

This Journal
belongs to:





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My top 3 dreams for this school year:



My top 3 dreams that I want to achieve in life:



The next step is to make specific goals out of the general dream and, to do this, it is helpful to think about:



Whether it is a short term or long term goal.



The reason that you want this goal. For example, it might help you be a happier person and a better Muslim. You can think about how your goal will help you in this world and in the Hereafter and also how it will help others.



The time or date by which you would like it to become real. It is important to put a time frame on your goals so that you can work step-by-step towards them.

• • • • Let's practise this together: • • • •

<i>Goal</i>	<i>Term</i>	<i>Reason</i>	<i>What I can do to help myself</i>	<i>Time frame</i>
To be able to sew	Short term	My height is shorter than average and clothes don't always fit me well. I would like to be able to make my own alterations.	Sign up for a sewing class. Learn from an adult.	3 months
To have a more respectful relationship with my parents	Short term and long term	To please Allah. To enjoy their company. To make the home environment calmer.	Use respectful language. Don't raise my voice. Help around the home.	Immediately, and continuously. I will check in on this goal every week.
To be a graphic designer	Long term	To do something I love and am good at. To earn a halal income and give regular charity. To work with Muslim businesses.	Sign up for a graphic design course. Apply for work experience. Look at school subjects and grades needed.	5 years. Sign up for course next year. Apply for work experience in 2 years.

Day 31

I only have one body to get through life. I will cherish it, take good care of it and respect it.

How do you feel?

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What one thing did you appreciate today?

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Write five amazing things that your body does that you don't have to consciously think about or instruct it to do, like breathing.

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Day 32

I will make time to spend with friends and family who are positive and refresh me.

How do you feel?

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What one thing are you grateful for today?

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Think of the people who bring joy to your life. Write these people's names down and how they bring you joy.

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