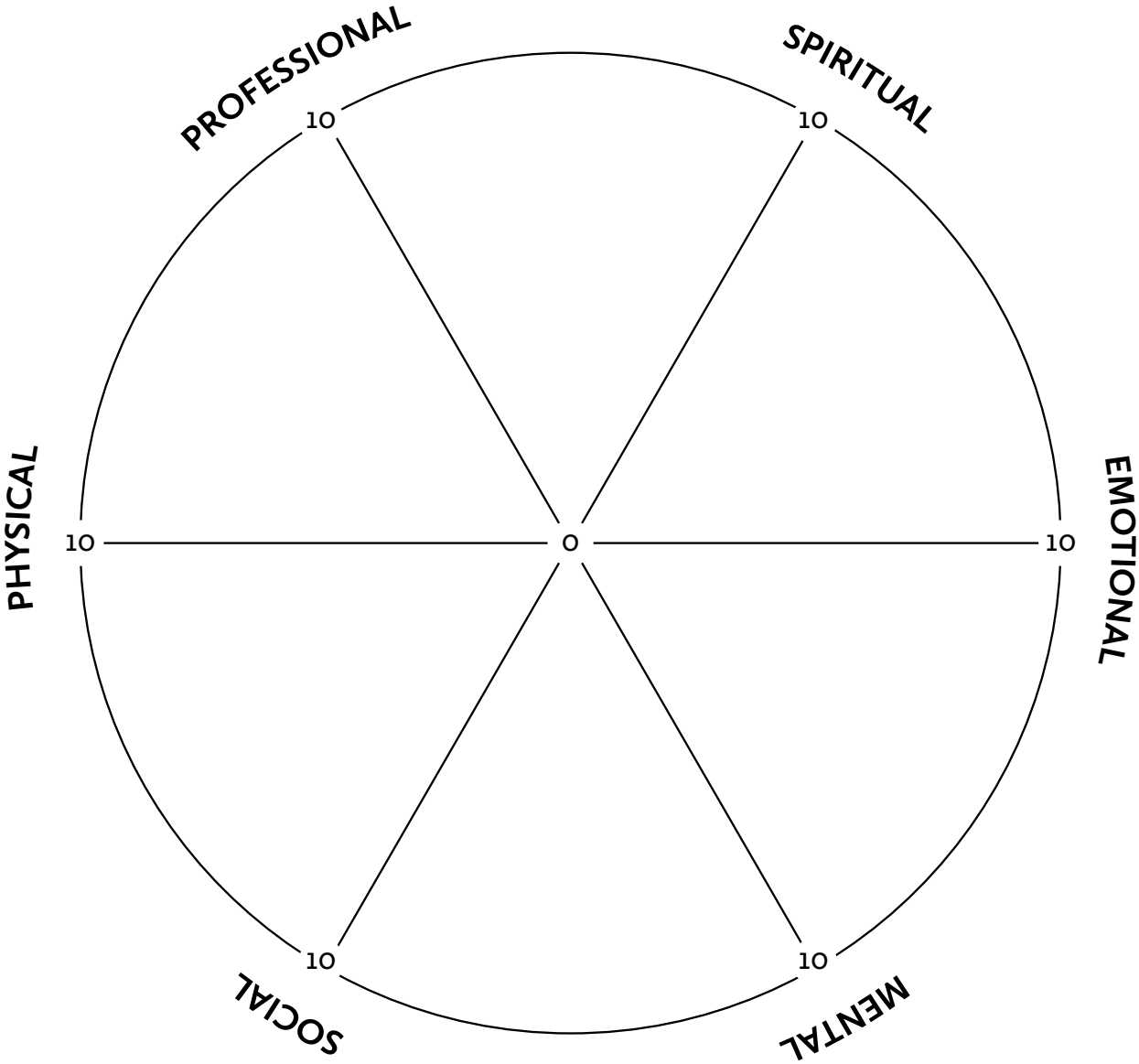




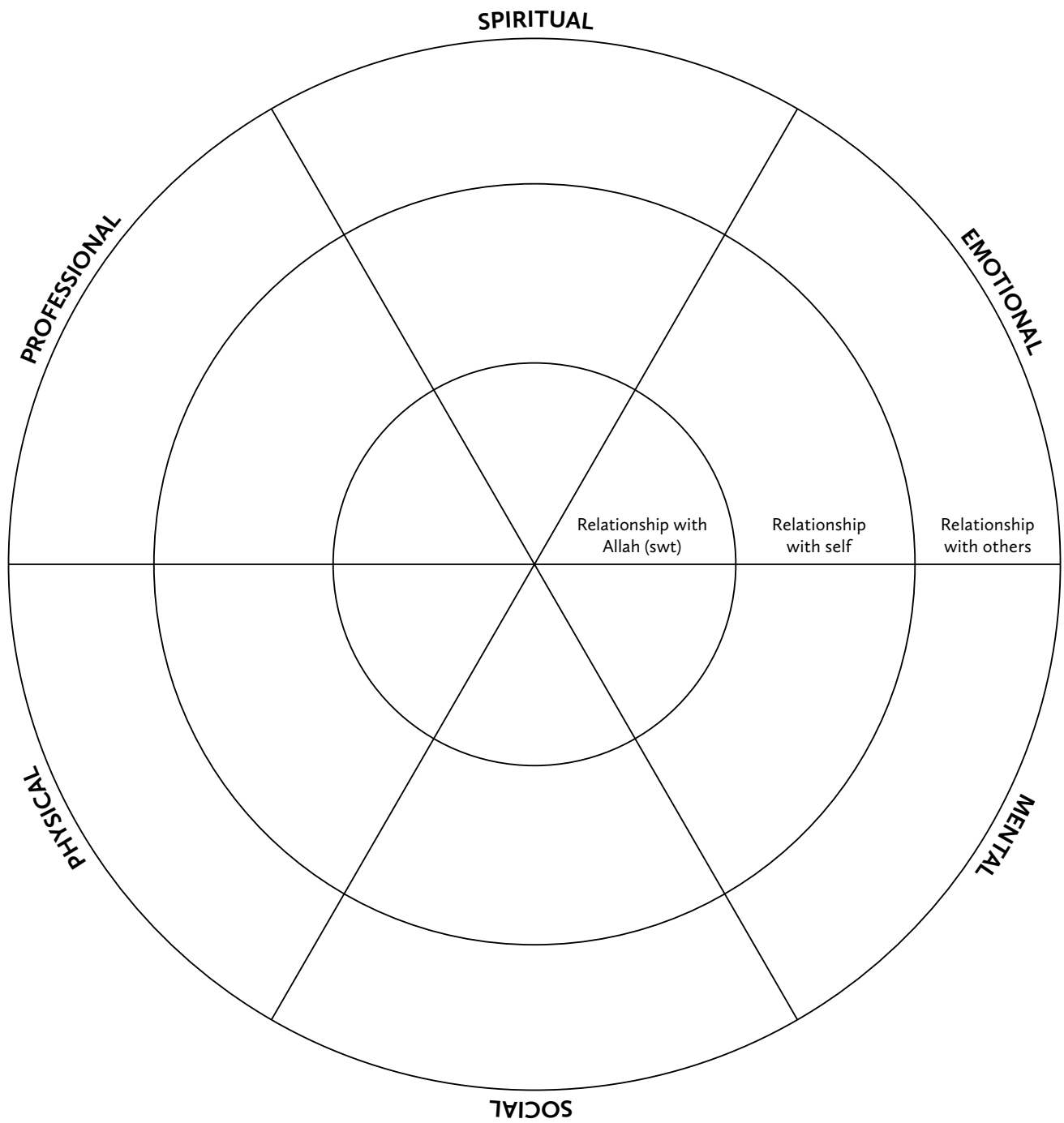
**Jessica Kingsley**  
Publishers

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WELLBEING WHEEL



## SELF-CARE PLAN FOR WELLBEING



## WEEKLY SELF-CARE ROUTINE

---

Day	Self-care activity	Time	Notes/reflections
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

DAILY GRATITUDE JOURNAL

Morning

3 things I'm grateful for:

1.

