

# THE 7 DAY *Journal*



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# Daily JOURNAL

*Alhamdulillah today for:*

*One moment I felt Allah's blessings today:*

*A small joy I noticed:*

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*Today I did well in:*

*I fell short in:*

*My du'a for improvement:*

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A situation where I showed patience/kindness:

A moment I could have done better:

One sunnah I want to practice more:

# Daily JOURNAL

An ayah or hadith that inspired me today:

My strongest prayer today was:

One thing I want to ask Allah sincerely:

# Daily JOURNAL

One small action today that took me closer to Jannah:

One distraction I want to limit:

My focus tomorrow:

# Daily JOURNAL

My biggest lesson this week:

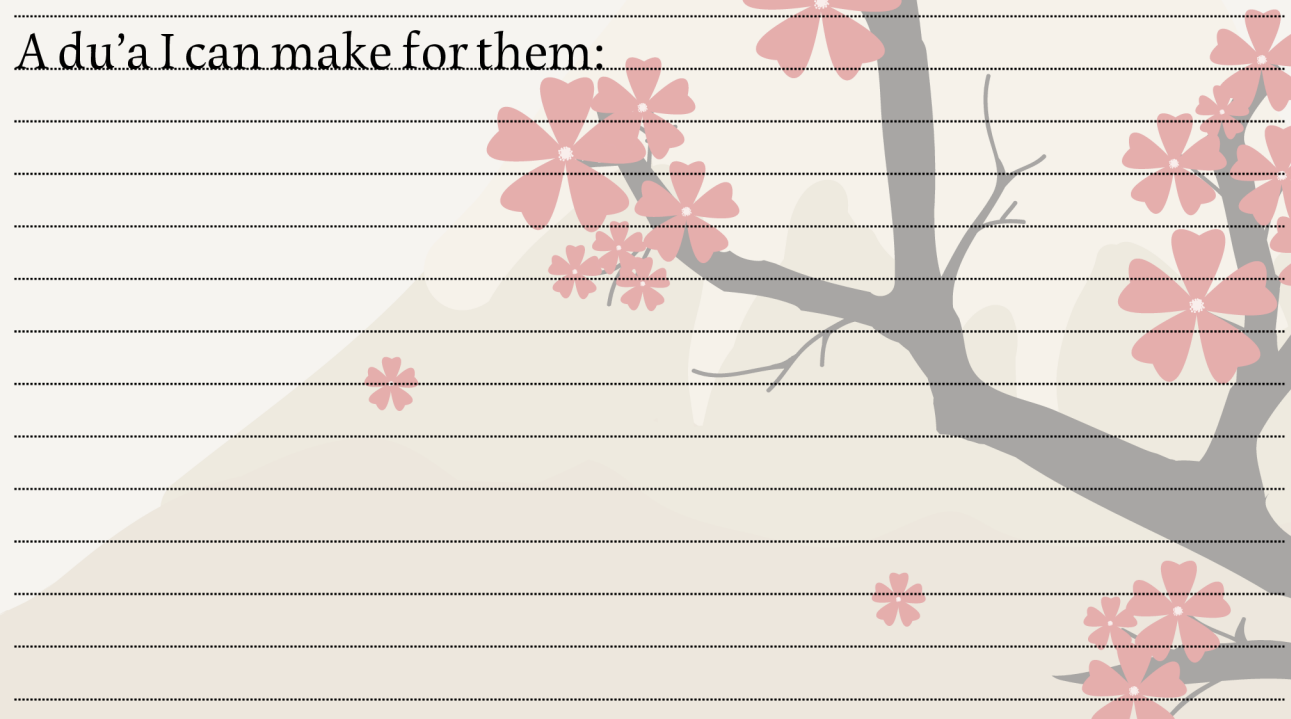
A blessing I didn't notice before:

Du'a for the coming week:

Someone I'm grateful

Someone I'm grateful for today:

A du'a I can make for them:

The background of the entire page is a light pink color with horizontal dashed lines for writing. In the top right corner, there is a grey tree branch with several pink cherry blossoms. Some blossoms are fully open, while others are buds. The blossoms have five petals and a small white center. The branch extends from the right edge towards the center. There are also a few scattered pink blossoms on the left side and bottom right corner.

How I can show them kindness tomorrow: