



Art Therapy

Journal



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Quranic

Verse:

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

And your Lord has said,

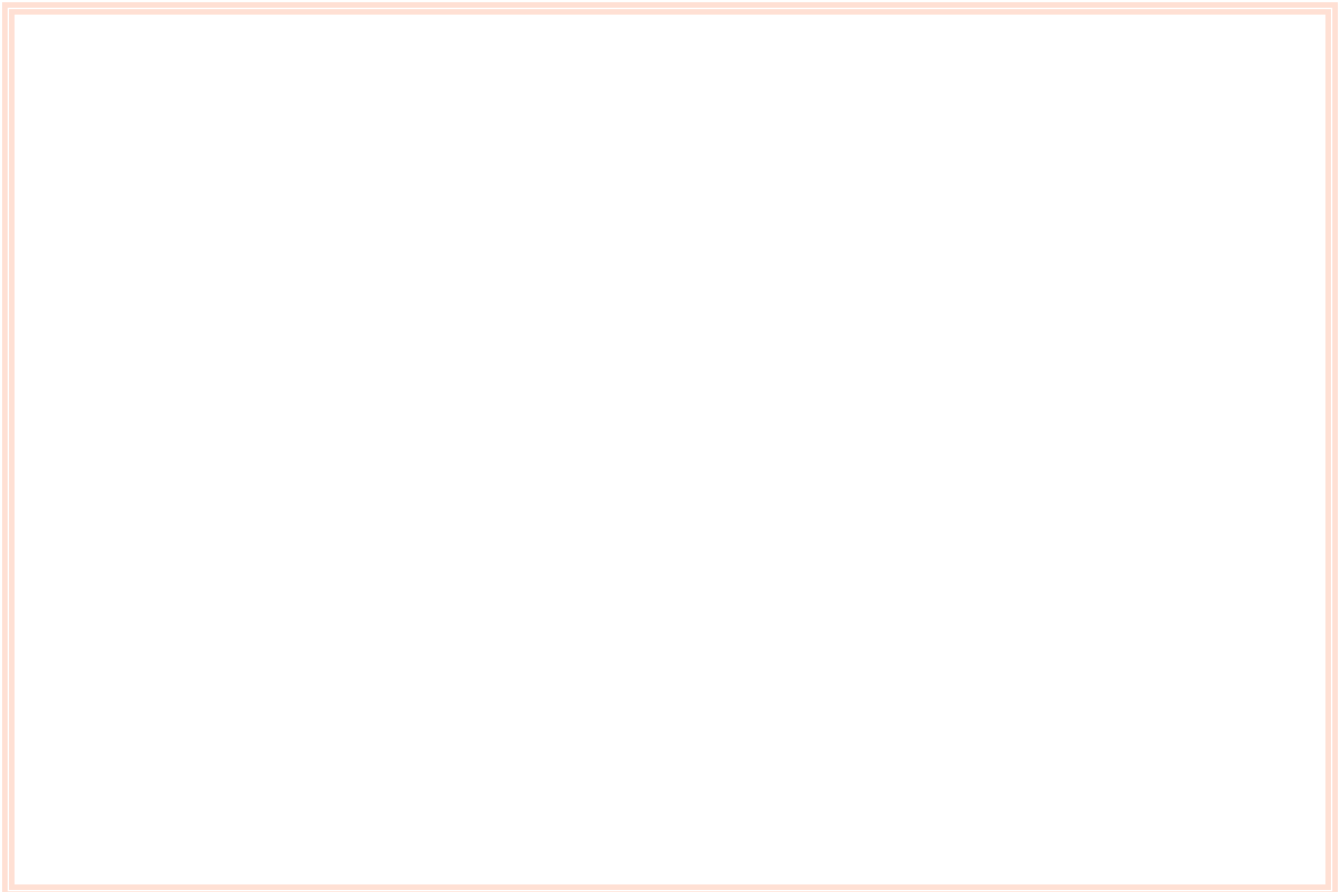
“Call Me, I will respond to

you.” (Quran 40:60)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



How are you
feeling today?

Before _____

After _____

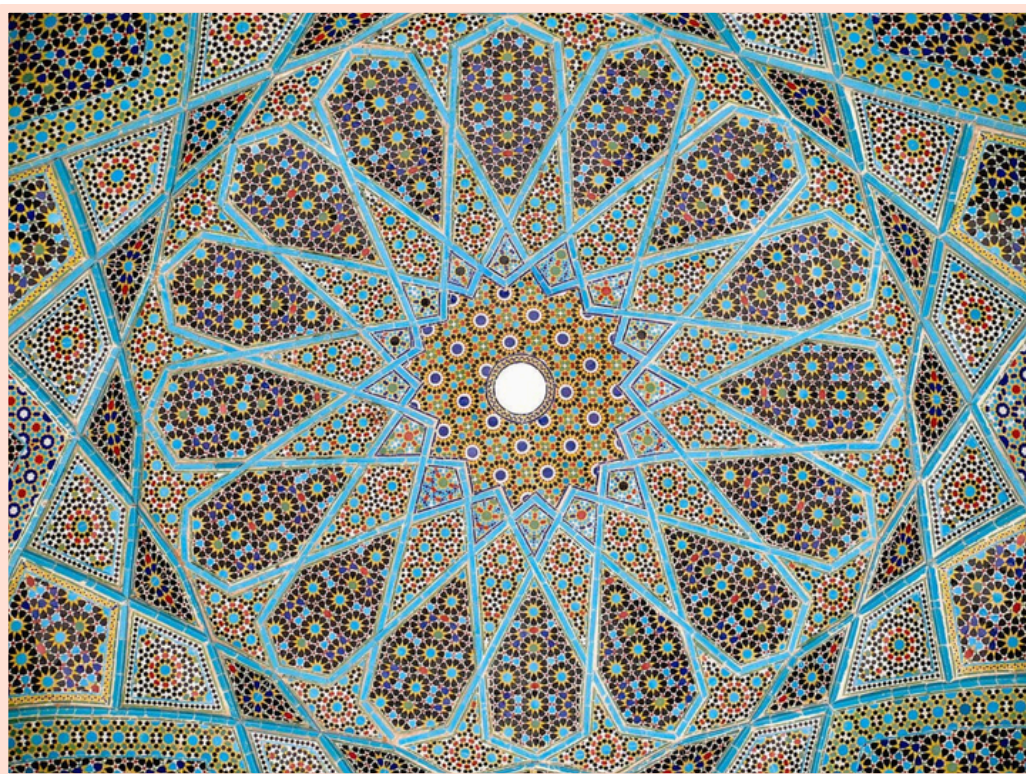
Things you are
grateful for:

1. _____

2. _____

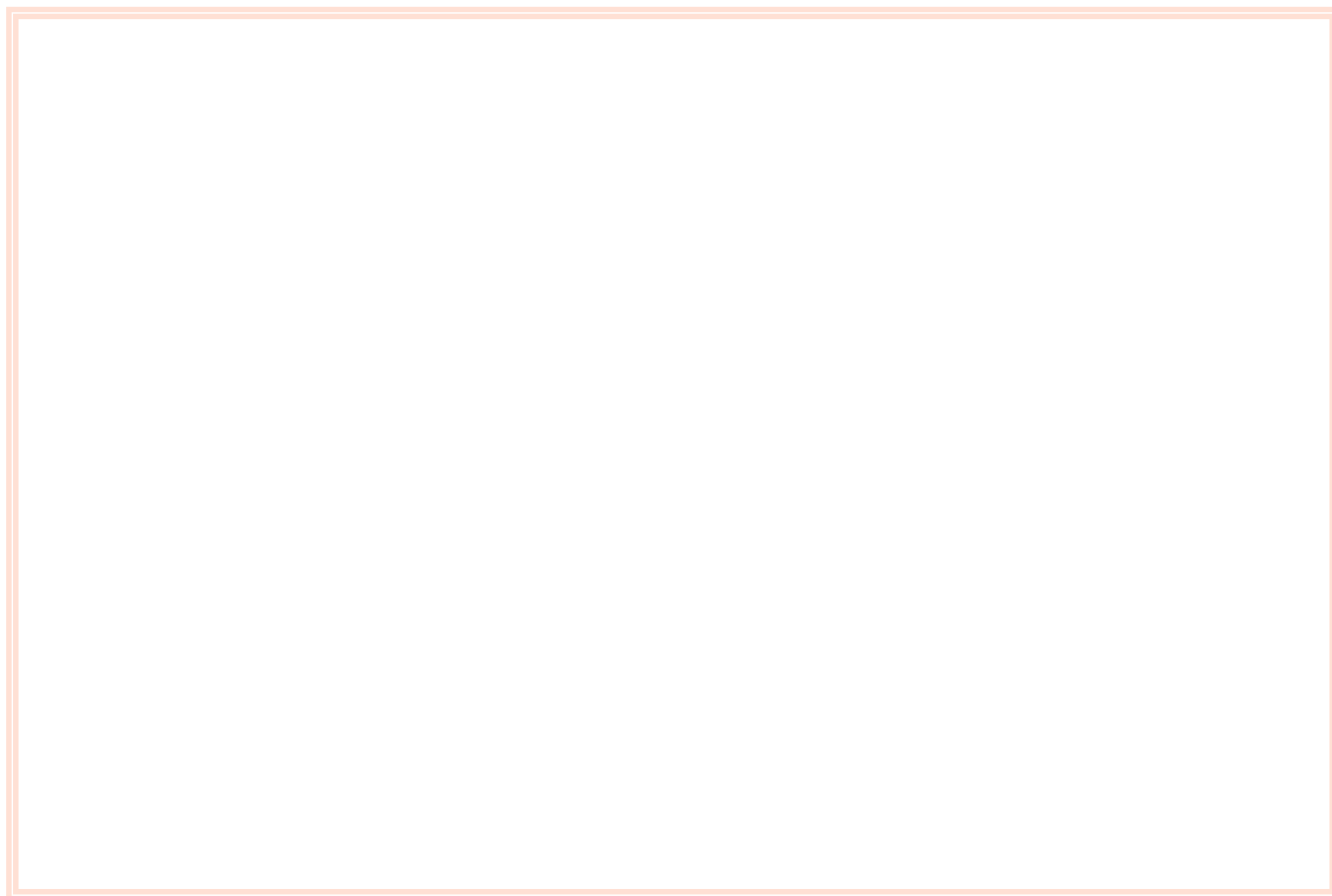
3. _____

Hadith: The Prophet (SAW) advised to, “Take benefit
of five before five: Your youth before your old
age, your health before your sickness, your
wealth before your poverty, your free time
before you are preoccupied, and your life
before your death.” (Sahih al-Bukhari)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Dua:

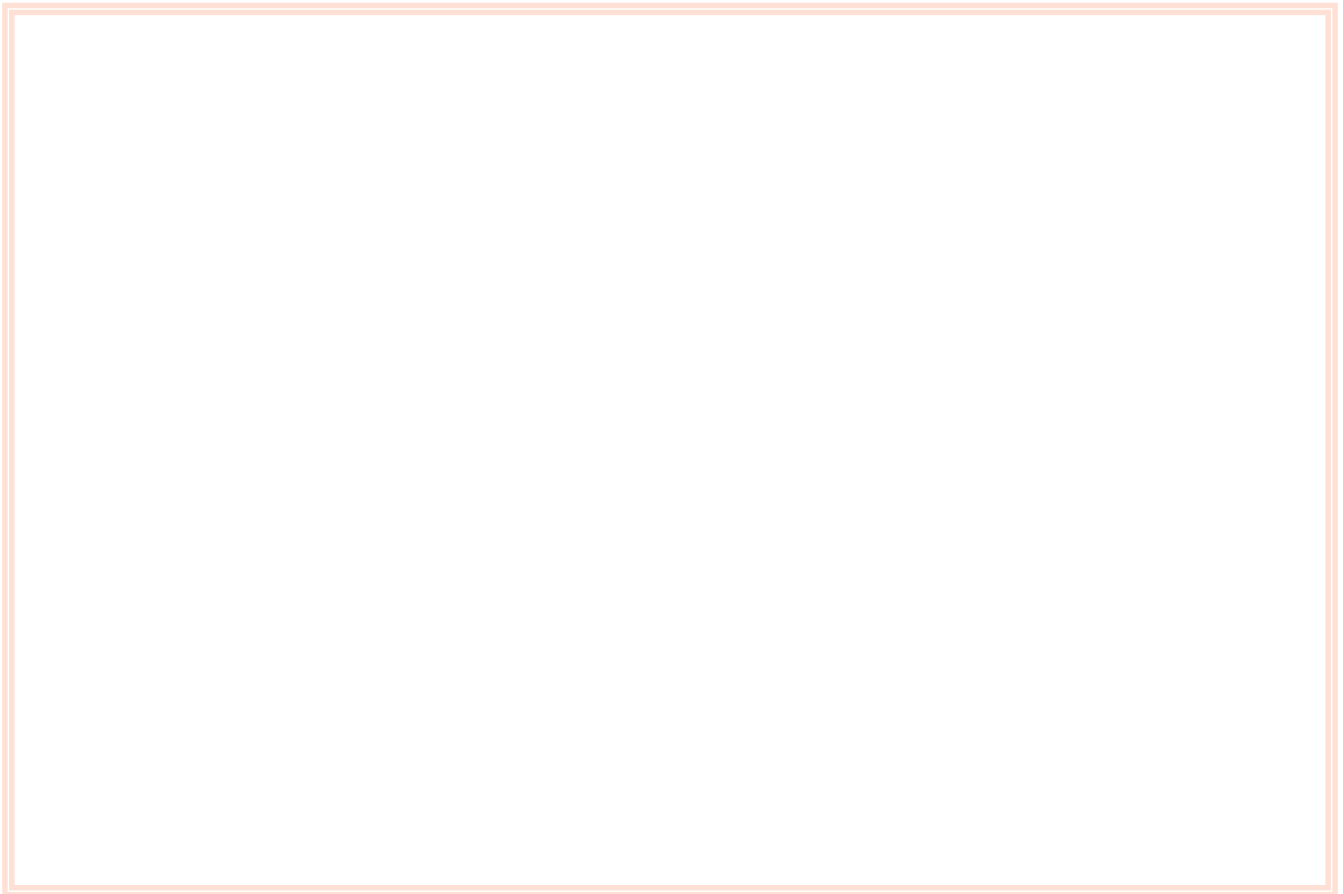
اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي
ظَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