2.

3.

Positive affirmation:

End of day

3 things I'm grateful for:

1.

2.

3.

What made me smile today?

Is there someone I want to express my gratitude to, and how? (e.g. gratitude letter/message or verbally)

What can I add to my gratitude jar?

What gratitude practice would I like to do tomorrow? (e.g. gratitude walk, mindful moment or visualization)

## JOURNAL TEMPLATE

Thoughts	Behaviours	Pattern (thoughts or actions)	Underlying beliefs

## CHALLENGING NEGATIVE THOUGHTS

---

Negative thought	Switch to a positive thought

## BREAKING A TASK INTO STEPS

Task	
Step 1	
Step 2	
Step 3	
Step 4	
Step 5	



## ACHIEVEMENT LOG



## POSITIVE FEEDBACK JOURNAL

---

Positive feedback/comment	How I feel hearing and receiving this

## SELF-ABANDONMENT HABIT TRACKER

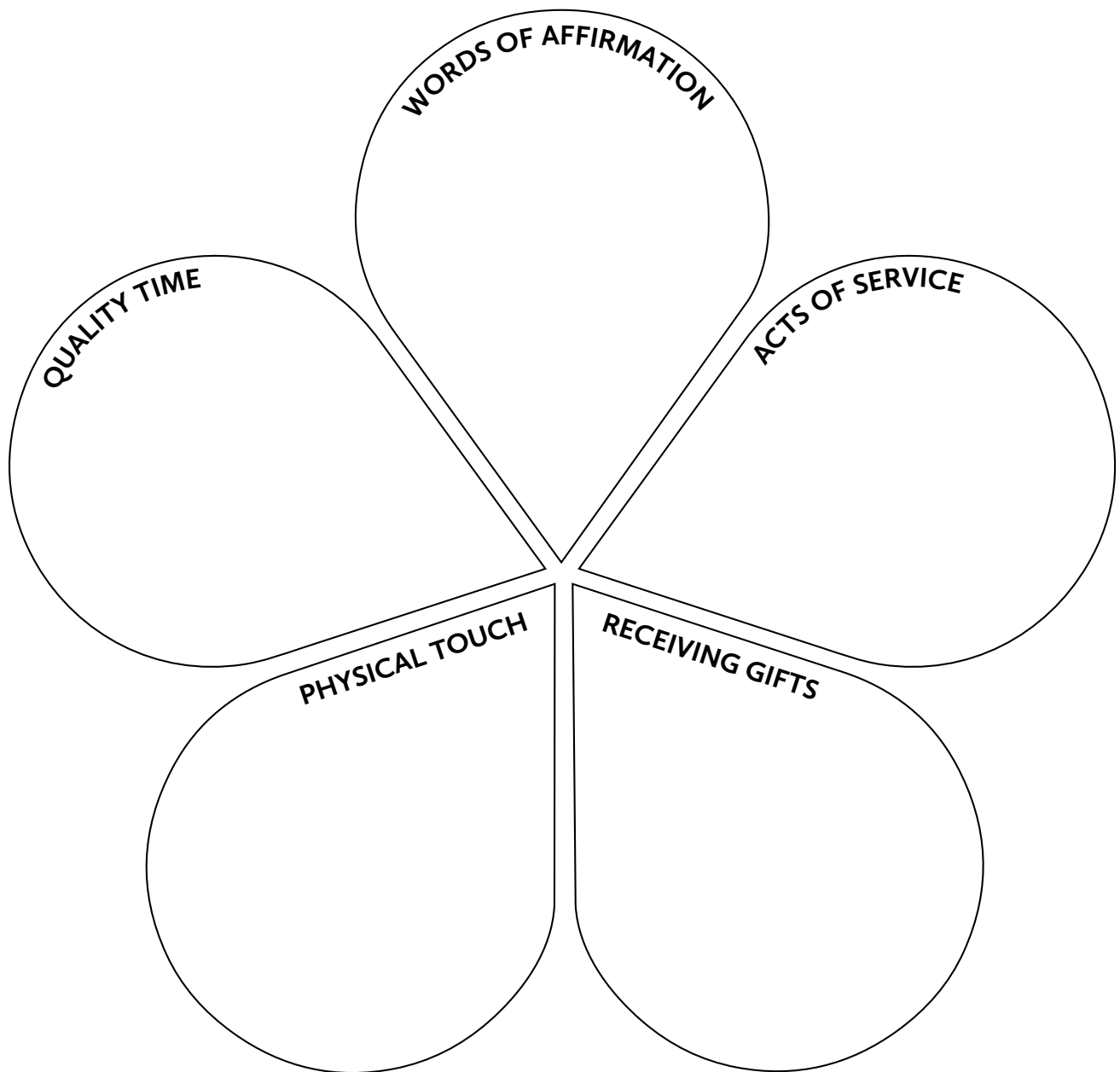
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Self-abandonment action/habit (what are you dismissing)	When did you do this?	Who is the action directed towards? (self, partner, family, friend)	How do you feel when you do this action?	Deeper fear or belief related to this action/habit

