

**SEE  
THE  
GOOD**



*Journal*

90 DAYS TO BECOMING MORE GRATEFUL AND HOPE-FILLED

**ZACH WINDAHL**

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**THE**   
**GOOD**  
*Journal*

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**ZACH WINDAHL**

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# WELCOME to the *See the Good Journal!*

Have you been feeling worn-out lately?

Tired?

Overwhelmed?

You look at the news and it seems like the world is falling apart?

Like “bad days” are much more common than good ones lately, making it hard to be grateful?

I get it. Life is pretty wild right now, but I believe God is still moving all around us. I believe there is so much wonder and awe all around if you know where to look for it.

Over the next ninety days, our goal is to help you become more grateful, and in return, fill you with joy, hope, and faith for all that God is doing in your life.

My name is Zach Windahl, and I believe that it is our role as believers to find God in everything—to find the good all around us and call it out. And share it with others. We are supposed to be spreading

heaven on earth. Impacting the world in a positive way. When you grow in your faith, this is who you should be becoming.

In ancient Judaism there was a major emphasis on gratitude. They would actually make it a point to thank God one hundred times every single day from the moment they woke up until the moment they went to bed.

*God, thank you for my eyes to see.*

*Thank you for my organs working properly.*

*Thank you for another breath in my lungs.*

*For the sunshine.*

*For the hands that made this meal.*

They were short prayers to always keep God at the forefront of their minds, because they knew all good things came from him.

And I think we have a lot to learn from this practice. How different would life be for us if we saw all the good things God is doing instead of focusing on our circumstances?

No matter what may happen to us, good or bad, we can focus on the one who gives us strength to enjoy another day. It's a big-picture perspective. We know that God will work everything out for our good eventually.

The apostle Paul taught the Philippian church to “fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise” (4:8).

I don't know about you, but I can surely think of some things that are lovely and excellent and worthy of praise. If we fill our minds with the things of God, we don't have room for negative thoughts. We aren't entitled to anything. Everything is a gift.

Water is a gift.

My eyes are a gift.

Being saved is a gift.

Every breath with a "thank you" attached to it is a gift.

There are countless things we can be grateful for if we only learn to open our eyes. We don't need to recite one hundred things that we are grateful for each day, but we can start with three.

The *See the Good Journal* was created to help you see the good in every day and grow closer to God in the process. I know you're going to be blessed by it.

Love you all.

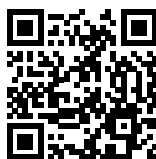
—Zach Windahl

# Growing Together

WE UNDERSTAND that being consistent with something for ninety days is really hard. In reality, most people won't fill this out every single day. And that's okay. Take it one day at a time. If you miss one day or twelve, pick back up where you left off. Consistency is going to be key here.

Also, we highly recommend doing this with a friend—an accountability partner, if you will. Choosing to improve your personal well-being is much easier when you have someone else doing it alongside you.

Who is one person you would like to have join you on this journey?



We made a worship playlist for you to enjoy  
while journaling every day.

Available on Apple Music and Spotify.



# How This Works

THE *SEE THE GOOD JOURNAL* serves as a personal check-in every morning and evening; it sets you up for success as you go about your day.

## **MORNING CHECK-IN**

We believe in a holistic approach to life, so the *See the Good Journal* begins with a spiritual, mental, and physical check-in. Being aware of how you are feeling helps acknowledge areas in your life that may need some additional attention.

## **GRATITUDE**

We believe having an attitude of gratitude is one of the most important ways to boost your joy. So every day we suggest thanking God for a minimum of three things in your life.

## **BLESS OTHERS**

You and I are blessed to be a blessing. We believe taking actionable steps to show others the love of Jesus is one of the best ways to live a kingdom lifestyle. This could be anywhere from sending a text to someone you appreciate, buying a stranger a cup of coffee, or genuinely asking someone how their day is going.

## **TODAY I GET TO**

We believe shifting our mindset from “Today I *have* to” to “Today I *get* to” makes our daily tasks much more manageable and enjoyable. But really, this is meant to just serve as your to-do list for the day.

## **PRAYER REQUESTS**

We believe writing out our prayer requests is beneficial for staying focused during prayer. Each day, write at least one thing that you have been praying for lately.

## **JOURNAL**

We have included a short journal prompt every day to help increase your hope and start the day on a good note.

## **EVENING CHECK-IN**

Every day ends with another holistic check-in to hold yourself accountable as you grow closer to God.

## **SEEING THE GOOD**

We understand that some days are a little harder than others, but we recommend always trying to find God in the midst of the madness. So this question is meant to bring you in line with what God is doing in your life.

## **BETTER TOMORROW**

It is our goal to be a little bit better every single day. We believe having a plan for the next day before you go to bed is a great way to wake up in a positive, peaceful mindset.

# CURRENTLY . . .

Where am I in my walk with God?

1   2   3   4   5

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Do I see God moving in my life? How so?

1   2   3   4   5

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Am I hopeful of the future? What are my plans?

1   2   3   4   5

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Do I positively influence my community? How so?

1   2   3   4   5

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How is my mental health?

1   2   3   4   5

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How do I feel physically?

1   2   3   4   5

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What are my ninety-day goals?

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How will I get there?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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Here's how I have witnessed God move in my life recently . . .

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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Here is one negative experience that turned into something good.

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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This person has impacted my life without their knowing it, and here's how . . .

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## NIGHT

I felt closer to God today.  Yes  No

I had a positive thought life today.  Yes  No

I ate healthy and/or worked out today.  Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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These people have impacted my life the most this year:

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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This is what I believe it means to be there for someone . . .

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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I'm grateful for these three people:

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# MORNING

DATE: \_\_\_\_\_

How do I feel?

Spiritually	1	2	3	4	5
Mentally	1	2	3	4	5
Physically	1	2	3	4	5

I'm grateful for . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What am I most excited about today?

\_\_\_\_\_  
\_\_\_\_\_

Who can I bless/encourage today?

\_\_\_\_\_  
\_\_\_\_\_

Today I get to . . .

Morning

\_\_\_\_\_

Afternoon

\_\_\_\_\_

Evening

\_\_\_\_\_

Prayer requests

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This is the accomplishment I'm most proud of:

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## NIGHT

I felt closer to God today.

Yes  No

I had a positive thought life today.

Yes  No

I ate healthy and/or worked out today.

Yes  No

Where did I see God moving in my life today?

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How can I be better tomorrow?

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# WEEKLY REFLECTION

In what ways did I see God move this week?

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What is God teaching me right now?

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Did I spend my time wisely this week?

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Did I enjoy my life this week?

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How can I be a blessing to someone next week?

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How can I improve my relationship with God next week?

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## PRAISE REPORTS

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God is good.

And all

of life

is a gift.