



The
Shukr
Lifestyle

A Gratitude Journal

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Introduction

In the name of Allah, Most Gracious, Most Merciful

**And give thanks to Allah
if you [truly] worship
Him [alone].**

QUR'AN, 2:172

Shukr (gratitude) is an essential part of Islamic spirituality. There are various levels of piety, and the highest level is to worship Allah out of gratitude. This was the station of the Prophet ﷺ, who, excelled in worship, stating, “Should I not be a grateful servant?” (*Sahih al-Bukhari* #1130, *Sahih Muslim* #2819)

Shukr is a religious obligation. It emanates from within the heart, and is expressed practically through acts of worship and obedience to God. Accordingly, it must also manifest in acts of generosity, kindness, and gratitude to others as well.

Among the many benefits of **shukr** is that it builds optimism and resilience, motivating the believer to work hard with patience and steadfastness to overcome challenges, to attain balance and a more holistic wellbeing, and to reap the rewards of this world and the Hereafter.

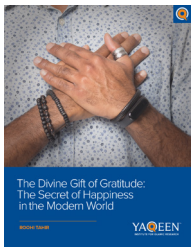
Reaching a level of conscious gratitude requires effort and consistently building good habits. This journal is designed to develop a gratitude mindset through daily reflections.

This is a 15-day journal designed to transform the heart through three things:

- 1 a daily reflection on a verse of the Qur'an or hadith related to gratitude;
- 2 writing down three things to be grateful for daily; and
- 3 participating in a unique gratitude activity.

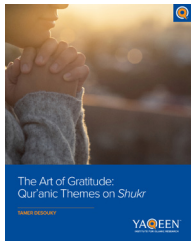
The journal can be reused in 15-day cycles until gratitude becomes a habit and a part of one's lifestyle. Every activity in this journal was carefully chosen for its benefits. These activities are a mixture of Sunnah practices and contemporary methods of gratitude building. Utilize this journal daily for two weeks in order to maximize your benefits from it.

Learn more about **gratitude**
from our research papers:



**The Divine Gift of Gratitude:
The Secret of Happiness
in the Modern World**

by **Roohi Tahir**



**The Art of Gratitude:
Qur'anic Themes of *Shukr***

by **Dr. Tamer Desouky**

How To Use This Journal

The journal is designed to be used for a period of 15 consecutive days. Each day involves three activities. The first consists of reflecting on a quotation from the Qur'an or a hadith. Take some time (5–10 minutes) to think about the verse or hadith and write down some of your reflections.

The second activity involves writing down three things that you are grateful for in the space provided. Every day, take a few moments to think of three blessings in your life. Write these down and thank Allah for each one. Try to think of three new items for each of these 15 days so you can discover more and more blessings in your life that you may have been taking for granted.

The third is a unique gratitude-building activity. Choose one of the 15 specific activities we have designed to train the mind to be gratitude-focused. Doing these daily activities will help build more positive and optimistic ways of thinking that are grounded in gratitude and worship.

Try to complete all three activities every day for the next 15 days for maximum benefit. Then start the cycle again.

DAY

1

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ ۖ
وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And remember! Your Lord declared “If you are grateful, I will give you more, but if you show ingratitude, indeed My punishment is terrible.”

QUR’AN, 14:7

Today I am grateful for:

1

2

3

Activity

Make a list of blessings you are grateful for and connect each one to one or more of the beautiful attributes of Allah. These may, for example, include everyday accomplishments, answered supplications, the aversion of harm, etc. Thank Allah for that blessing while acknowledging the relevant attribute of Allah to the blessing.

For example, one may connect blessings to these names of Allah, *Al-Rahman* for His Mercy, *Al-Ghafur* for His Forgiveness, and *Al-Wadud* for His Gifts of Love.

DAY

2

فَاذْكُرُونِي أَذْكُرْكُمْ
وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

**Then remember Me;
I will remember you.
Be grateful to Me, and
do not reject Me.**

QUR'AN, 2:152

Today I am grateful for:

1

2

3

Activity

Using all that Allah has blessed you with to do good and to seek His pleasure is the ultimate expression of gratitude. This includes, but is not limited to, your intellect and faculties such as your eyes, ears, speech, and physical capabilities. Gratitude to Allah is expressed in spending your time, talents, and resources in worship of Him and service to His creation.

Reflect on the moments when you may have fallen short in obeying Allah, and perhaps misused blessings bestowed upon you, by seeking forgiveness from Allah, and rectify and redirect your intentions and actions. An example of this could be time wasted on watching or engaging in an activity or conversation that displeases Allah or distracts you from praying on time.