## DAILY WELLBEING JOURNAL

Morning reflections		
<b>Set intentions for the day</b> I can make today positive by... ..... ..... How can I feel inspired today? ..... ..... I am looking forward to: ..... ..... <b>Gratitude practice:</b> 3 things I am grateful for: 1. .... 2. .... 3. .... <b>Positive affirmation:</b> ..... .....		How am I feeling this morning? ..... ..... What self-care activities can I practise today? ..... ..... What is one goal or task to focus on today? ..... ..... Dua/verse I want to be mindful of and connect with: ..... .....
Evening reflections		
How have I looked after my wellbeing today?		
Spiritual self-care	Emotional self-care	Mental self-care
Social self-care	Physical self-care	Professional self-care
How do I need to support my wellbeing tomorrow? ..... ..... <b>Highlight of my day:</b> What went well today? What gave me energy? ..... ..... <b>Lowlight of my day:</b> What challenges did I face? What drained my energy? ..... ..... <b>One thing I learnt about myself:</b> ..... <b>3 things I'm grateful for:</b> 1. .... 2. .... 3. .... <b>Dua or verse I want to be mindful of and connect with:</b> ..... .....		

## SELF-LOVE LANGUAGE HABITS TEMPLATE



## DAILY GOALS TRACKER

Goal	Target date	Completed	Reflections

## CORE VALUES LIST

<b>Integrity</b>	<b>Love</b>	<b>Faith</b>	<b>Family</b>
Accountability	Resilience	Curiosity	Trust
Serenity	Compassion	Happiness	Self-respect
Fairness	Peace	Humility	Justice
Authenticity	Connection	Patience	Kindness
Courage	Gratitude	Faith	Service
Responsibility	Fun	Love	Creativity
Self-love	Honesty	Community	Empowerment
Open-mindedness	Achievement	Balance	Success
Challenge	Humour	Security	Determination
Growth	Loyalty	Generosity	Respect
Purpose	Excitement	Health	Exploration
Empathy	Joy	Knowledge	Positivity
Spirituality	Confidence	Tolerance	Adventure
Excellence	Playfulness	Innovation	Boldness
Freedom	Autonomy	Wisdom	Contribution

## CORE VALUES MADE MEANINGFUL

---

Core values	What does it mean to you? What is your relationship to it?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



## CORE VALUES APPLICATION

Core values	How does this core value show up in your life? How does it influence, reflect and apply towards your intentions, choices, decisions or life direction?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