O Allah, I hope for Your mercy. Do not
leave me to myself even for a blink of an
eye. Correct all of my affairs for me. There
is none worthy of worship except You.



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Quranic

Verse:

قَالَ لَا تَخَافَا ۖ إِنَّنِي مَعَكُمَا أَسْمَعُ وَأَرَىٰ

Allah reassured 'them',

“Have no fear! I am with

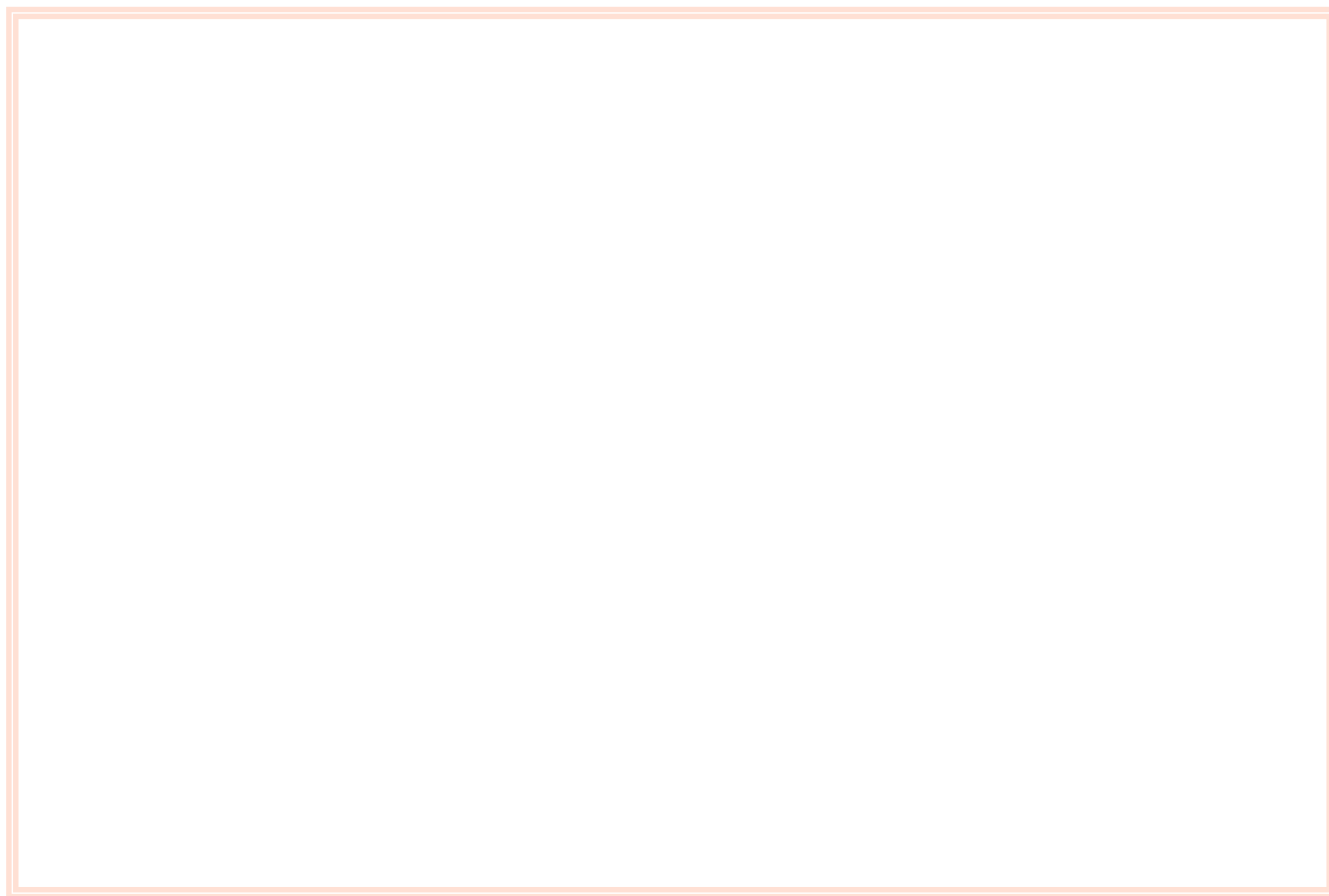
you, hearing and seeing.

