RISE OF MUSLIMS · MIND

Mind & Heart *Journal*

Prompts and reflections for mental wellbeing, rooted in Islamic teachings.

Free to download and share. Please keep the credits and share the link to this resource, not the file, so others can find the latest version.

How to use this journal

Each day has one short prompt. Spend five to ten minutes. Write in full sentences or in a few words: there is no right way, and nobody will read it but you. Try to write at the same time each day, for example after the evening prayer.

The prompts return to five themes that run through Islamic teaching on the inner life: gratitude, patience, intention, connection and forgiveness.

> Please note. This journal is for reflection. It is not therapy or medical advice. If you are struggling, please talk to someone you trust, such as a family member, friend or teacher, and consider speaking with a qualified health professional.

DAY 1 · GRATITUDE

Write three things from today that you are grateful for. Be specific: not "my family" but "the call from my sister this afternoon".

DAY 2 · INTENTION

What is one thing you will do tomorrow, and what is your intention behind it? Is it clean?

DAY 3 · PATIENCE

What is testing your patience right now? What is one small thing within your control?

DAY 4 · CONNECTION

Who have you not spoken to in a while? Write their name and one sentence you could send them.

DAY 5 · FORGIVENESS

Is there something you are holding against someone? What would letting a small part of it go look like?

DAY 6 · GRATITUDE

Describe a difficulty from your past that you can now see taught you something.

DAY 7 · WEEKLY LOOK BACK

Read your answers so far. What patterns do you notice? What are you proud of?

DAY 8 · INTENTION

Think of a habit you want to change. What is your reason, in one honest sentence?

DAY 9 · PATIENCE

When did you last act quickly and wish you had waited? What would you do differently?

DAY 10 · CONNECTION

Write about a place or a moment where you feel most at peace. What makes it so?

DAY 11 · FORGIVENESS

Write a short note to yourself about a mistake, the way you would speak to a friend.

DAY 12 · GRATITUDE

Name three people who have helped you. What would you like them to know?

DAY 13 · INTENTION

What is one act of kindness you can do quietly this week, without being noticed?

DAY 14 · LOOKING FORWARD

What has changed in how you see yourself over these two weeks? What will you keep doing?