

Secrets to **Successful** **Habits** *journal*

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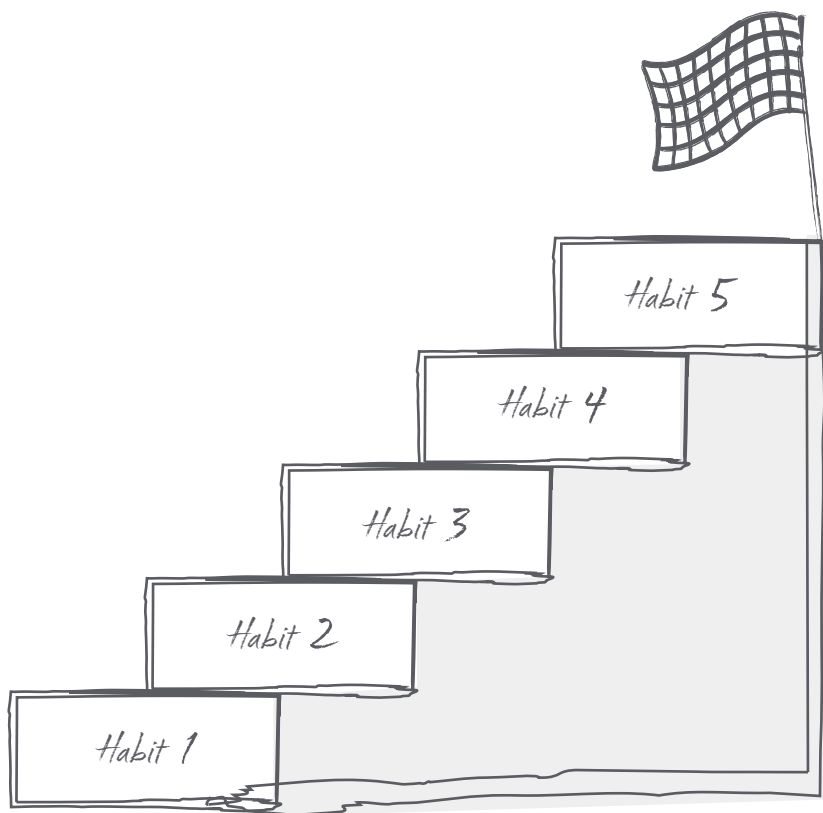
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The Messenger of Allah,
peace and blessings be upon him, said:

“Take up good deeds
only as much as you are able,
for the best deeds are those
done regularly
even if they are few.”

(Ibn Majah, reported by Abu Huraira)

All of this can be achieved by taking those small daily steps.
So, let us get started with writing down those goals and resolutions.



My Goals

Today's date:

My Health Goal: _____

Habits: _____

Thoughts: _____

My Spiritual Goal: _____

Habits: _____

Thoughts: _____

My Study/Work Goal: _____

Habits: _____

Thoughts: _____

My Financial Goal:

Habits:

Thoughts:

My Family Goal:

Habits:

Thoughts:

Make your intention in keeping this journal, seeking the pleasure of Allah:

Let's get started, insha'Allah.