DAY
3

وَلَقَدْ آتَيْنَا لُقْمَانَ الْحِكْمَةَ أَنْ اشْكُرْ لِلَّهِ ۚ
وَمَنْ يَشْكُرْ فَإِنَّمَا يَشْكُرُ لِنَفْسِهِ ۗ
وَمَنْ كَفَرَ فَإِنَّ اللَّهَ غَنِيٌّ حَمِيدٌ

We gave Luqman wisdom
to be grateful to Allah.
So, whoever is grateful
does so for his own soul.
And whoever is ungrateful,
Allah is Independent,
All-Praised.

QUR'AN, 31:12

Today I am grateful for:

1

2

3

Activity

Remind yourself that Allah's Power and Wisdom are far beyond our capacity. Hardships that we encounter contain good we may not perceive, which will overtake any harm when we turn to Allah in faith, obedience, patience, and gratitude.

Think of those who are being tested with far greater tests than yours, and all that you have been spared from. These may include, for example, being tested with poverty, illness, injustice, oppression, or in one's faith, with broken trust, etc.

DAY

4

عَنْ أَبِي بَكْرَةَ، عَنِ النَّبِيِّ ﷺ
أَنَّهُ كَانَ إِذَا جَاءَهُ أَمْرٌ سُرُورٍ أَوْ بُشْرٍ بِهِ
خَرَّ سَاجِدًا شَاكِرًا لِلَّهِ

Abu Bakrah reported that
the Prophet ﷺ, whenever
he received good news or
something pleasing, would
fall down in prostration
in gratitude to Allah.

SUNAN ABI DAWUD #2774

Today I am grateful for:

1

2

3

Activity

Maintain an attitude of gratitude throughout the week, keeping an eye out for any opportunity to make *sajdah shukr*. If you come across any major news this week that you are truly grateful for, then immediately make *sajdah* and thank Allah for that blessing.

DAY
5

عَنْ سِنَانِ بْنِ سَنَّةَ الْأَسْلَمِيِّ،
صَاحِبِ النَّبِيِّ ﷺ قَالَ قَالَ رَسُولُ اللَّهِ ﷺ
“الطَّاعِمُ الشَّاكِرُ لَهُ مِثْلُ أَجْرِ الصَّائِمِ الصَّابِرِ”

Sinan ibn Sannah رضي الله عنه reported that
the Messenger of Allah ﷺ said,

**“The one who eats gratefully
has a reward similar to one
who fasts patiently.”**

SUNAN IBN MAJAH #1765

Today I am grateful for:

1

2

3

Activity

Eat your next meal in a state of gratitude.
Acknowledge every step that led to that halal meal
being provided to you, and how Allah facilitates the
entire process for you every single day. Begin the
meal with “bismillah” and end it with “alhamdulillah”,
while maintaining a state of gratitude
throughout the meal.

DAY

6

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ
لَا تَعْلَمُونَ شَيْئًا وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ
وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ تَشْكُرُونَ

When God brought you out of your mother's womb, you did not know anything. But he gave you eyes and ears and intellect, so that you may be grateful.

QUR'AN, 16:78

Today I am grateful for:

1

2

3

Activity

Thank Allah for blessing you with Islam. Reflect on how you use your intellect, senses, and faculties in five ways to know, worship, and obey Allah, saying "alhamdulillah" for each one. Reflect on moments in your life when you could have been misguided or misled away from Allah, but Allah showed you the right way. Thank Allah for His mercy, protection, and guidance.

DAY

7

وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا
وَمَنْ يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا
وَسَنَجْزِي الشَّاكِرِينَ

Anyone who desires reward in this world shall be given it here, and anyone who desires reward in the hereafter shall be given it there. Soon We will reward the grateful.

QUR'AN, 3:145

Today I am grateful for:

1

2

3

Activity

Whenever you spend in charity or do something charitable, reflect on the blessing of having the capacity to do it, and the blessings and reward that come from doing it. Give charity without expecting anything in return from the recipient, as an expression of gratitude to Allah for all your blessings.

DAY

8

قَالَ هَذَا مِنْ فَضْلِ رَبِّي لِيَبْلُوَنِي
أَأَشْكُرُ أَمْ أَكْفُرُ ۚ وَمَنْ شَكَرَ فَإِنَّمَا يَشْكُرُ
لِنَفْسِهِ ۗ وَمَنْ كَفَرَ فَإِنَّ رَبِّي غَنِيٌّ كَرِيمٌ

(Suleiman) said: “This is of the grace of my Lord that He may test me whether I am grateful or ungrateful; and whoever is grateful, he is grateful only for his own soul, and whoever is ungrateful, then surely my Lord is free of all need, Generous Beyond Accounting.

