

Victory Journal

This journal is a way to record gratitude, victories and success big and small!

Date:

Victory:

What I accomplished:

Why I did it:



Things that helped me succeed:

What I didn't do and why that is a victory:

How God helped me:

How I feel after the victory:

What I have learned from the victory:

I am thankful for:

Victory Lap: Pause to celebrate the victory. Thank the Lord. Tell yourself you did a good thing. Smile and approve of the progress you are making. Take a moment to enjoy how good it feels to take hold of victory in your life. Well done. You did it!!