(Quran 20:46)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before _____

How are you
feeling today? _____

After _____

Things you are
grateful for:

1. _____

2. _____

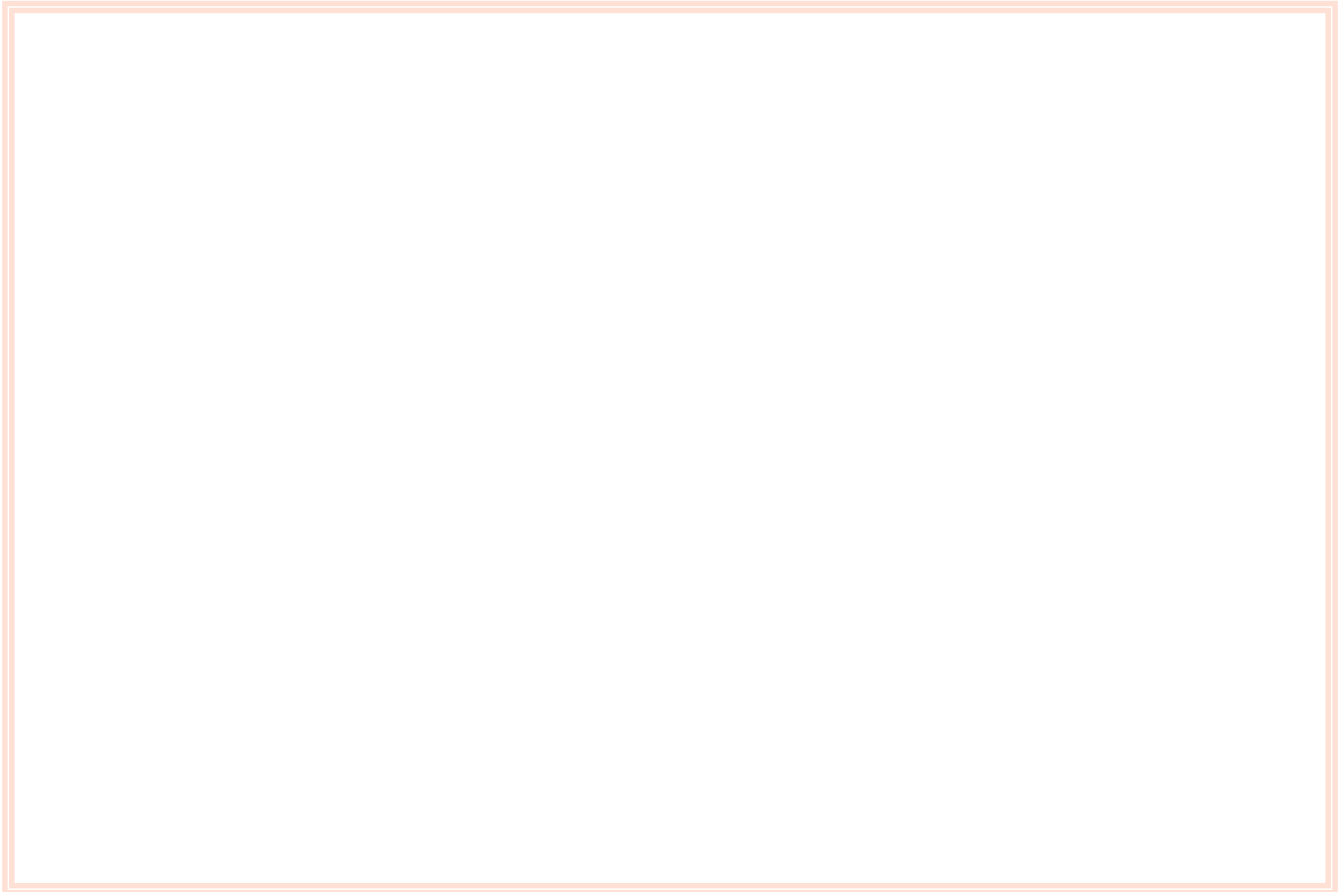
3. _____

Hadith: "Allah the Almighty said: O son
of Adam, so long as you call
upon Me and ask of Me, I
shall forgive you for what you
have done, and I shall not mind
(Hadith 34, 40 Hadith Qudsi)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Dua:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ
أَسْتَغِيْثُ

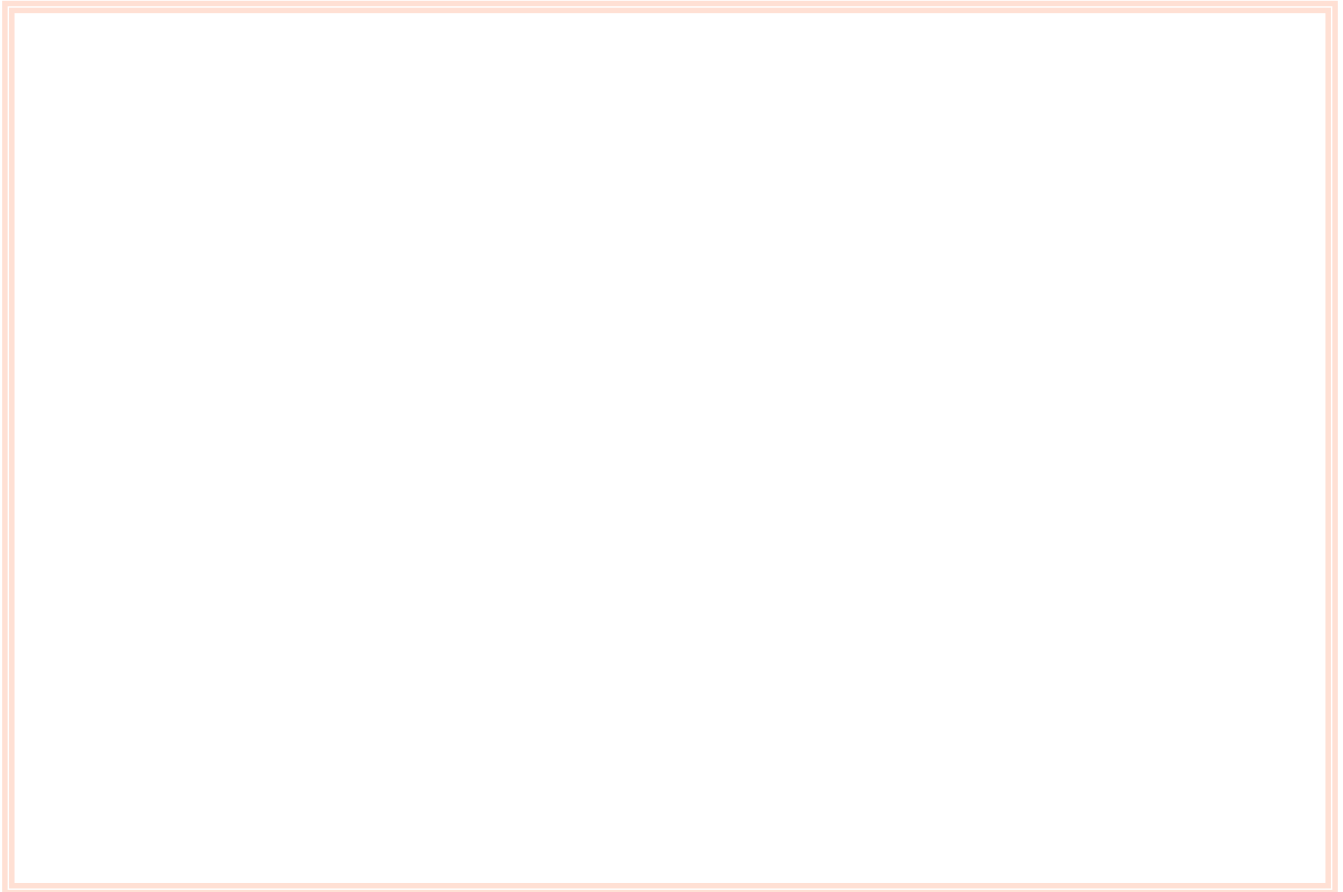
“O Living and Eternal
Sustainer! By Your
mercy I seek relief!”

