

Morning Check-in

How am I feeling this morning?

.....

.....

What does my heart need from me today?

.....

.....

Is there anything
weighing heavily on my mind this morning?

.....

.....

Something I am grateful to Allah for this morning:

.....

.....

What is something I need to leave with Allah today?

.....

.....

What is in my control today?

.....

.....

One small thing I can do for myself today:

.....

.....

Today, I will remind myself:

.....

.....

