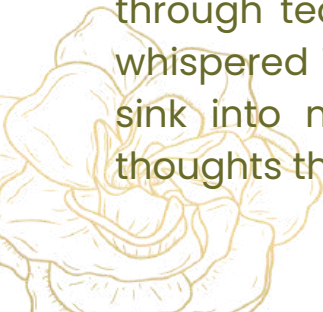




THE STORY OF GOOD

There was a time in my life when I felt completely undone. I was broken, lost, torn down, and drowning under the weight of depression and anxiety. Each day felt heavier than the last, and hope seemed like something far away, reserved for other people but not for me.

It was in that lowest place—when I didn't know where else to turn—that I stumbled upon Philippians 4:8. The words stopped me in my tracks: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of **good report**; if there be any virtue, and if there be any praise, think on these things."



At first, I didn't know how to hold on to those words, but I kept coming back to them. Every single night, for almost six months straight, I read that verse before bed. Some nights I clung to it through tears, barely believing it. Other nights, I whispered it like a prayer, hoping the truth would sink into me. Slowly, it began to reshape my thoughts that scripture became a lifeline.



It pulled me out of the ditch I was in and reminded me that there is always something good to be found—even in the darkest seasons. It shifted my focus away from fear and anxiety, and toward gratitude, clarity, and peace.

The **Good Report** Journal was born out of that experience. It's a place to record the good we see, the blessings we often overlook, and the moments of beauty that remind us life is still worth celebrating. Just like that verse brought me back to life, my hope is that this journal helps you find encouragement and light in your own journey.

No matter where you are, no matter what you're facing, there is good to be found—and when we focus on it, it has the power to change everything.





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DEDICATION

This journal is dedicated to everyone learning to carry a **good report** in their heart, no matter the season they're in.

Life presents us with countless stories, some brilliant and some challenging. Yet, within each day lies an invitation to find the **good report**—the true, the noble, the right, the pure, the lovely, the admirable, the excellent, and the praiseworthy.

This journal is a gentle companion designed for you. Whether you're navigating calm waters or stormy seas, it's here to remind you of the strength in focusing on what uplifts, inspires, and brings peace.

May these pages be a sacred space where you intentionally cultivate joy, deepen your gratitude, and witness the profound beauty woven into the fabric of your everyday life. With a heart full of hope for your journey.



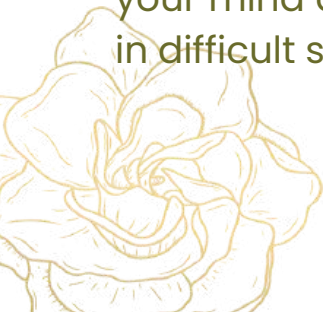


INTRODUCTION

Welcome to The **Good Report** Journal. You hold in your hands more than just a notebook—it's a daily companion designed to help you shift your focus, renew your perspective, and cultivate a heart anchored in gratitude.

In our fast-paced world, it's easy to let negative reports and challenges overshadow the beauty around us. But gratitude changes everything. It allows us to see beyond what went wrong and notice what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. These are the very things **Philippians 4:8** encourages us to dwell on—the “**good report.**”

This journal invites you to pause each day and record the blessings, lessons, and positive moments you experience. By practicing this consistently over the next 90 days, you'll not only strengthen your gratitude habit but also train your mind and heart to recognize goodness even in difficult seasons.





Think of each page as a seed you're planting. As you write, reflect, and choose to focus on the good, you'll find your thoughts, outlook, and even your daily life transformed. Gratitude is not about ignoring struggles—it's about choosing to see the light shining through them.

So take a deep breath, open your heart, and let's begin this journey together. May these next 90 days fill you with clarity, peace, and a renewed sense of joy.





HOW TO USE THIS JOURNAL

This journal is a simple tool to help you build a daily habit of gratitude and focus on “the **good report**.” Here’s how to get the most out of it:

Daily Pages (Days 1–90)

- Each day, you’ll find simple prompts to help you capture the **good reports** in your life.
- Take a few quiet minutes each morning or evening to answer the questions honestly.
- Don’t overthink—gratitude grows best in simplicity.

Time Reflections (Every 10th Day)

- At the end of each week, pause and reflect on the bigger picture.
 - Use these pages to recognize patterns, lessons, and blessings that stood out during the week.
 - Let this reflection prepare your heart and mind for the week ahead.
- 



Final Reflection

- At the end of 90 days, you'll complete a special reflection to look back on your entire journey.
- This is your chance to see how far you've come, what's shifted in your mindset, and how gratitude has shaped your outlook.

Tips for Success

- Write honestly—big or small, every good report matters.
- Stay consistent—5 minutes a day is enough.
- Be open—allow this journey to shift how you see life.

By the end of this journal, you'll not only have 90 days of gratitude recorded but also a stronger mindset built on truth, goodness, and hope.





PHILIPPIANS 4:8 – THE GOOD REPORT PRINCIPLE

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."— **Philippians 4:8**

This verse is the heartbeat of The **Good Report** Journal. It invites us to shift our focus from negativity and worry to the things that bring life, hope, and peace. In a world filled with noise and bad reports, we are called to carry the **good report** in our hearts.

The practice is simple but powerful:

- Notice what is good.
- Write it down.
- Choose to dwell on it.

Over the next 90 days, these pages will guide you in practicing the **Good Report** Principle—training your mind to look for truth, goodness, and beauty, even in difficult seasons.