(Tirmidhi)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Quranic

Verse:

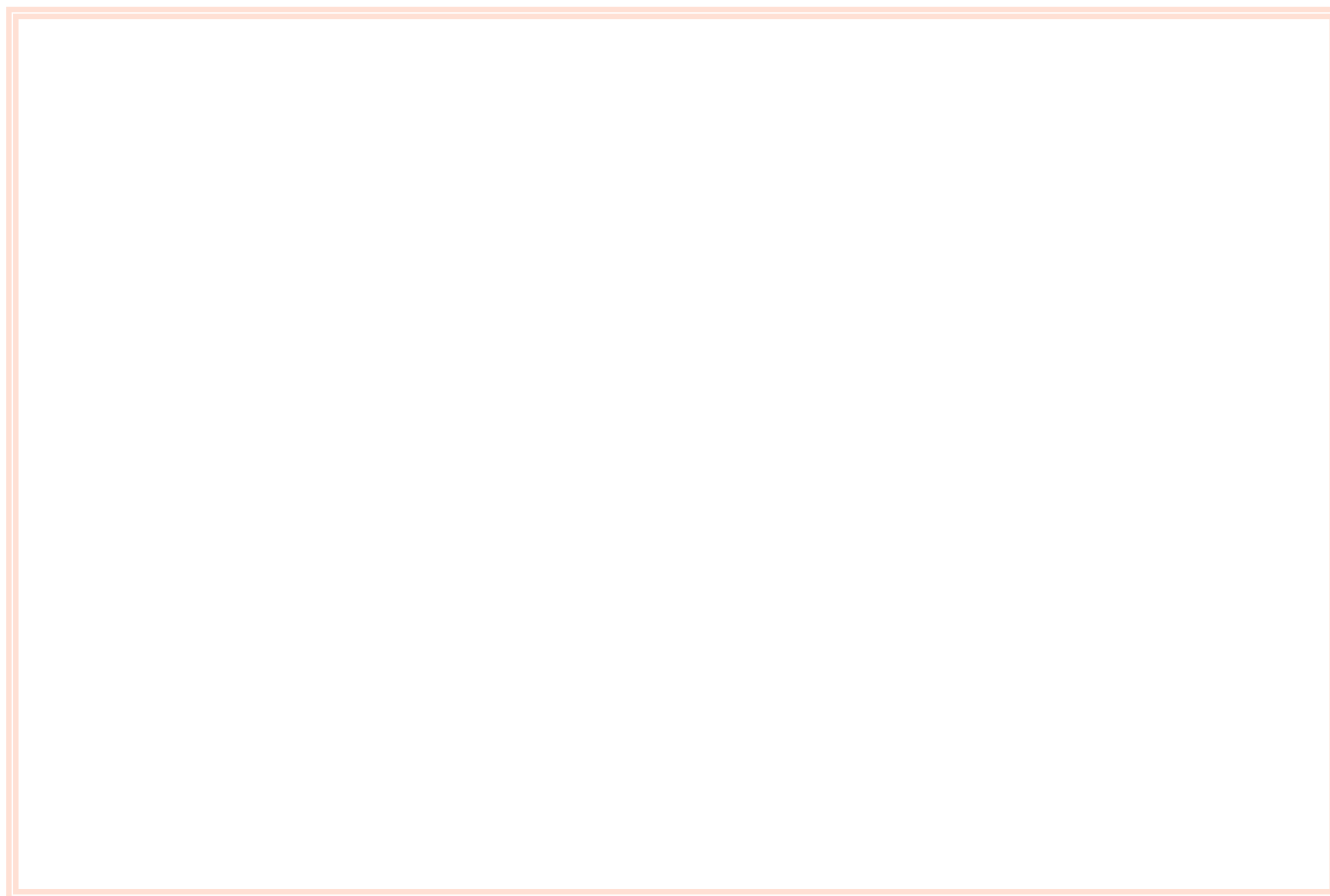
إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّى يُغَيِّرُوا
مَا بِأَنْفُسِهِمْ

"Indeed, Allah does not change
the condition of a people until
they change what is in
themselves." (Quran 13:11)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

