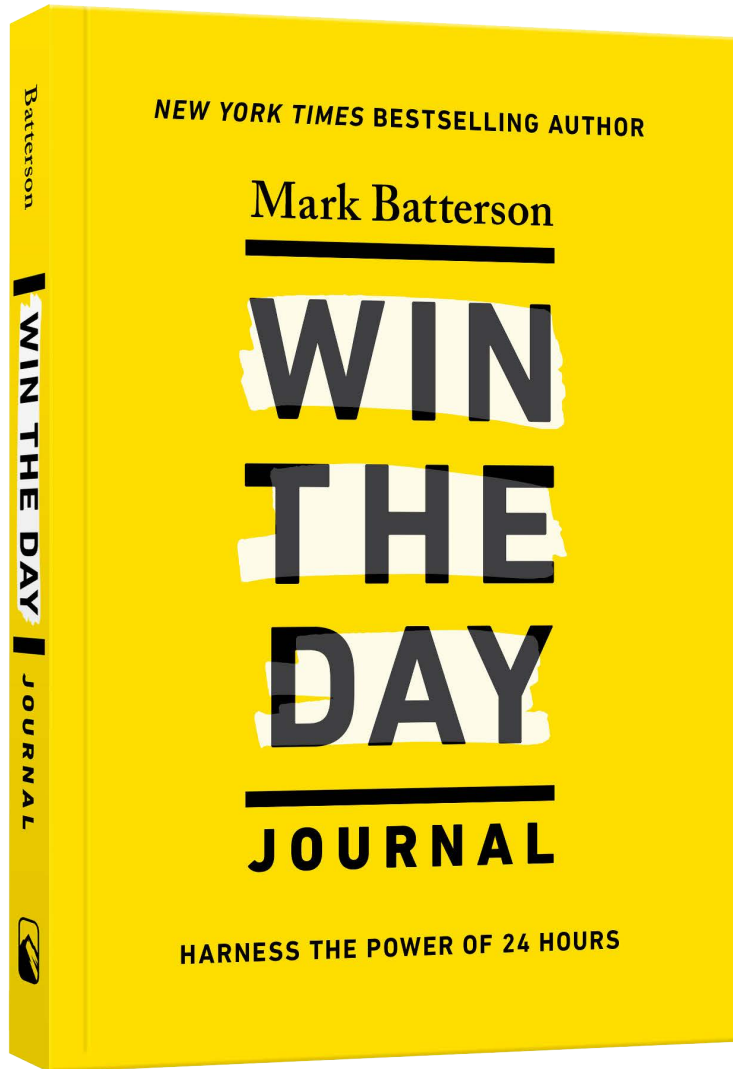
For better or
for worse, the
stories we tell
ourselves become
self-fulfilling
prophecies!

WHAT'S HOLDING YOU BACK?

Abraham thought he was *too old*. Jeremiah thought he was *too young*. Moses thought he was *unqualified*. Joseph thought he was *overqualified*. Gideon had an *inferiority complex*. Jonah had a *superiority complex*. Peter made *too many mistakes*. Nathanael was *too cool for school*. Paul had a *thorn in the flesh*. And King David was *the runt of the litter*.

Think about what is holding you back. What are you focusing on that doesn't need to be at the center of your thoughts? What excuses have held you back?

**If you want God to do something new, you can't keep
doing the same old thing.**



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