## CORE VALUES IN RELATIONSHIPS

---

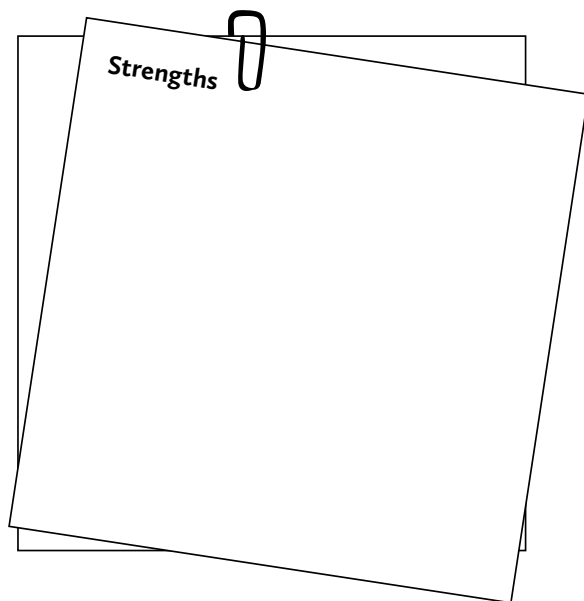
Core value	How does this core value shape your relationship with Allah (swt)?	How does this core value shape your relationship with yourself?	How does this core value shape your relationship with others?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

## CORE VALUES IN PRACTICE

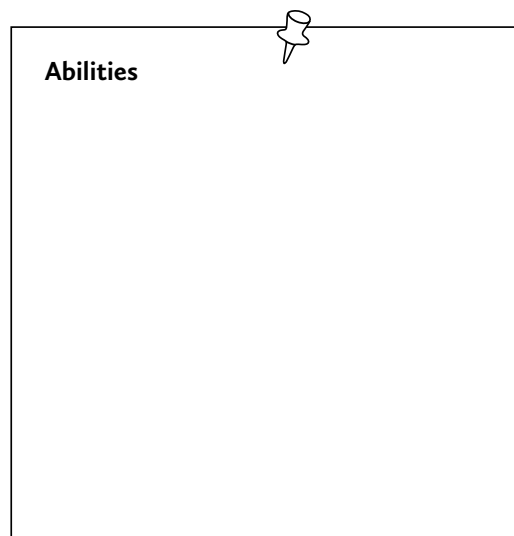
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Core value	How can you embody and apply this core value more intentionally in your relationships?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