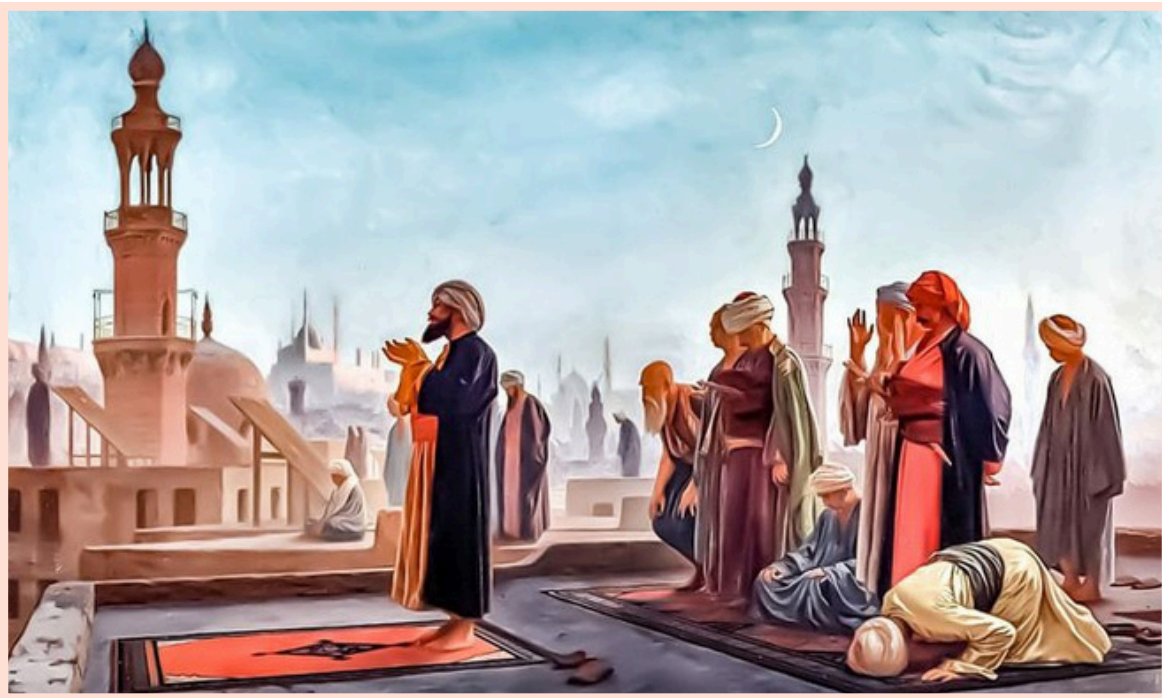
3.

Hadith:

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي

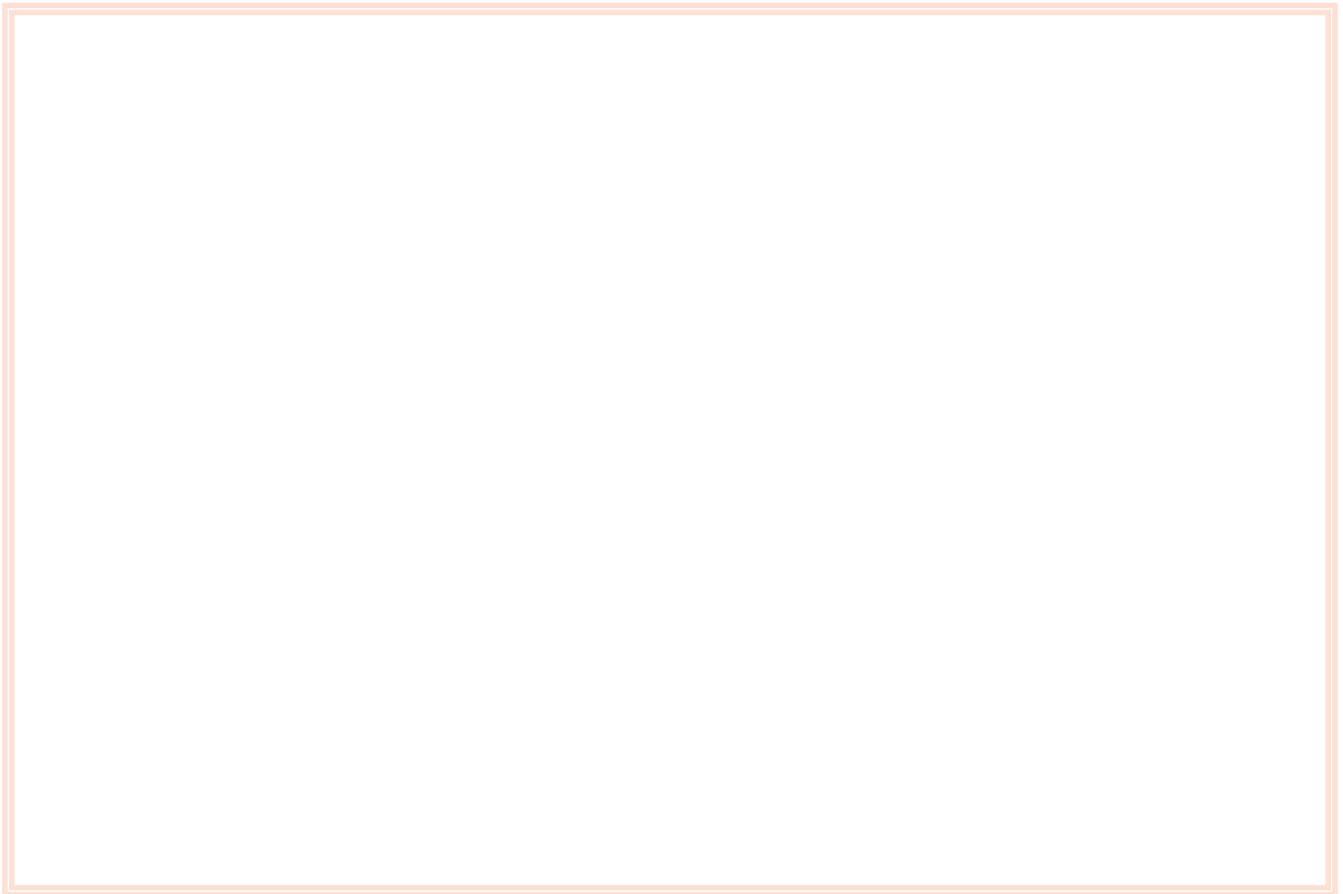
يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

"The strong person is not the one who is
able to overpower others; the strong
person is the one who controls themselves
when they are angry." (Sahih al-Bukhari)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Dua:

"اللهم لا سهل إلا ما جعلته سهلاً، وأنت

تجعل الحزن إذا شئت سهلاً"