QUR’AN, 27:40

Today I am grateful for:

1

2

3

Activity

Take time to sit for 15 minutes and reflect on as many blessings as you can. Connect every blessing, even the most mundane, tangible or not, back to Allah by expressing gratitude whenever you think of it, use it, or mention it. Acknowledge every little thing—from the air you breathe to the beating of your heart—as a blessing from Allah.

DAY
9

احْفَظْ اللَّهَ تَجِدُهُ أَمَامَكَ، تَعْرِفْ إِلَى اللَّهِ
فِي الرَّخَاءِ يَعْرِفَكَ فِي الشِّدَّةِ

Ibn Abbas رضي الله عنه reported that
the Messenger of Allah صلى الله عليه وسلم said:
“Acknowledge Allah in
prosperity and He will
acknowledge you
in adversity.”

AN-NAWAWI 19

Today I am grateful for:

1

2

3

Activity

Memorize the following *du'a* and build a habit of
reciting it daily:

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

*Allahumma ainni ala dhikrika, wa shukrika,
wa husni ibadatika*

O Allah, help me remember You, to be grateful to You,
and to worship You in an excellent manner.

SUNAN ABI DAWUD #1522

DAY
10

عَنْ أَبِي الْعَلَاءِ بْنِ الشَّخِيرِ أَنَّ رَسُولَ اللَّهِ ﷺ
قَالَ إِنَّ اللَّهَ يَبْتَلِي عَبْدَهُ بِمَا أَعْطَاهُ فَمَنْ
رَضِيَ بِمَا قَسَمَ اللَّهُ لَهُ بَارَكَ اللَّهُ لَهُ فِيهِ
وَوَسَّعَهُ وَمَنْ لَمْ يَرْضَ لَمْ يُبَارَكْ لَهُ

Abu al-Ala reported that the
Messenger of Allah ﷺ said:

**“Allah tests His servant by
giving to him. Whoever is
content with what Allah has
apportioned for him, Allah will
bless him in it and expand it.
Whoever is not content,
he will not be blessed in it.”**

MUSNAD AHMAD #20279

Today I am grateful for:

1

2

3

Activity

Express your gratitude to people in positions of service to you such as in the workplace, at school, in public, and those employed by you. For example, those who maintain the landscape, repair, or clean are often taken for granted and neglected and are all deserving of gratitude. Find at least one person today to thank for their service.

DAY

11

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
قَالَ "لَا يَشْكُرُ اللَّهَ مَنْ لَا يَشْكُرُ النَّاسَ"

Abu Hurayrah رَضِيَ اللَّهُ عَنْهُ reported that
the Messenger of Allah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said:

**“Whoever does not
thank people has not
thanked Allah.”**

SUNAN ABI DAWUD #4811

Today I am grateful for:

1

2

3

Activity

Make it a point to express your gratitude to those around you, particularly to your parents, spouse, and children, but also to those within your social and professional circles.

Think of three people who have done you a huge favor. Thank them for that favor, and make **du'a** for them.

DAY
12

إِنَّا هَدَيْنَاهُ السَّبِيلَ
إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

Indeed, We guided him
[i.e., man] to the way;
either he is grateful or
he is ungrateful.

QUR'AN, 76:3

Today I am grateful for:

1

2

3

Activity

Visualize your life with some of your blessings missing. Imagine if Allah did not bless you with faith, life, health, or family. Visualize the impact of such a trial on you, then feel gratitude in your heart for these gifts. Express your gratitude through praising Allah and using these gifts to benefit others.

DAY

13

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ
وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

O you who believe, eat from
the pure things which We
have provided for you and be
grateful to Allah if it is [indeed]
Him that you worship.

QUR'AN, 2:172

Today I am grateful for:

1

2

3

Activity

Take time to reflect on the blessings of halal income, food, and water. Every penny that you earn is a blessing from Allah. Every bite that you eat is a blessing from Allah. Every drop of clean water you drink is a blessing from Allah. Reflect on the gift of sustenance and express gratitude to Allah for every bit of sustenance you receive.

DAY

14

وَمَنْ يَقْتِرِفْ حَسَنَةً نَّزِدْ لَهُ فِيهَا حُسْنًا
إِنَّ اللَّهَ غَفُورٌ شَكُورٌ

And whoever commits a
good deed, We will increase
for him good therein.
Indeed, Allah is Forgiving
and Appreciative (*Shakur*).

QUR'AN, 42:23

Today I am grateful for:

1

2

3

Activity

Reflect on Allah's Mercy in rewarding us for our deeds. For every good deed, we get at least ten rewards. The reward is increased based on our intentions, purity of soul, and impact. Make a list of good deeds you did today, and how much the reward for each deed would be based on these multipliers. Express gratitude to Allah for such a merciful reward system.

