



When My Mind Starts Spiralling

What is the main thought
that's weighing on my heart right now?

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Am I missing them,
or am I missing the comfort, routine or future I hoped for?

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What truth do I already know
that my emotions are making me forget today?

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If my closest friend were in my situation,
what would I gently remind them of?

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What is one thing Allah has already brought me through
that I once thought I wouldn't survive?

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What do I need to entrust to Allah before I sleep tonight?

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