

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

Rayhana Khan



Contents

Introduction	6
About Me	9
My Beliefs	29
My Friends	53
My Time	65
How Can I Become Closer to Allah?	81
The People Around Me	107
My Mental Health	129
Parting Words	155



INSPIRATION LOADING...



*I am sensitive to the fact that the sister 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 sister,

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 sisters benefitted from my original guide, *A Muslim Girl'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 breathe, 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 lady, 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, my beautiful sister, what are you waiting for...?

*Wa alaikum as salaam,
Rayhana*



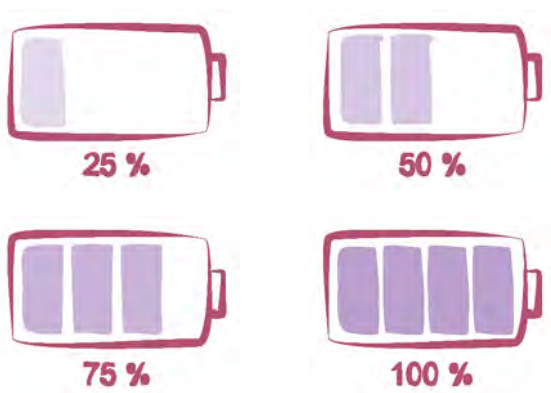
Strong and weak Iman

There is a name given to the belief that sits deep within our heart and makes us feel a strong sense of trust in Allah, His guidance and His promise. This is Iman.

It is quite normal for our levels of Iman to rise and dip at times depending on the situations we experience in our lives. We are not designed to be perfect 100% of the time, but we are designed to reflect on our actions and learn from our mistakes. In the same way, **Allah does not expect our Iman to be perfect, but He does expect us to make an effort to look after it** – the effort to remember Allah and be a more thoughtful person. We must therefore pay careful attention to our level of Iman during the month, and keep ourselves in check by staying firm in our trust in Allah, no matter what situation we face.

But how do we know whether our Iman needs looking after? When is it stronger and weaker? The activity on the next page will help you pay more attention to the signs of weak and strong Iman.

Before you know it, you'll be a pro at detecting your own Iman levels, admitting when it's at its weakest, and picking yourself back up again.



Power UP!

Use red and green colours to separate the signs of strong iman (green) from the signs of weak iman (red).
The strong iman examples will help you POWER UP to be your best self!

Going days without making an effort to remember, thank or mention Allah

Neglecting the sunnah

Having trust in the fact that Allah truly wants and does what's best for us, no matter what

Showing off and gloating after doing a good deed

Being humble when praised

Giving up a habit for the sake of Allah

Remembering Allah before we begin an action

Speaking unkindly about people behind their back

Reflecting with Rayhana

Summarise your learning from this chapter by completing the following questions:

1. Write down the bad habits you wish to throw away, and the things you would like to reduce now, during and after Ramadan.



2. What is now motivating you to make these positive changes in your life?

