



**Overcome Porn:  
The 40 Day Challenge  
Journal**

# About this Journal

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# Introduction

This journal is meant to serve as a chronicle of your experience of *Overcome Porn: The 40 Day Challenge*. The journal is laid out in two sections:

- 1. Self-Assessment:** Each day, gauge how you are doing in your purity goals.
- 2. Challenge Notes:** We've provided some questions for reflection each day, and some space to take notes here. (You may also use your own notebook or digital tool)

## Using the journal with your ally:

We recommend you set regular (at least weekly) appointments with an ally. When you meet, bring your journal with you.

The self-assessment section will give your ally an at-a-glance view of your journey so far, highlighting specific issues or patterns that need to be discussed.

For the rest of your time with your partner, simply talk about what you are learning during the challenge and what steps you have made based what you've learned.

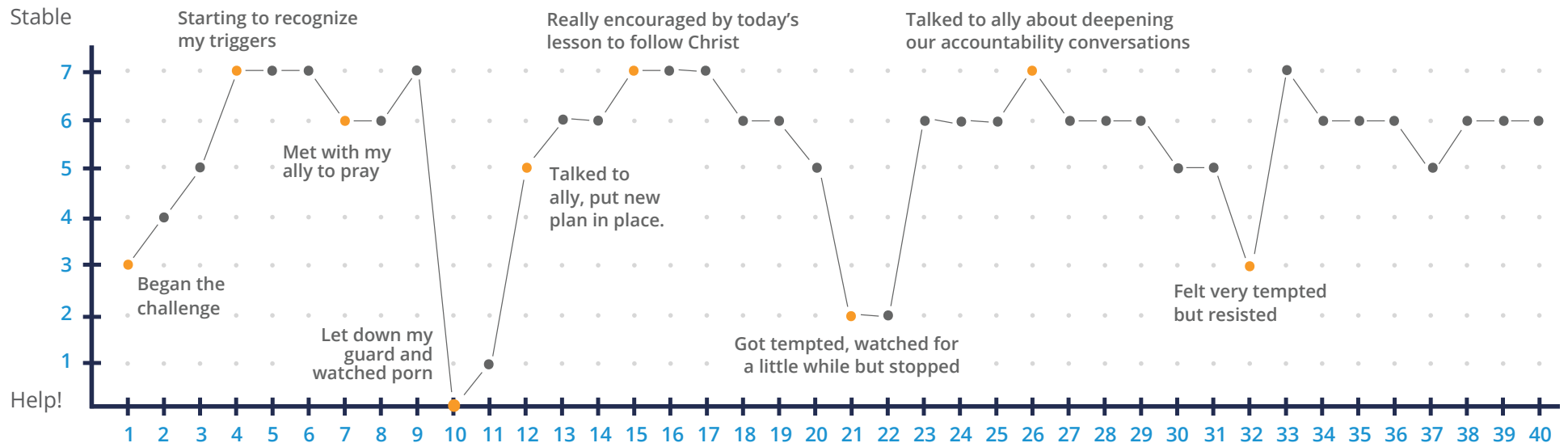
# Self-Assessment

For each day of the challenge, rate how much each statement describes your experience. As you fill in more dots on each chart, draw a line between them so you can easily see your progress over time (see the example below).

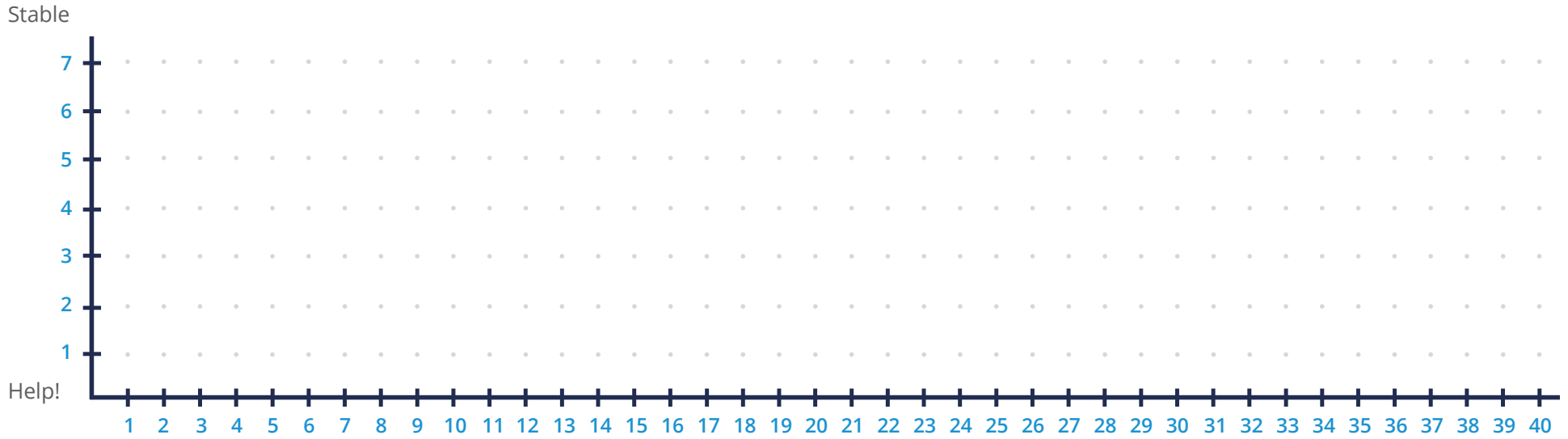
Keep in mind a few things as you assess yourself. First, honesty is critical. You do yourself no favors by inflating the report of your progress. Be aware of the tendency to want to look better “on paper” than you really are. Embrace ruthless sincerity.

