THREE BLESSINGS A DAY

My Gratitude Journal

الْحَمْدُ لِلَّهِ

Name _____ Week of _____

Each day, write three things you are thankful to Allah for. Say "Alhamdulillah" for each one.

Saturday
1. _____
2. _____
3. _____

Sunday
1. _____
2. _____
3. _____

Monday
1. _____
2. _____
3. _____

Tuesday
1. _____
2. _____
3. _____

Wednesday
1. _____
2. _____
3. _____

Thursday
1. _____
2. _____
3. _____

Friday
1. _____
2. _____
3. _____

لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful, I will surely give you more."
Ibrahim 14:7

FOR LITTLE ONES · AGES 4–7

Alhamdulillah!

الحَمْدُ لِلَّه

My name _____ Week of _____

Saturday

Alhamdulillah for...

Sunday

Alhamdulillah for...

Monday

Alhamdulillah for...

Tuesday

Alhamdulillah for...

Wednesday

Alhamdulillah for...

Thursday

Alhamdulillah for...

Friday

Alhamdulillah for...

This week

Draw something Allah gave us — a fruit, a flower, rain, the sun...

A grown-up can write while the child says it. Colour the star after saying "Alhamdulillah".

GO DEEPER

Weekly Reflection

A blessing in my body I often forget (eyes, hands, health…)

Someone in my family I am thankful for, and why

Something hard this week that taught me patience

A blessing in my deen — something that brings me closer to Allah

Someone I should thank this week (and how I will thank them)

THANK PEOPLE TOO

لَا يَشْكُرُ اللَّهَ مَنْ لَا يَشْكُرُ النَّاسَ

"Whoever does not thank people has not thanked Allah." **Abu Dawud 4811 · sahih (al-Albani)**

COUNTLESS BLESSINGS

وَإِن تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا

"And if you tried to count the blessings of Allah, you could never number them." **An-Nahl 16:18**

LOOK AT THOSE WITH LESS

إِذَا نَظَرَ أَحَدُكُمْ إِلَى مَنْ فُضِّلَ عَلَيْهِ فِي الْمَالِ وَالْخَلْقِ، فَلْيَنْظُرْ إِلَى مَنْ هُوَ أَسْفَلَ مِنْهُ مِمَّنْ فُضِّلَ عَلَيْهِ

"When one of you looks at someone given more wealth or a better form, let him look at someone who has less than him." **Muslim 2963**