
Be the 8%

The 8-Minute Journal

Be the 8%

BE THE 8%

Separate from the resolution crowd

“When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house empty, swept, and put in order.

Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first...”

Matthew 12:43-45

The Idea

About 8% of people stick to their resolutions each year, according to some estimates, yet millions of people around the world continue to set goals with high hopes of a better year ahead.

In one study, participants who did **not** fulfill their New Year's resolutions:

- Set unrealistic goals.
- Did not keep track of their progress.
- Forgot about their resolutions.

Make 2023 the best year yet. The guided structure of *The 8-Minute Journal* helps you set realistic goals, keep your resolutions right in front of you, track your progress, and reflect on God's faithfulness through the process.

There is no such thing as merely "stopping" a bad habit. Research shows you have to replace it. The family in Matthew 12:43-45 removed an unclean spirit from their house. When it returned, it found the house was "empty, swept, and put in order." So the unclean spirit went out and came back with seven other unclean spirits more evil than itself.

Perhaps it's not enough to simply "stop" bad habits. Maybe there is more to our resolutions than solely cleaning things up and putting things in order.

Over the course of the next 31 days, this journal will be one of your keys to being a part of the 8%.

This guided journal may help you be the 8% and separate from the resolution crowd!

The 8 Minute Journal

Quick Guide

1



Lord, I am thankful for...

1. The home I woke up in.
2. Family and friends that love me.
3. My job, which gives me stability.

2

What would help me be the 8% today?

1. Wake up 30 minutes early.
2. Send my friend an encouraging note.
3. Go to bed before 11:00p.

3

Daily declarations.

I am...

I am created for a purpose. God has a great plan for me. I may not know every detail of that plan, but I know He wants to give me hope and a future. I am confident He is with me wherever I go (Jeremiah 29:11).

4



Three celebrations from my day today...

1. I read five chapters in my Bible.
2. I made it to day 19 in my 21 days of prayer and fasting.
3. I took 30 minutes to call someone I love and check in on them.

5

What would have made today better?

1. Wake up when my alarm went off.
2. Working out in the morning instead of the evening.
3. Pray for patience before raising my voice.

Good Morning Routine

1. ***As soon as you wake up***, write three things you are thankful for. Be specific. Don't rush to the next section and check this part of the "to-do" list. Dig deep and think about the things you are truly grateful for.

Lord, I am thankful for...

1. The home I woke up in.
2. Family and friends that love me.
3. My job, which gives me stability.

2. After this, identify three specific action items that will help you be a part of the 8% today. These three things should be specific, measurable, and achievable.

What would help me be the 8% today?

1. Wake up 30 minutes early.
2. Send my friend an encouraging note.
3. Go to bed before 11:00p.

3. Find and write down a scripture from the Bible about yourself. Write this truth in the present tense and declare it over your life.

Daily declarations.

I am...

I am created for a purpose. God has a great plan for me. I may not know every detail of that plan, but I know He wants to give me hope and a future. I am confident He is with me wherever I go (Jeremiah 29:11).

Good Night Routine

4. **Before falling asleep**, write three celebrations from your day today. Take your time and be specific.

Three celebrations from my day today...

1. I read five chapters in my Bible.
2. I made it to day 19 in my 21 days of prayer and fasting.
3. I took 30 minutes to call someone I love and check in on them.

5. Review the day! Be honest, but don't be harsh on yourself. Truth and grace will be important here. If you could "replay" today, what would you do differently? What did you learn about today that you could change for tomorrow?

What would have made today better?

1. Wake up when my alarm went off.
2. Working out in the morning instead of the evening.
3. Pray for patience before raising my voice.

My Promise

I, _____, commit to the journey!
To the best of my ability, I will write in the 8-Minute Journal
for 31 days starting ____ / ____ / ____.

I'm committing to this journey and writing in this journal each
day because:

- _____
- _____
- _____

At the end of these 31 days, I hope to see these changes and
be the 8%:

- _____
- _____
- _____

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“When Jesus spoke again to the people, He said, I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

John 8:12

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love Him.”

James 1:12

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“The LORD is my light and my salvation, whom shall I fear? The LORD is the stronghold of my life, of whom shall I be afraid?”

Psalm 27:1

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declararions. I am...



Three celebrations from my day today...

What would have made today better?

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Psalm 139:23-24

DATE _____ / _____ / _____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you.”

James 4:7-8

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

*“Cast your cares on the LORD and He will sustain you;
He will never let the righteous be shaken.”*

Psalm 55:22

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.”

Hebrews 12:14

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“For I know the plans I have for you, declares the Lord, plans for peace and not for evil, to give you a future and a hope.”

Jeremiah 29:11

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you.”

1 Peter 5:6-7

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”

Proverbs 3:5-6

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness.”

Lamentations 3:22-23

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

Deuteronomy 31:6

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand.”

Isaiah 41:10

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

Deuteronomy 31:6

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“What then shall we say to these things? If God is for us, who can be against us?”

Romans 8:31

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Colossians 3:12

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

Hebrews 10:24-25

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Then you will know the truth, and the truth will set you free.”

John 8:32

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’”

Matthew 22:37

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“As water reflects a face, so a man’s heart reflects the man.”

Proverbs 27:19

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

2 Corinthians 3:18

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

1 John 4:18

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:16-18

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Acts 1:8

DATE ____ / ____ / ____



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

John 10:10

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

*“The heavens declare the glory of God; the skies
proclaim the work of His hands.”*

Psalms 19:1

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.”

Psalm 139:14

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

*“And I heard a great voice out of heaven saying,
‘Behold, the tabernacle of God is with men, and He
will dwell with them, and they shall be His people, and
God Himself shall be with them, and be their God.’”*

Revelation 21:3

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is— His good, pleasing and perfect will.”

Romans 12:1

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

Ephesians 6:10-11

DATE / /



Lord, I am thankful for...

What would help me be the 8% today?

Daily declarations. I am...



Three celebrations from my day today...

What would have made today better?

“But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.”

James 1:25



SEVEN HILLS
CHURCH