DAY
15

عَنْ زِيَادٍ، قَالَ سَمِعْتُ الْمُغِيرَةَ رَضِيَ اللَّهُ عَنْهُ
يَقُولُ إِنْ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَيَقُومُ لِيُصَلِّيَ حَتَّى
تَرْمُ قَدَمَاهُ أَوْ سَاقَاهُ، فَيُقَالُ لَهُ فَيَقُولُ
“أَفَلَا أَكُونُ عَبْدًا شَكُورًا”

Al-Mughirah ibn Shu'bah رضي الله عنه reported that
the Prophet صلى الله عليه وسلم would pray
until his feet were swollen.
It was said to him, “Why do you
do this when Allah has forgiven
your past and future sins?”
The Prophet صلى الله عليه وسلم said, “Shall I not
be a grateful servant?”

SAHIH AL-BUKHARI #1130, SAHIH MUSLIM #2819

Today I am grateful for:

1

2

3

Activity

When standing up to pray, reflect on the blessings in your life. Feel gratitude in your heart for these blessings, and worship Allah with the intention of being a grateful servant. Try this at least once a day to get accustomed to worshipping with the intention of gratitude.

About the Authors

Roohi Tahir

Roohi Tahir has a BS with honors in Computer Engineering from Boston University and is a graduate of the BMAIS higher Bridge to Masters diploma. She is currently pursuing a Masters degree in Islamic Studies from the International Open University. She is a research fellow at Yaqeen Institute, and also the Founder and Instructor of Nourish Your Soul, a platform for Islamic education.

Ismail Kamdar

Ismail Kamdar graduated from the 'Alimiyyah program in 2006 and completed a BA in Islamic Studies at International Open University in 2014. He specializes in the fields of *fiqh*, *tafsir*, and history, and is the author of over a dozen books in the fields of Islamic Studies and personal development. He is the founder of Islamic Self Help, product owner of Yaqeen Books, and the research manager at Yaqeen Institute.

He is the author of *Productivity Principles of Umar II*, *Time Management & Barakah in Islam*, *Self-Confidence: The Islamic Way*, *Themes of the Quran*, *Earning Barakah*, *Homeschooling 101*, *Qur'an 30for30*, and several other books about Islam and personal development.

About Yaqeen Institute

Islam has a centuries-long tradition of inspiring its adherents to contribute to humanity based on conviction in its tenets. Previous generations of Muslims were at the forefront of contributing to medicine, philosophy, architecture, and governance, among other areas. We are an institute aiming to rekindle this tradition.

Constant negative portrayals of Islam have put Muslims in a defensive position in which they constantly have to justify their convictions while fighting off the natural doubts and insecurities that arise in such a climate. As such, young Muslims should be intellectually equipped and spiritually anchored in a way that empowers them to deal with the onslaught of doubt-inducing claims routinely leveled against Islam.

We aim to actively participate in the current discourse, touching on all topics that are related to establishing conviction in the hearts and minds of young Muslims. Yaqeen institute aims to be the trusted source regarding these topics by generating well-researched Islamic content that is disseminated through various formats including articles, infographics, animations, videos, and cutting-edge technology. This content is also carefully assembled into curricula that can be used by various educators and community leaders to help anchor young Muslims in their faith and produce thoughtful societal contributions.

Yaqeen Institute is a non-profit research initiative that makes all its content free and accessible. This allows everyone looking for answers, and those tasked with giving answers, to always have a comprehensive resource readily available to them.

We believe that telling our own story is the only way to counter the narrative that has been forced upon our community.

Other Books by Yaqeen Institute for Islamic Research

Visit yaqeeninstitute.org/read/books to learn more about our full range of books, which include:



**Qur'an 30for30:
The Companion Reader**



**Qur'an 30for30:
Seerah Edition**



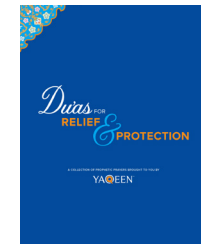
**Your Lord Has Not
Forsaken You:
Addressing the Impact
of Trauma on Faith**



**The Final Prophet:
Proofs for the
Prophethood of
Muhammad**



A Du'a a Day



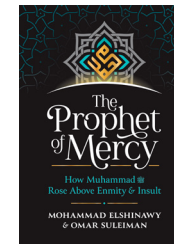
Du'as for Relief & Protection



Habits to Win



Meeting Muhammad



The Prophet of Mercy



Angels in Your Presence



Allah Loves...



Prayers of the Pious