

Renewed: 66-Day Companion Journal *A Daily Journey of Surrender, Strength, and Transformation*

Instructions for Use This journal is designed to accompany your 66-Day Transformation Challenge as outlined in the book *Renewed: A 66-Day Challenge to Total Transformation*. Each day provides a structured reflection and accountability format built on the four pillars:

- 1. Emotional Health**
- 2. Mental Discipline**
- 3. Physical Well-being**
- 4. Spiritual Strength**

You are encouraged to write honestly, reflect deeply, and surrender completely each day. God does not work through perfection, but through progression.

Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:
- My intention for the day:

Emotional Health

- What did I feel upon waking today?
- Am I holding on to any emotional weight or stress?

Mental Discipline

- What distraction or negative thought must I reject today?
- One truth from Scripture I will meditate on today:

Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

Spiritual Strength

- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
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- What truth renewed my mind?
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Accountability Notes

- Did I check in with my accountability partner?
- How can I improve next week?

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- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
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Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:

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Emotional Health

- What did I feel upon waking today?

- Am I holding on to any emotional weight or stress?

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- What distraction or negative thought must I reject today?

- One truth from Scripture I will meditate on today:

Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

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Weekly Reflection Pages

Week __ Reflection

Progress Check

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- Have I maintained physical consistency?
- What spiritual truth stood out the most?

Accountability Notes

- Did I check in with my accountability partner?
- How can I improve next week?

Prayer Focus for the Next Week:

Daily Journal

Day __

Date: _____

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Repeat this template for all 66 days. Each page should allow 1–2 lines per question for user input, with optional extra note space at the end of each week.

Daily Journal

Day __

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Week __ Reflection

Progress Check

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Prayer Focus for the Next Week:

Daily Journal

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Daily Journal

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- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
- One thing I thank God for today:
- My prayer heading into tomorrow:

Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:

- My intention for the day:

Emotional Health

- What did I feel upon waking today?

- Am I holding on to any emotional weight or stress?

Mental Discipline

- What distraction or negative thought must I reject today?

- One truth from Scripture I will meditate on today:

Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

Spiritual Strength

- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
- One thing I thank God for today:
- My prayer heading into tomorrow:

Weekly Reflection Pages (After Days 7, 14, 21... etc.)

Week __ Reflection

Progress Check

- How have I grown emotionally this week?
- What truth renewed my mind?
- Have I maintained physical consistency?
- What spiritual truth stood out the most?

Accountability Notes

- Did I check in with my accountability partner?
- How can I improve next week?

Prayer Focus for the Next Week:

Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:
- My intention for the day:

Emotional Health

- What did I feel upon waking today?
- Am I holding on to any emotional weight or stress?

Mental Discipline

- What distraction or negative thought must I reject today?
- One truth from Scripture I will meditate on today:

Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

Spiritual Strength

- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
- One thing I thank God for today:
- My prayer heading into tomorrow:

Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:
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- What distraction or negative thought must I reject today?
- One truth from Scripture I will meditate on today:

Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

Spiritual Strength

- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
- One thing I thank God for today:
- My prayer heading into tomorrow:

Daily Journal

Day __

Date: _____

Scripture for the Day:

(Write the verse you are focusing on or one selected from your personal reading)

Morning Focus

- One area I surrender to God today:

- My intention for the day:

Emotional Health

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Physical Well-being

- Today's movement goal (steps/workout/etc.):

- Nutrition goal for today:

Spiritual Strength

- Did I spend intentional time in the Word? Y/N
- Key takeaway from Scripture today:
- Time spent in prayer:

Evening Reflection

- Did I honour God in how I lived today? Y/N
- One area I need grace in:
- One thing I thank God for today:
- My prayer heading into tomorrow:

Final Reflection: Day 66

- My greatest takeaway from this 66-day journey:
- What habit will I continue beyond this challenge?
- How has my view of transformation changed?
- What has God revealed about Himself?
- What has God revealed about me?

Closing Prayer:

Congratulations — You Finished the Journey. Now Begin the Lifestyle.