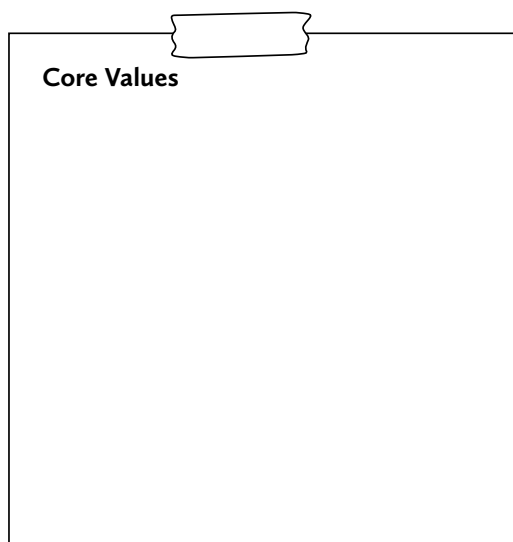
## SELF-ESTEEM LIST



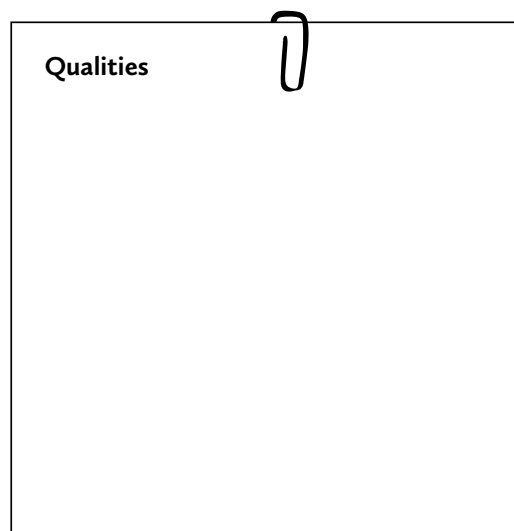
**Strengths**



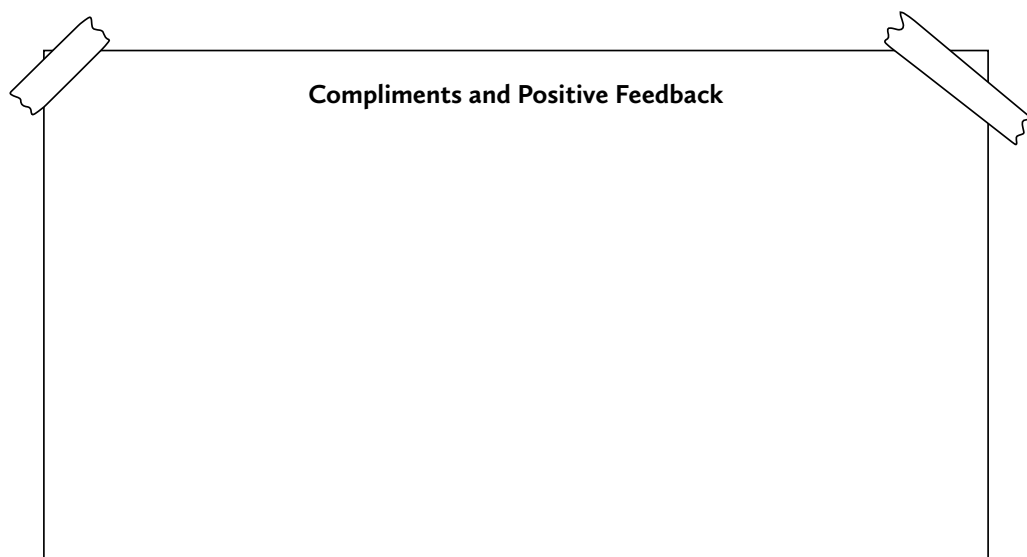
**Abilities**



**Core Values**

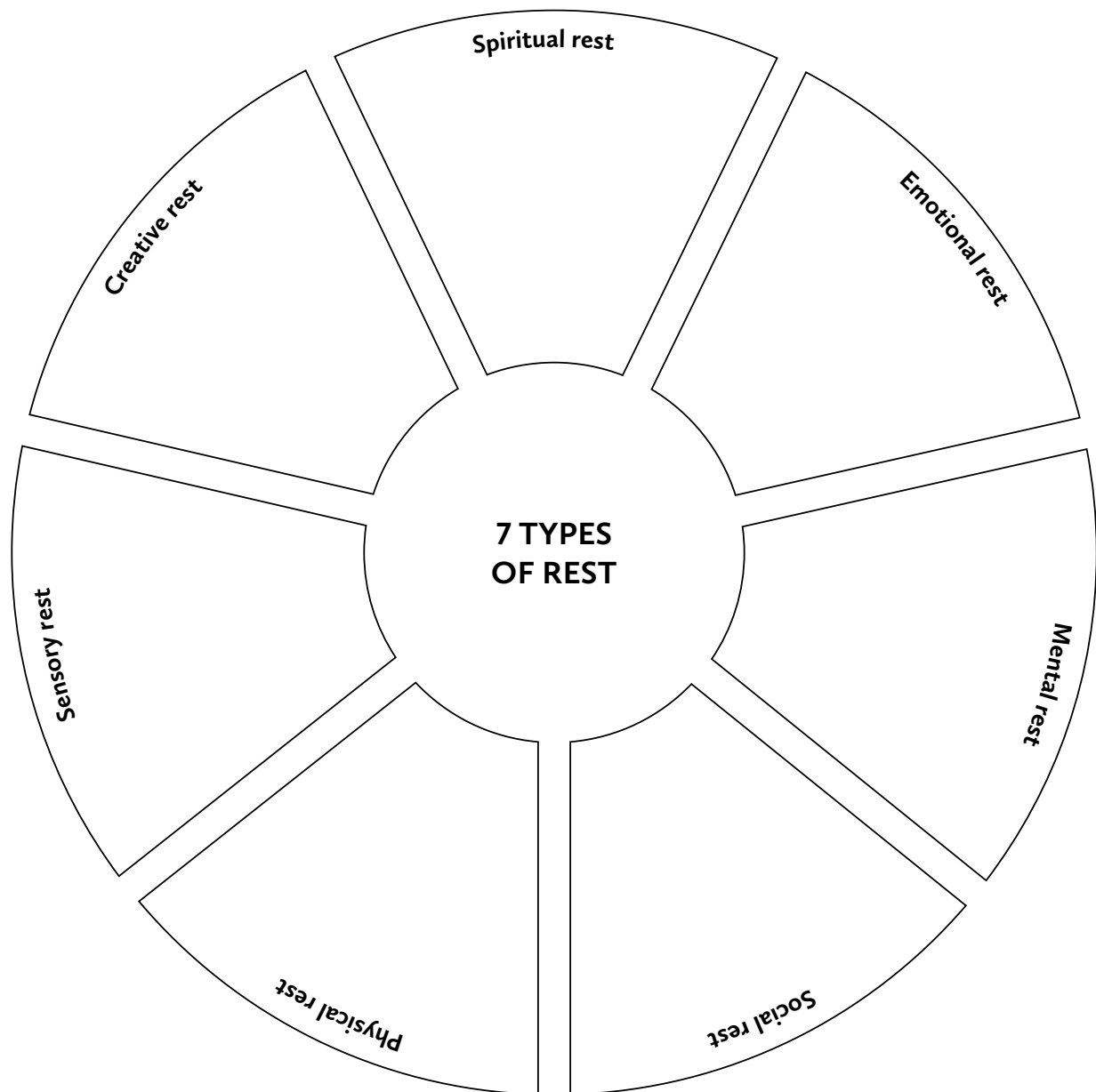


**Qualities**

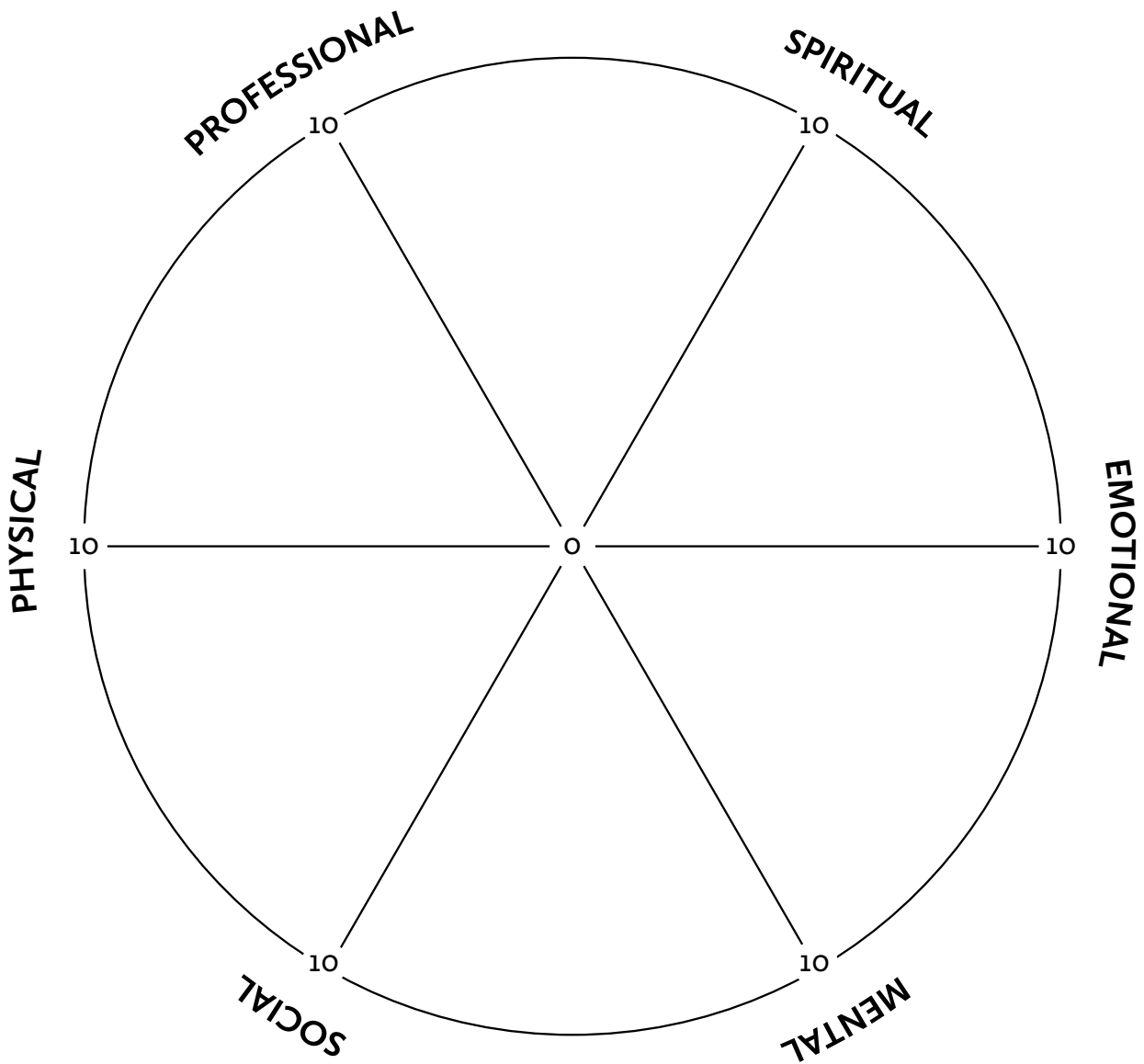


**Compliments and Positive Feedback**

## TYPES OF REST PLAN



WELLBEING WHEEL



WELLBEING GOAL SETTING

1. What areas in my wellbeing do I want to focus on for self-growth? (e.g. spiritual, emotional, mental or physical wellbeing, practise types of rest, recover from burnout, set boundaries, practise self-care)

.....

.....

2. What specific goal do I want to achieve?

.....

.....

3. Why is this goal important to me?

.....

.....

4. What steps will I take to achieve this goal?

.....

.....

Specific: What is my goal in one sentence? What do I want to accomplish?

.....

Measurable: How will I know I've met my goal?

.....

Achievable: What actions do I need to take to complete this goal?