Second, evaluate yourself based on each day. It might be easiest to fill out your assessment in the morning reflecting back on the previous day or to fill out your assessment every night before going to sleep.

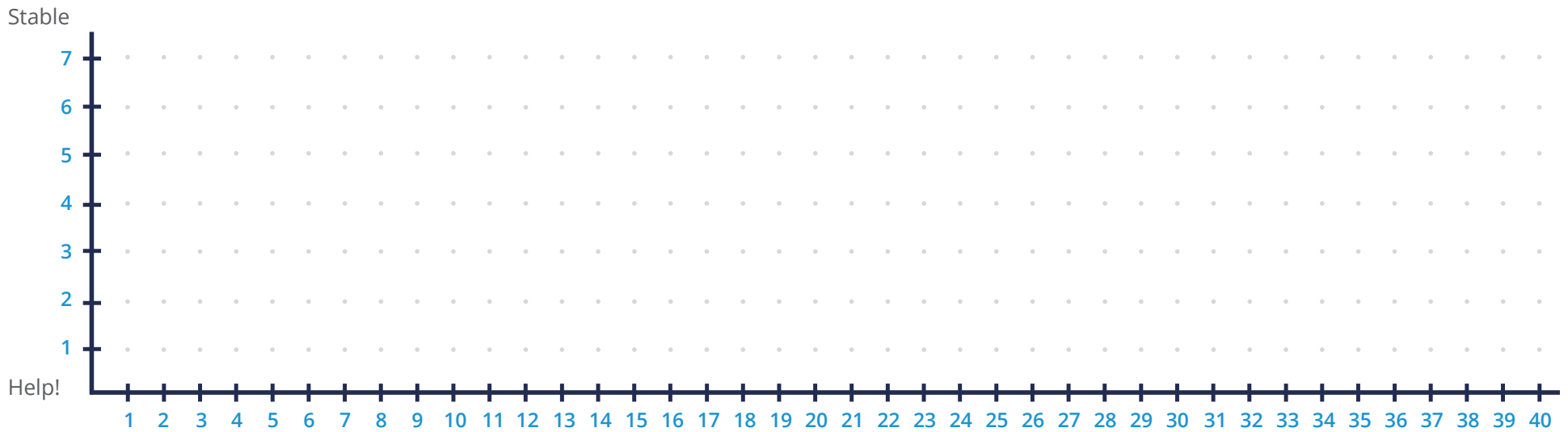
## Sample) I have avoided looking at pornography and sexually provocative images.



**1) I have avoided looking at pornography and sexually provocative images.**



**2) I am spending time with God through the Bible and/or prayer, and am rejoicing in the truth and how it applies to my life.**





Write down at least one memorable take-away for each lesson.

**Day 3**

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**Day 4**

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Write down at least one memorable take-away for each lesson.

**Day 5**

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**Day 6**

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Write down at least one memorable take-away for each lesson.

**Day 7**

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**Day 8**

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Write down at least one memorable take-away for each lesson.

**Day 9**

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**Day 10**

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Write down at least one memorable take-away for each lesson.

**Day 11**

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**Day 12**

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Write down at least one memorable take-away for each lesson.

**Day 13**

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**Day 14**

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Write down at least one memorable take-away for each lesson.

**Day 15**

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**Day 16**

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Write down at least one memorable take-away for each lesson.

**Day 17**

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**Day 18**

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Write down at least one memorable take-away for each lesson.

Day 19

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Day 20

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Write down at least one memorable take-away for each lesson.

**Day 21**

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**Day 22**

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Write down at least one memorable take-away for each lesson.

**Day 23**

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**Day 24**

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Write down at least one memorable take-away for each lesson.

**Day 29**

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**Day 30**

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Write down at least one memorable take-away for each lesson.

**Day 31**

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**Day 32**

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Write down at least one memorable take-away for each lesson.

**Day 33**

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**Day 34**

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Write down at least one memorable take-away for each lesson.

**Day 35**

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**Day 36**

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Write down at least one memorable take-away for each lesson.

**Day 37**

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**Day 38**

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Write down at least one memorable take-away for each lesson.

**Day 39**

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**Day 40**

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