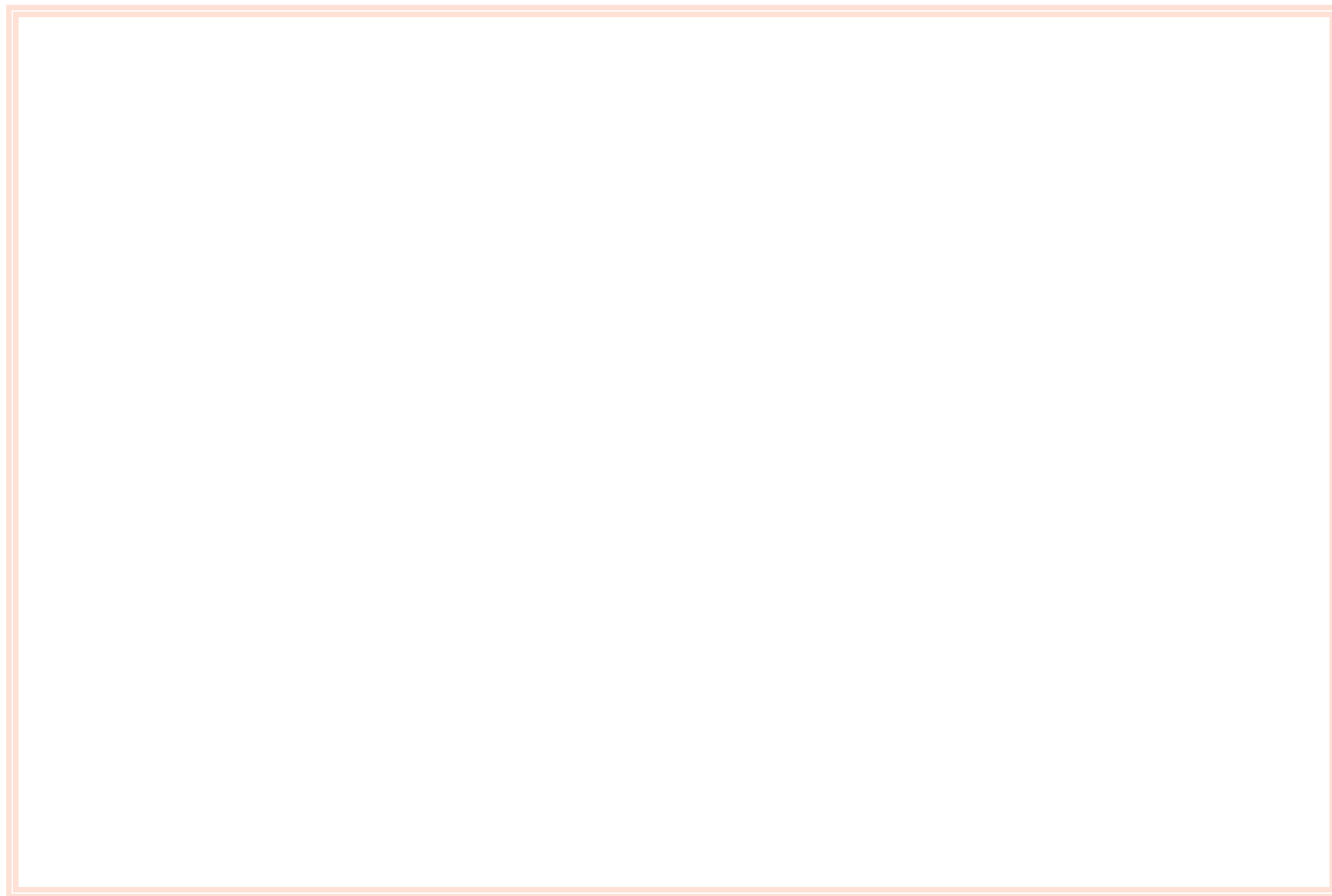
"O Allah, there is no ease

except what You make easy,
and You can make sadness easy
if You wish." (*Sahih al-Bukhari*)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Quranic

Verse:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ

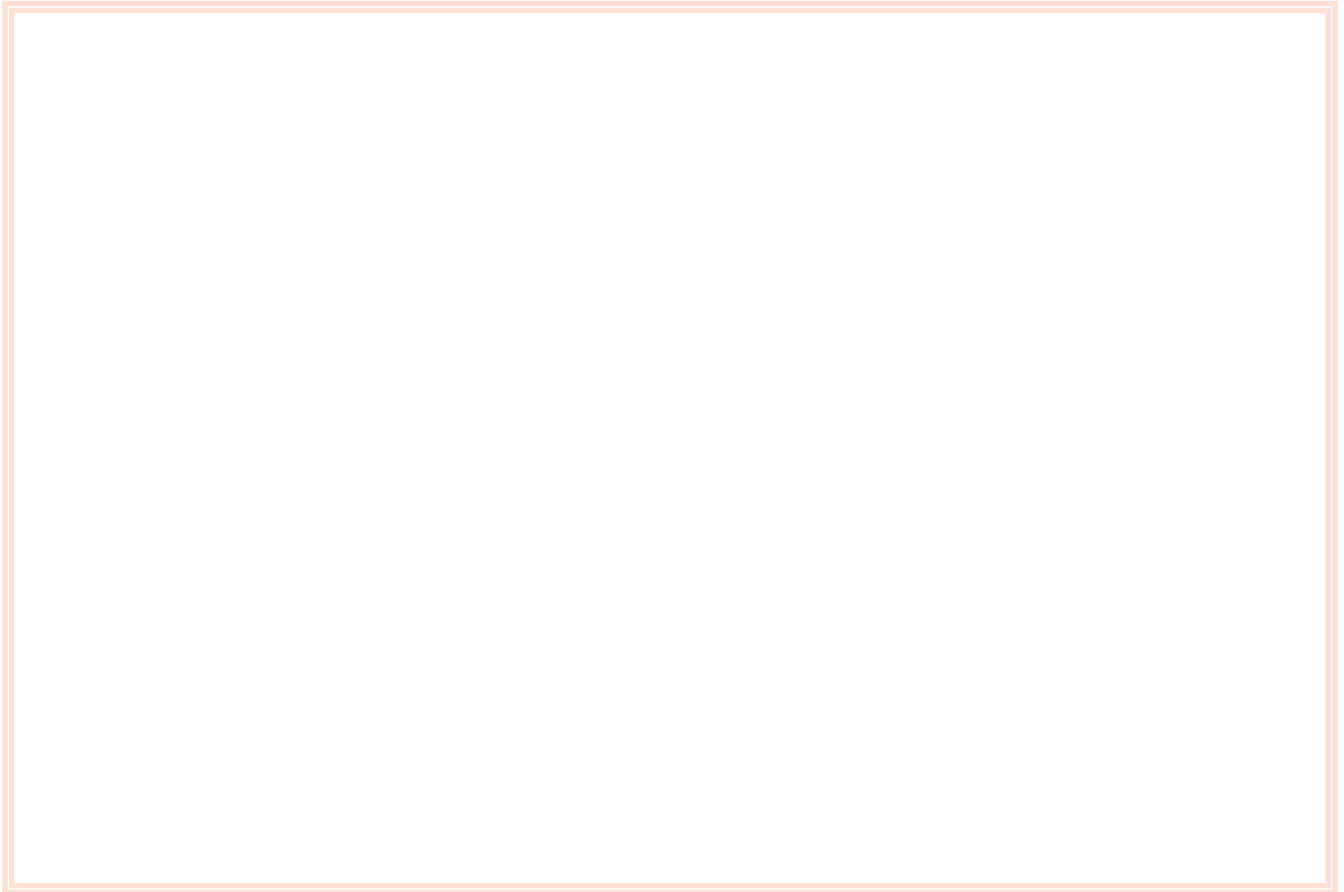
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

