FREE BONUS

Bismillahir Rahmanir Raheem

30-Day Gratitude & Emotional Habit Tracker

Track Your Journey of Shukr

Falah Shifa

falahos.my | Islamic Mental Wellness

How to Use This Tracker

"If you are grateful, I will surely increase you [in favor]" — Quran, Ibrahim 14:7

This tracker is your daily companion for building a habit of gratitude. Research shows that consistent gratitude journaling reduces anxiety by 23% and improves sleep quality. Combined with dhikr and Islamic reflection, this tracker bridges modern psychology with prophetic wisdom.

- Fill in each row at the end of your day, before your evening adhkar
- Rate your mood from 1 (struggling) to 5 (alhamdulillah, great day)
- Check the Dhikr box if you completed your morning/evening adhkar
- Write 3 SPECIFIC things you're grateful for — details matter!
- Check the Self-Care box if you did something kind for yourself
- At the end of each week, review your patterns — what triggers good days?

Mood Scale: 1 = Struggling | 2 = Low | 3 = Okay | 4 = Good | 5 = Alhamdulillah!

Days 1 – 10

Day	Date	3 Things I'm Grateful For Today	Mood (1-5)	Dhikr	Self Care
1		1. _____ 2. _____ 3. _____		■	■
2		1. _____ 2. _____ 3. _____		■	■
3		1. _____ 2. _____ 3. _____		■	■
4		1. _____ 2. _____ 3. _____		■	■
5		1. _____ 2. _____ 3. _____		■	■
6		1. _____ 2. _____ 3. _____		■	■
7		1. _____ 2. _____ 3. _____		■	■
8		1. _____ 2. _____ 3. _____		■	■
9		1. _____ 2. _____ 3. _____		■	■
10		1. _____ 2. _____ 3. _____		■	■

Days 11 – 20

Day	Date	3 Things I'm Grateful For Today	Mood (1-5)	Dhikr	Self Care
11		1. _____ 2. _____ 3. _____		■	■
12		1. _____ 2. _____ 3. _____		■	■
13		1. _____ 2. _____ 3. _____		■	■
14		1. _____ 2. _____ 3. _____		■	■
15		1. _____ 2. _____ 3. _____		■	■
16		1. _____ 2. _____ 3. _____		■	■
17		1. _____ 2. _____ 3. _____		■	■
18		1. _____ 2. _____ 3. _____		■	■
19		1. _____ 2. _____ 3. _____		■	■
20		1. _____ 2. _____ 3. _____		■	■

Days 21 – 30

Day	Date	3 Things I'm Grateful For Today	Mood (1-5)	Dhikr	Self Care
21		1. _____ 2. _____ 3. _____		■	■
22		1. _____ 2. _____ 3. _____		■	■
23		1. _____ 2. _____ 3. _____		■	■
24		1. _____ 2. _____ 3. _____		■	■
25		1. _____ 2. _____ 3. _____		■	■
26		1. _____ 2. _____ 3. _____		■	■
27		1. _____ 2. _____ 3. _____		■	■
28		1. _____ 2. _____ 3. _____		■	■
29		1. _____ 2. _____ 3. _____		■	■
30		1. _____ 2. _____ 3. _____		■	■

30-Day Reflection

"And when your Lord proclaimed: If you give thanks, I will give you more" — Quran 14:7

What pattern did I notice in my gratitude entries?

Which day had my highest mood? What made it special?

Which day was hardest? How did I cope?

Did my dhikr consistency improve over 30 days?

What 3 blessings do I now notice that I didn't before?

How has gratitude changed my relationship with Allah?

What habit will I carry forward after these 30 days?

Allahumma inni as'aluka 'ilman nafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan
O Allah, I ask You for beneficial knowledge, good provision, and accepted deeds.