Free printable

30 Days of Shukr

A Muslim gratitude journal with a prompt for every day



Ni'mah

Free to print and share with family and friends. Not for sale.

How to use this journal

Five minutes a day is enough. Each page has one prompt per day, space for three blessings and one line for why they mattered.

1. **Pick a fixed time.** For example after Isha or before you go to sleep. The same time every day makes the habit easier to keep.
2. **Choose where you write.** A small notebook, the notes on your phone or a journal app. What matters is that it is close at hand and belongs only to you.
3. **Write three specific blessings.** Instead of “my family”, write “My mother called to ask how I was.” Specific blessings can be felt again when you read them later.
4. **Add why you are grateful.** One sentence is enough: why did this blessing matter to you today? This is where gratitude is felt, not only listed.
5. **Close with a dua.** The Prophet ﷺ taught the dua below to Mu’adh ibn Jabal and advised him to say it at the end of every prayer. It also suits the end of a journal entry.

> And [remember] when your Lord proclaimed, ‘If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.’
>
> Surah Ibrahim 14:7 (Saheeh International)

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Allahumma a’inni ‘ala dhikrika wa shukrika wa husni ‘ibadatik.

O Allah, help me to remember You, to thank You and to worship You well.

Sunan Abi Dawud, no. 1522; graded sahih by al-Albani

My intention for these 30 days

Day 1

Faith and yourself

Which blessing of faith did you feel most this week?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 2

Faith and yourself

Which dua that you once made has been answered?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 3

Faith and yourself

Which act of worship gave you the most peace today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 4

Faith and yourself

Which of your abilities do you take for granted?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 5

Faith and yourself

Which part of your body helped you most today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 6

Faith and yourself

Which mistake taught you something valuable?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 7

Family and loved ones

Which moment with your family today do you want to remember?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 8

Family and loved ones

Who made you smile today, and what did they do?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 9

Family and loved ones

Which small habit of your spouse are you grateful for?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 10

Family and loved ones

What did you learn from the children around you today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 11

Family and loved ones

Which advice from your parents do you still follow?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 12

Family and loved ones

Who makes dua for you without being asked?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 13

Small everyday blessings

Which meal did you enjoy most today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 14

Small everyday blessings

Where did you feel most at peace today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 15

Small everyday blessings

Which simple thing in your home makes your life easier?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 16

Small everyday blessings

Which sound, smell or view made you glad today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 17

Small everyday blessings

Which provision reached you this week that you did not expect?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 18

Small everyday blessings

How much free time did you have today, and what did you use it for?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 19

Hard days

What is still good on this hard day?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 20

Hard days

Who helped you in your last difficulty?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 21

Hard days

What did this week's problem teach you?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 22

Hard days

Which hardship that you once feared have you come through?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 23

Hard days

What kept you hopeful in Allah today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 24

Hard days

Which small kindness can you be grateful for in the middle of tiredness?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 25

Others and sharing

Whose kindness have you not yet thanked them for?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 26

Others and sharing

Who would you like to thank this week?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 27

Others and sharing

Which good deed can you do for someone else today?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 28

Others and sharing

Which teacher's knowledge still helps you?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 29

Others and sharing

Which neighbour or friend makes your surroundings better?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

Day 30

Others and sharing

Which blessing can you share today, even a small one?

Three blessings today

1

2

3

Why it mattered to me

☐ I closed with the dua

After 30 days

Read your pages again from the first day. You now have about ninety blessings in your own handwriting, many of which you might otherwise have forgotten. Keep going for another month, or start again with the first prompt.

رَبِّ أَوْزِعْنِيٓ أَنْ أَشْكُرَ نِعْمَتَكَ ٱلَّتِيٓ أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَٰلِدَيَّ وَأَنْ أَعْمَلَ صَٰلِحًا تَرْضَىٰهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ ٱلصَّٰلِحِينَ

Rabbi awzi'ni an ashkura ni'mataka allati an'amta 'alayya wa 'ala walidayya wa an a'mala salihan tardahu wa adkhilni bi-rahmatika fi 'ibadika as-salihin.

My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to do righteousness of which You approve. And admit me by Your mercy into [the ranks of] Your righteous servants.

Surah an-Naml 27:19, the dua of Sulayman (Saheeh International)

Prefer your phone?

Ni'mah is a Muslim gratitude journal for iPhone that we built. It asks you every day what you are grateful for and reminds you to keep the habit. Without a subscription you get the gratitude journal, reminders, Love Notes and 1 illustration per month.

nimahapp.com



Sources: Surah Ibrahim 14:7 and Surah an-Naml 27:19, Saheeh International (quran.com) · Sunan Abi Dawud, no. 1522 (sunnah.com)