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. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 2 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 3 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 4 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 5 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 6 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 7 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 8 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 9 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |
| 10 | | 1. _____<br>2. _____<br>3. _____ | | ■ | ■ |

## Days 11 – 20

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

## Days 21 – 30

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

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