

# *My Shukr Journey*

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A SIMPLE DAILY  
GRATITUDE JOURNAL



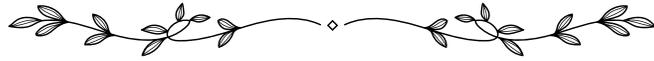
# *Gentle Prompts for Heart, Tongue, and Actions*

Asalaamu'alaikum wa rahmatullahi wa barakatuhu,

This journal is your private space. It's not about being perfect or writing a lot. It's about taking a few quiet moments each day to connect with Allah's ﷻ kindness in your life.

There are no rules here. Some days you might write a lot, other days just a word. What matters is showing up for your heart.

Let's begin this beautiful journey together.



# *How to Use This Journal*

A simple, clear guide:

- **Find a Quiet Moment:** Maybe with your morning tea or before you sleep.
- **Be Honest:** This is for you and Allah ﷻ. Write what you truly feel.
- **Keep it Simple:** One sentence is enough. There's no pressure.
- **Use the Prompts:** If you're stuck, the prompts on each page are there to gently guide you.

# Daily Check-in

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## My Heart's Gratitude

Prompt: Look back on your day. What's one small thing, big or tiny, that you felt a sense of thankfulness for?

*Remember, it could be anything: the smell of rain, a moment of quiet, a warm meal, or even a lesson learned from a hard moment.*

## My Tongue's Gratitude

Prompt: Who did you say 'thank you' to today? It could be a 'Alhamdulillah' you whispered or a 'thank you' you said to someone.

*The Prophet ﷺ said, 'He who does not thank people, does not thank Allah.' (Sunan Abi Dawud)*

## My Action's Gratitude

Prompt: How did you use a blessing you have to do something good today?

*This could be using your time to listen to a friend, your energy to help at home, or your knowledge to advise someone. Every small act counts.*

## A Du'a From My Heart

Prompt: What is one thing you'd like to ask Allah ﷻ for tomorrow? It could be a blessing you'd like to see continued... like the gift of sight, a loving family, or the air in your lungs. Or, simply sit in thanks and write a heartfelt 'Alhamdulillah'.

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## One Good Thing

Prompt: What's one good thing you noticed about today, even if it was a tough day?

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# Weekly Reflection

**A highlight from this week:** What was a moment of peace or happiness you're grateful for?

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**A challenge I faced:** What was something difficult? Can you find one thing to be grateful for within that challenge? (e.g., 'It taught me patience,' 'I asked Allah ﷻ for help more')

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**An intention for next week:** What's one small way I can show gratitude next week? (e.g., 'I will call my parents more,' 'I will try to pray on time')

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## *You did it!*

You took time for your heart and your faith, day by day. This is an incredible achievement.

The journey of shukr (gratitude) doesn't end here. It's a lifelong path of coming closer to Allah ﷻ.

May Allah ﷻ accept your efforts, fill your heart with lasting peace, and make you among those who are truly grateful.

Ameen.



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BEAUTIFUL WORK POSSIBLE



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