

JOURNAL

Becoming Her

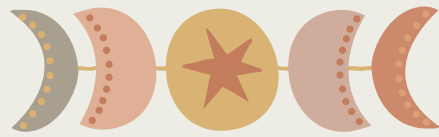


For the girl becoming everything she prayed for

By Khawla

*this journal is for the soft-hearted girl
who is learning to choose herself,
heal gently,
and bloom in her own timing*





Today, I Intend To...

What I'm grateful for:

How I want to feel:

Something I'm letting go of:

Something I'm calling in:

Notes:

SELF

INNER SELF

OUTER SELF

MY MOOD

DAILY MOVEMENT

CURRENT INSPIRATIONS

DAILY HIGHLIGHT

MY PURPOSE

GOALS

ACTIONS

SELF AFFIRMATIONS

-
-
-
-

PAST

PRESENT

FUTURE

REFLECTIONS

A MOMENT FOR ME

Reflect, reset, and reconnect



Today I intend to:



My self-care focus:



Gratitude corner:



How I feel right now:



One thing that went well today

One thing I can let go of



AFFIRMATION OF THE DAY!

I am enough, just as I am.



Bloom in Faith

WORSHIP TARGET

- 5 daily prayers (tick the ones that have been done):
 - Fajr Dhuhur Asr Maghrib Isha Recitation
- of the Qur'an (number of pages: _____) Morning
- / evening dhikr Sunnah prayers (Dhuha Tahajjud
- Rawatib) Charity (money / energy / knowledge)
-



TODAY'S GRATITUDE NOTES

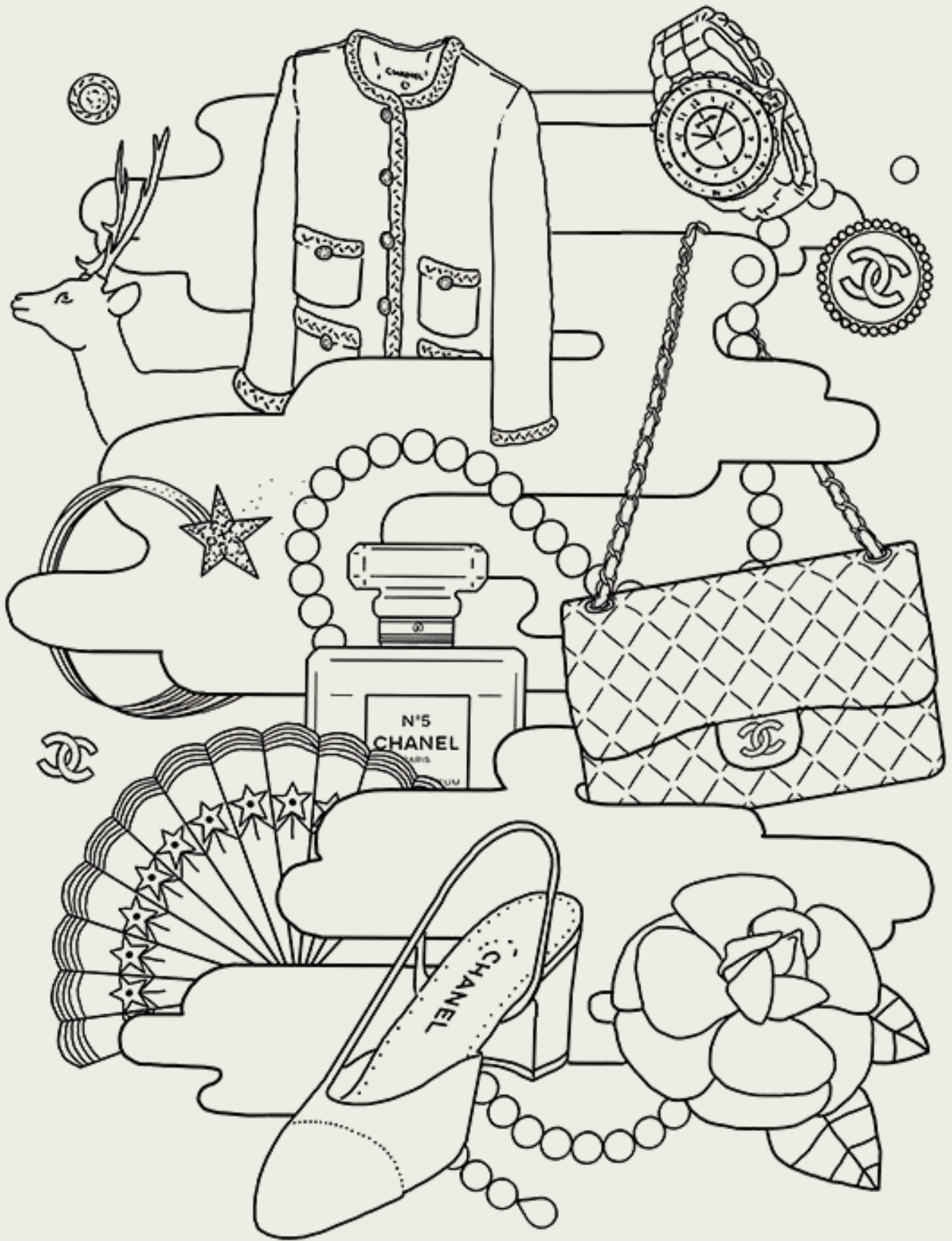
- Today I am grateful for:

