

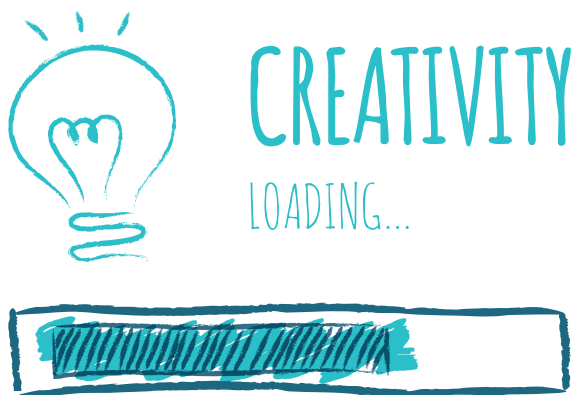
A Muslim Boy's
Journal
to
**Life's Big
Changes**

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 **TA·HA**
PUBLISHERS

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*I am sensitive to the fact that the brother reading this journal may belong to any type of family structure, consisting either of parents, a single parent, or carer(s). Throughout this journal, when I say ‘parent’, know that I respectfully mean all of the above.

As salaam alaikum brother,

Welcome to your journey towards a healthier, happier **you**. You might not realise it just yet, but you are going to unlock some very special rewards in this guided journal:

- 1 Strategies to help you navigate life as you grow up
- 2 Secrets to achieving Allah's Pleasure and inner peace
- 3 Steps to creating a closer relationship with Allah.

Many young brothers benefitted from my original guide, *A Muslim Boy's Guide to Life's Big Changes*, so I decided to create this journal as the perfect companion, because I believe you deserve a space where you can express yourself without judgement. Do you know the best bit about this journal? There are no rules. There are no rights or wrongs. You can complete the activities in any order you wish, knowing that the only person who will be judging your answers is YOU. So draw and doodle to your heart's content, scribble down your thoughts, and enjoy filling in the different parts of your journey to becoming your best self.

Whether you choose to complete the activities in this journal each day, week or month, just know that you can always find a friend in me to guide you along the way. By taking out the time to read and fill in the pages of this journal with your honest thoughts, you will soon learn so many valuable things about yourself. You will learn about your different strengths and weaknesses – the personal and the spiritual. You will learn about

self-respect, and how to be more careful with your actions. You will discover how to use your time more wisely and manage any boredom, stress or laziness a lot better. In certain spaces of this journal, you will also be able to keep a track of your progress in your remembrance of Allah, daily salah, and surah recitation, among many other activities, all of which will encourage a stronger connection between you and our beautiful Islamic faith.

It's okay if you feel you do not have all the answers yet.

Sometimes you just need to take a risk and experiment with an idea before you find the answer you are looking for. The first step is to take a deep breath, relax your shoulders, and give it a go! Before you know it, you will discover interesting things about yourself, and will grow into an even brighter young man, with peace in your heart and a stronger motivation to please Allah.

If you can achieve that at this age, just imagine what level of connection you can achieve with Allah when you are older! The journey to unlocking the best version of yourself begins now. So what are we waiting for...?

*Wa alaikum as salaam,
Sami*



My Friends

There is a very popular saying: “You can’t choose your family, but you can choose your friends!” The essential word here is ‘choice’.



The friends you choose will influence the person that you are now and the person that you will become, so choose wisely... It doesn’t matter if your friends are non-Muslim or Muslim; what actually matters is the impact you have on each other. Do your friends truly bring out the best in you, or do they in fact distract you from your personal goals...?

While it is true that everyone deserves a chance at friendship, and that it is important to never speak unkindly of others, or judge people too quickly, it is equally important that you **respect yourself** enough to question when the people you are trusting are actually good *for* you.

Start by asking yourself these questions:

Think of your current friendship group. What attracted you to these friends in the first place?

How would you describe your friendship group? Is it a relationship that you are genuinely proud to be a part of?

In what way, if any, has this friendship changed who you are?

Do your friends...	Yes	No
Remind you of the blessings of Allah?		
Accept you for who are? Can you be vulnerable and honest with them?		
Show kindness and consideration towards you?		
Show respect and consideration towards others (e.g. teachers, parents and those outside your friendship group)?		
Help you to become a better person? Elevate your character?		
Inspire you?		
Respect your boundaries and beliefs?		
Advise you well?		
Look out for your best interests?		

Add your own examples to the following list of red flags and green flags when thinking about unhealthy and healthy friendships.

Green FLAGS



- Respects my boundaries
- Encourages and supports me when I'm not feeling my best
- Listens to me when I express my concerns about...

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Red FLAGS



- Makes me do things that I'm clearly not comfortable with; mocks me if I don't do as they say
- Is quite disrespectful to others
- Doesn't really listen to me when I express my concerns about...

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•

If you feel this task confirms that the friends you currently have are actually good FOR you and good TO you, then to that we say, alhamdulillah!

Reflecting with Sami

What two valuable lessons have you learnt from this chapter?

1.

2.

Explain one positive choice you have now decided to make to ensure your friendship is the best it can be...

.....

.....

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Samī's summary:

- › As boring and uncool as it may sound, good friendships are not simply about great banter, fun company and adventure. While these are important factors, they must be balanced with your values and beliefs. **The values that you project towards others are the ones you attract, so wear your good values with pride and choose well.** You should respect yourself enough to choose your friends carefully.
- › Look at the person you are becoming as a result of your friendship(s), and ask yourself this: Am I still a good person since having this friend in my life? Are they making me better? Or am I allowing things that would displease Allah to happen around me because of them?