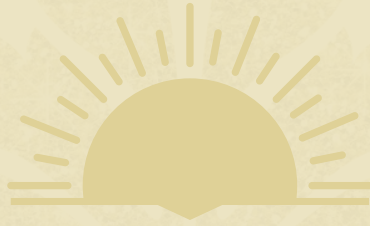




Each entry is a step toward building a heart that is grateful, a mind that is renewed, and a life that is filled with joy.

By consistently thinking on these things, you'll discover that gratitude is not just a feeling, but a daily choice that shapes how you live.





Group 1

SEEING THE GOOD

Day 1 – Day 10

Date _____ / _____ / _____

“When you look for the good, the world looks brighter.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I SEE GOOD EVERYWHERE I LOOK

Date _____ / _____ / _____

“The eyes that search for good will never go hungry.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I NOTICE THE SMALL
BLESSINGS THAT FILL MY DAY*

Date _____ / _____ / _____

“Goodness is always present; noticing it is the gift.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

My eyes are trained to focus on what is good.

Date _____ / _____ / _____

“The smallest glimpse of good can change the whole view.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I choose to magnify the good in every situation.

Date _____ / _____ / _____

“Seeing the good is the first step to living it.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I celebrate the goodness of today.

Date _____ / _____ / _____

Light is always stronger than
the shadows around it."

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I am surrounded by good
things, big and small.*

Date _____ / _____ / _____

“A day becomes better the moment you see its good.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*Each moment offers me
something good to notice*

Date _____ / _____ / _____

“Goodness is often quiet,
waiting to be seen.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*Goodness is always present if I
choose to see it.*

Date _____ / _____ / _____

“Where focus goes, the good grows.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I fix my attention on what uplifts me.

Date _____ / _____ / _____

“Even the ordinary holds extraordinary good.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I celebrate even the smallest glimpses of good



REFLECTION TIME

- The Brightest Good I Experienced This Week

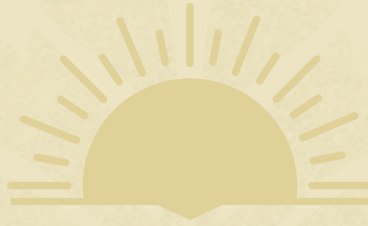
- Good I Shared With Others

- Hidden Good I Almost Missed

- A Challenge That Turned Into Good

- What God Reminded Me This Week

- Looking Ahead



Group 2

GRATITUDE AND GOODNESS

Day 11 – Day 20

Date _____ / _____ / _____

“Gratitude is the echo of every good thing.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I welcome good into my life.

Date _____ / _____ / _____

“To name the good is to
treasure it twice.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I am open to receiving
goodness from others.*

Date _____ / _____ / _____

“The more thanks you give,
the more good you see.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I accept the gifts of kindness
and love around me.*

Date _____ / _____ / _____

“Grateful hearts never run
out of good.”

-Jon Bartell

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I deserve the good that comes
my way.

Date _____ / _____ / _____

“Gratitude magnifies
what is good.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I trust that life is filled with
good things for me.*

Date _____ / _____ / _____

“Every thank you turns a moment into a memory.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I embrace the joy that flows toward me.

Date _____ / _____ / _____

“The soil of gratitude grows
a harvest of good.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I am thankful for the good
others bring into my life.*

Date _____ / _____ / _____

“Good multiplies where gratitude is planted.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I receive goodness with an open heart.

Date _____ / _____ / _____

“Thankfulness paints life in
brighter colors.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*My life is richer because I
welcome the good.*

Date _____ / _____ / _____

“A grateful spirit makes
goodness visible.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*Goodness finds its way to me
daily.*



REFLECTION TIME

- My Highlight of Good

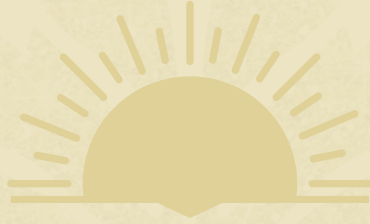
- Good I Shared With Others

- The Unexpected Good

- Growth Through Challenge

- A Scripture or Truth That Stood Out

- Looking Ahead With Hope



Group 3

SHARING THE GOOD

Day 21 – Day 30



Date _____ / _____ / _____

“Every act of kindness writes
a report of good.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I spread good everywhere I go.

Date _____ / _____ / _____

“Sharing the good makes
it multiply.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*My words carry goodness into
the lives of others.*

Date _____ / _____ / _____

“Your goodness may be the answer to someone’s prayer.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I am a vessel of good for the people around me.

Date _____ / _____ / _____

“Even small kindness is
big good to someone in
need.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I choose to leave things
better than I found them.*

Date _____ / _____ / _____

“Goodness spreads fastest
when shared.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*My actions shine light and
goodness.*

Date _____ / _____ / _____

“The good you release into the world never returns empty.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I share encouragement generously.

Date _____ / _____ / _____

“Every smile given is a seed
of good planted.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*Good flows through me into the
world.*

Date _____ / _____ / _____

“The story of your good
inspires someone else’s
hope.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*My kindness plants seeds of good
in others.*

Date _____ / _____ / _____

“Goodness grows best in
community.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

*I bring good energy into every
space I enter.*

Date _____ / _____ / _____

“Your good today could become someone’s courage tomorrow.”

- A person who brought good into my life today: _____

- A moment of good I witnessed in the world around me: _____

- Something simple that reminded me life is good: _____

- One way I experienced progress that feels good: _____

- One way I experienced progress that feels good: _____

I am a messenger of hope and goodness.



REFLECTION TIME

Joy in the Small Things

- The Good That Sparked Joy

- Good I Offered Through Service

- Good in the Small Things

- Good That Emerged From Struggle

- A Prayer of Thanks

- Preparing for Next Week