SELF-REFLECTION

- Good things I did today:

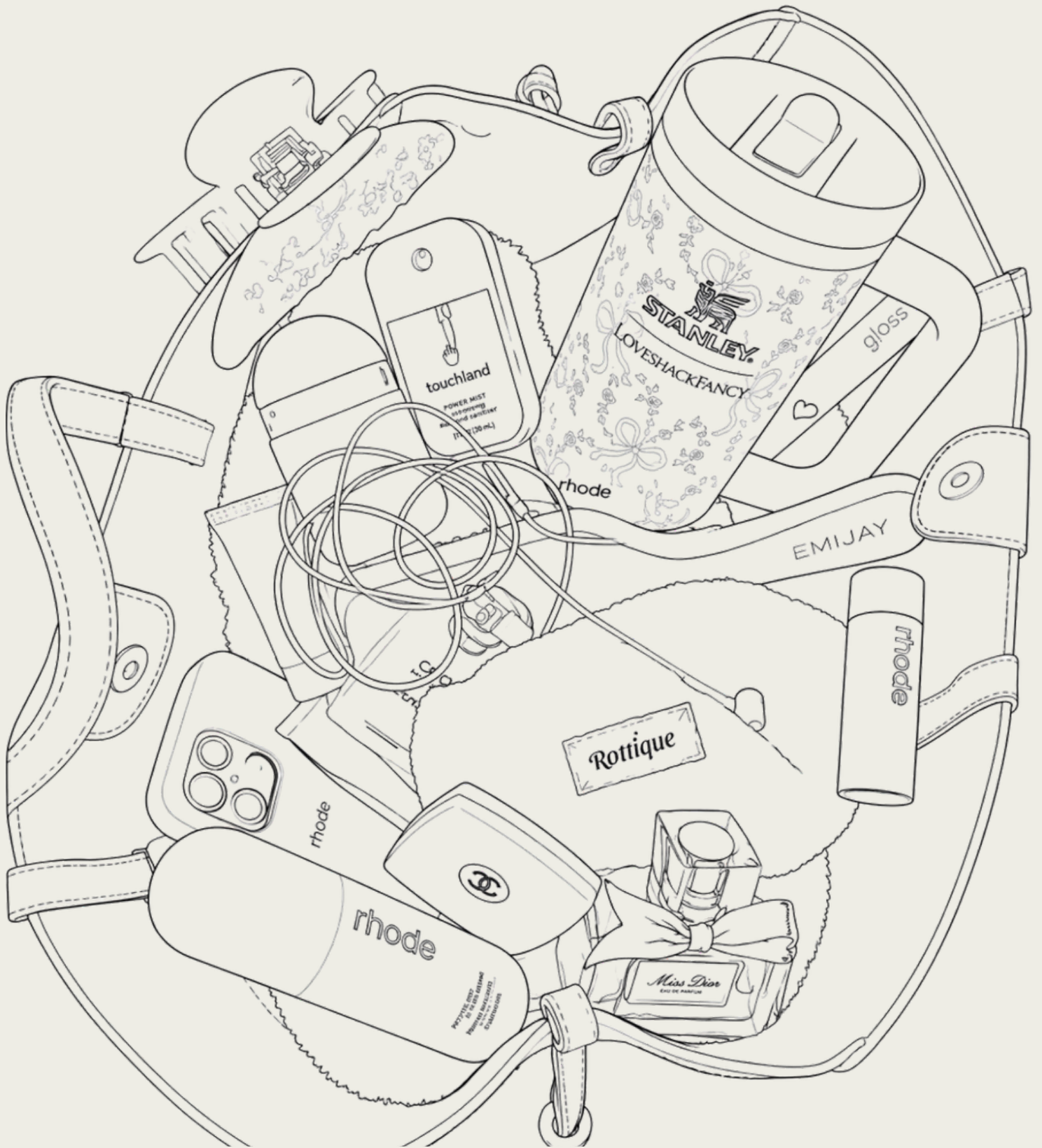
- Things to improve tomorrow:

fill this page with things you love



I am
growing
at my own
pace.

fill this page with things you love



YOU
GOT
THIS

CORE AWARENESS PRACTICE

○ MINDFUL BREATHING -----

Take three slow, full breaths. Feel the air entering and leaving — through the nose, the chest, the belly. Don't try to control it. Just follow its rhythm. *Notice how every breath begins and ends on its own.*

○ 5-MINUTE STILLNESS -----

Sit quietly for five minutes. Let thoughts pass like clouds — no chasing, no resisting. If your mind wanders, gently bring it back to the present moment. *Ask: What does silence sound like today?*

