



FREE SAMPLE · 6-PAGE PREVIEW

The 30-Day Quran Journal

A 30-Day Guided Reset

See how guided journaling works —
prompts, duas & trackers inside.



◆ Full journal · 43 pages · \$8.99 ◆
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WELCOME



Assalamu alaikum.

You picked up this journal because something in you wants to come back to the Quran — properly this time. No pressure, no performance, no “perfect Muslim” required. Just you, this page, and a heart that’s trying.

This journal is guided. Every day gives you a theme, three questions, space for notes, a reflection line, and a dua. You don’t need to know tafsir. You don’t need to know Arabic. You only need to show up.

HOW TO USE



1.

Open your Quran (or an app). Each day points to a theme — find any passage that speaks to it. You don't need a specific verse.

2.

Write what's true for you. There are no wrong answers in this journal.

3.

Keep it small. Ten honest minutes beat one ambitious hour you skip.

4.

Nothing here is dated. Skip a day, repeat a day, print the page again — the journal bends to your life, not the other way around.

5.

End each day with the dua and one small action. The action is the point.





DAY 1 — Your Intention (Niyyah)

Today's focus:

Every journey starts with a why. Before you open the Quran today, name yours.

Three questions:

1. Why do you want to spend these 30 days with the Quran? Write it in one sentence — no editing.

2. What would "success" at the end of 30 days look like to you — not for anyone else, just you?

3. Is there anything you're hoping this journal will quietly change in your daily life?

Tafsir & notes:

Jot down anything you already know about intentions — or questions about them you've never asked.

Reflection:

Write one line to your future self, 30 days from now, should read first.



Dua & action step:

"O Allah, accept my intention, and make this the beginning of a habit that lasts."

Action:

Set a time of day you'll open this journal, and write it here.





DAY 2 — Sincerity (Ikhlas)

Today's focus:

Sincerity is the ingredient nobody sees — and the one everything depends on.

Three questions:

1. Whose opinion are you quietly performing for right now? Be honest in writing.

2. If no one ever saw this journal, would you still fill it? Why?

3. What's one thing you do for show — and what would it look like done for Allah alone?

Tafsir & notes:

Write about a moment you felt your worship was "just for Him." What was different?

Reflection:

"Today I did one thing with no audience: ..."



Dua & action step:

"O Allah, purify my intention, and hide my good deeds."

Action:

Do one act of kindness today that no one will know about.





Day 1 done. All 30 to go?

This sample gave you the rhythm: a focus,
three questions, space for notes,
a reflection, a dua — and one small step.



The full journal walks you through 30 guided
days across six themes — Connect, Character,
Trials, Mercy, Community, Renewal — plus 8
bonus tools: 99 Names of Allah, a full Surah
checklist, dua collection, reading &
memorization trackers, and more.



Undated, printable, restart any time.

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