

Evening Check-in



How am I feeling as I end today?

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What felt heavy today,
and what do I think I needed in that moment?

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What brought me even a small moment of comfort,
peace or happiness today?

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Did anything trigger difficult feelings
or memories today?
How did I respond?

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What is something I handled better than
I'm giving myself credit for
or am proud of myself for?

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Where did I notice Allah's mercy or ease in my day,
even in a small way?

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