And We will surely test you with
something of fear and hunger and a loss
of wealth and lives and fruits, but give
good tidings to the patient. (Quran 2:155)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

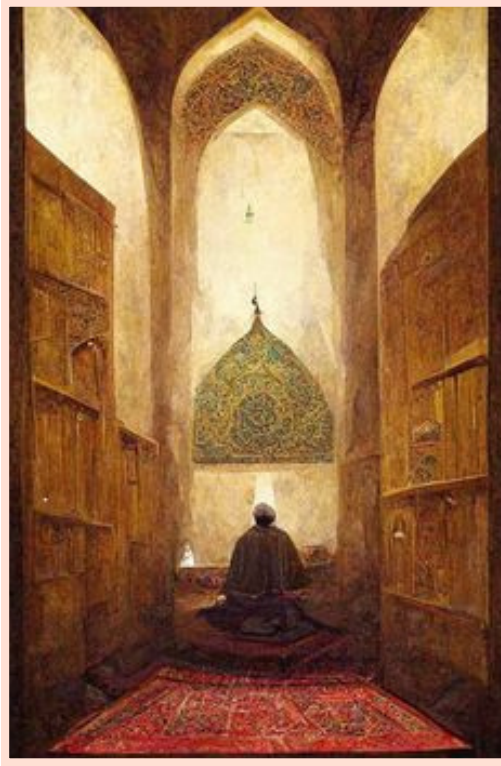
1.

2.

3.

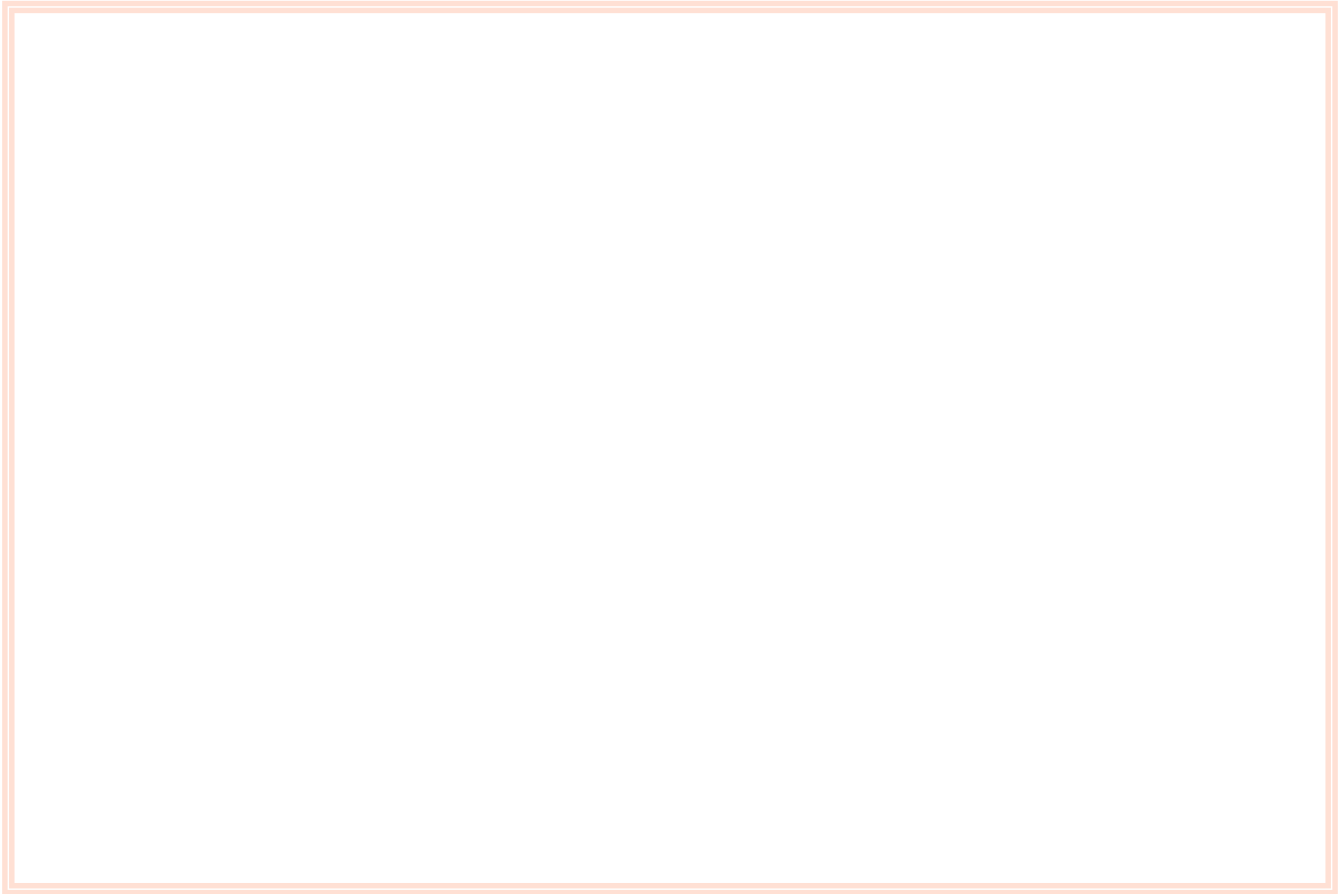
Hadith:

The Prophet said, "No fatigue, nor disease, nor
sorrow, nor sadness, nor hurt, nor distress
befalls a Muslim, even if it were the prick he
receives from a thorn, but that Allah expiates
some of his sins for that." (*Sahih al-Bukhari*)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW



Before

How are you
feeling today?

After

Things you are
grateful for:

1.

2.

3.

Dua:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ

وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

“O Allah, I take refuge in You from anxiety and

sorrow, weakness and laziness, miserliness

and cowardice, the burden of debts and from

being overpowered by men.” (Al-Bukhari)



YOUR ART PIECE

IF IT DOESN'T FIT, PUT A PICTURE IN THE SPACE
BELOW

