



This guided journal is designed to help you embark on a journey of self-awareness, accountability, and spiritual growth, rooted in the principles of Muraqaba (vigilance) and Muhasabah (self-examination).

Through daily reflection, you'll focus on aligning your actions, intentions, and thoughts with the teachings of Islam and the awareness of Allah's ever-present gaze.

Each prompt encourages a **deeper connection with your sou**l, guiding you to improve, seek forgiveness, and grow closer to your Creator.

What did I do today that was pleasing to Allah, and what can I seek forgiveness for?	List three blessings you are grateful for today.
	•
	•
	•
	Rate how I felt today :

Did I feel close to Allah today ? If not, how can I strengthen that	Reflection on my key thoughts or moments from today.
connection tomorrow?	
*	
♦	