

Morning intentions

Day ____

Today's intentions

Gratitude practice

Quran passage of the day

Salah

☐

Fajr

☐

Dhuhr

☐

Asr

☐

Maghrib

☐

Isha

Sawm

☐

Fasting

☐

No fast

☐

Fidya



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Evening reflections

Good things that happened today

Things I did that I hope pleased Allah subhana wa'tala

How I felt today

A dua to make before the day ends

Ameen



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Morning intentions

Day __

Today's intentions

What tasks do I have to complete today?

How can I please Allah subhana wa'tala with my actions?

Can I identify any barriers that may come up?

Gratitude practice

What am I grateful for? What brings me joy?

What hardships have I overcome?

What do I want to thank Allah subhana wa'tala for today?

Quran passage of the day

Is there a particular passage I want to reflect on? Or a passage I've learnt something about?

Salah

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Fajr

☐

Dhuhr

☐

Asr

☐

Maghrib

☐

Isha

Sawm

☐

Fasting

☐

No fast

☐

Fidya



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Evening reflections

Good things that happened today

What brought me joy?

What made me feel grateful?

What helped me overcome difficulty?

Things I did that I hope pleased Allah subhana wa'tala

What did I do and what does this deed suggest about my character?

How can I build on these things to please my Lord?

How I felt today

Did I feel any intense emotions?

Did I notice anything that helped or hindered when feelings were difficult to sit with?

A dua to make before the day ends

What would I like to make dua for? Is there someone, an individual or group, that I want to make dua for? Here I shall focus on my heart and what it hopes for.

Ameen



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