○ REFLECTIVE WRITING -----

Write a few lines about what you're noticing — not what you think or plan, but what is. Focus on sensations, emotions, or moments that stood out today. *Describe this moment as if you were meeting it for the first time.*

○ MINDFUL WAKING -----

Walk slowly without a destination. Feel your feet touching the ground, the movement of air, the rhythm of your steps. Leave your phone behind. *Listen for something you usually ignore.*

○ FOCUSED OBSERVATION -----

Choose one simple object — a leaf, a cup, a candle. Observe its color, shape, light, shadow. Stay with it for one full minute without naming or judging. *See how much you can notice before thought interferes.*

Toppannine menu

Starters

quick things that lift my mood

- iced matcha
- perfume
- fixing my bed
- opening the window
- cute outfit
- 10 minute walk

Main Course

things that bring deeper comfort

- journaling
- gym / pilates
- reading Quran
- long shower
- cleaning my room
- café study session

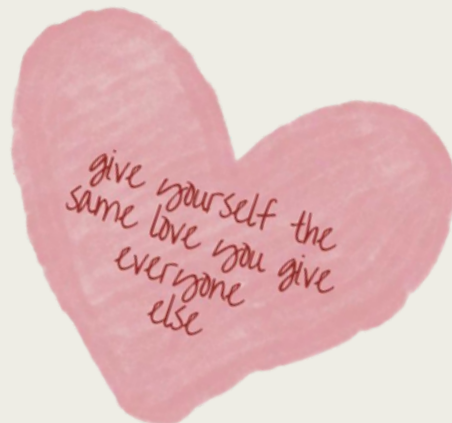
Desserts

little things that make me happy

- online shopping
- favorite snack
- movie night
- flowers
- skincare routine

Emergency Comfort for low-energy days

- cry & rest
- talk to someone safe
- sleep early
- listen to rain sounds
- deep breathing
- make dua



The little girl inside me

dear little me,

i'm sorry for the times you felt unseen.
you deserved softness, safety, and love all along.

i'm proud of you for surviving things you never deserved.
i will take care of you now.

With love,
The women you're becoming



what did little me need the most?



what made me feel safe as a child?

what would I tell my younger self today?

what parts of me still need kindness?

what made me happy when I was little?

Things little me would love about my life today

MY ROOM NOW

THE PEACE I PROTECT

THE COFFEE DATES

HOW SOFTLY I SPEAK TO MYSELF NOW



مريم

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ
سورة الرعد، آية 28

في وسط القلق، التفكير الزائد، وضغط الحياة
تبقى الطمأنينة الحقيقية في قربنا من الله

ليس كل شيء يحتاج أن نفهمه الآن
وأحياناً يكفي أن نطمئن بأن الله يعلم ما في قلوبنا
وأن كل شيء يحدث في وقته المناسب

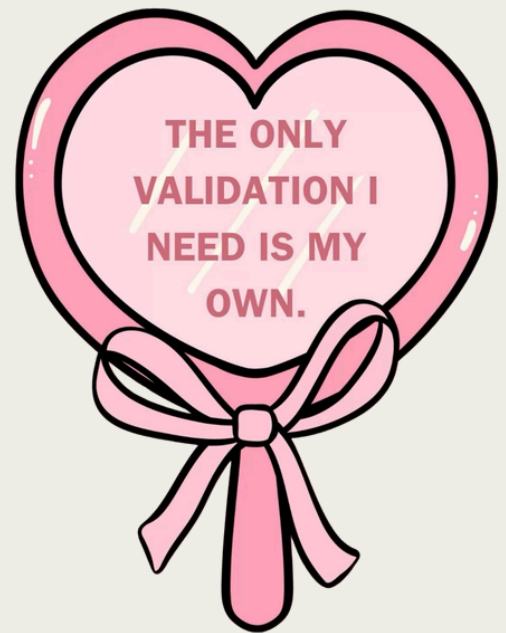
خذي نفساً هادئاً
واطمئني
ما كُتِبَ لِكِ

WHAT BRINGS PEACE TO MY HEART?

أقداركم تؤخذ من أفواهكم، فإن دعوت الله
بالنجاح ستنجح، وإن دعوته بالتيسير سييسر
لك أمورك كلها، كما أن الله لن يلهمك الدعاء
بشيء لا يريدك لك. بل يلهمك لأنه يريدك أن
تأخذ ما تتمنى بإذنه، فتفعل بالخير تجده،
واعلم أن مادام الله ألهمك الدعاء، فأمنيتك لك

things i no longer allow

- overthinking every little thing
- speaking badly to myself
- begging for bare minimum love
- ignoring my feelings
- comparing my life to others
- draining my energy for people
- staying where i feel unseen
- making myself smaller for comfort
- breaking my own boundaries
- doubting the woman i'm becoming
- carrying guilt for resting
- letting temporary emotions control me



FROM NOW ON,

I CHOOSE PEACE, SOFTNESS, AND SELF RESPECT

before you close this journal...

remember:

you survived days you thought would break you.

you are still growing,

still healing,

still becoming.

and that is something to be proud of

وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ

سورة الضحى

“one day, everything will make sense so softly
that your heart will”

By Khawla