.....

Relevant: Why is achieving this goal important to me? What value will reaching my goal give me?

.....

Time: When will I (need to) reach my goal?

.....

5. What barriers or challenges might I face and how will I overcome them?

.....

.....

.....

6. How will I know that I am progressing towards my goal? What will I notice, feel or experience?

.....

.....

.....

## WELLBEING GOALS TRACKER

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Goal:				
Action/steps	Target date	Progress	Notes	Reflections



## MONTHLY PROGRESS REVIEW

---

1. What progress have you made over this past month? What achievements or successes have you experienced?

.....

.....

.....

.....

2. What challenges have you experienced? How did you overcome them?

.....

.....

.....

.....

3. Are your goals still accurate? Do adjust them in any way?

.....

.....

.....

.....

4. What do you need to do this coming month to stay on track?

.....

.....

.....

.....

5. What signs or changes have you noticed in your wellbeing, feelings, thoughts or actions that reflect your self-growth?

.....

.....

.....

.....

6. How can you motivate yourself, or what do you need, to keep progressing in your goals and self-growth?

.....

.....

.....

.....

## EMOTIONS CHECK-IN

Identify your emotion:

.....

What might have caused this emotion?

.....

What additional feelings might you be feeling alongside or beneath the initial emotion?

.....

.....

Is there a root cause to your emotions and feelings?

.....

.....

What breathing exercise or grounding technique can you use to regulate yourself?

.....

What spiritual practice can you turn to (prayer, supplication or recitation)?

.....

What can you do to express your emotions and feelings creatively?

.....

.....

Are there any negative thoughts or beliefs that accompany these feelings?

.....

.....

What positive thoughts or beliefs can you replace them with instead?

.....

.....

What is your emotion communicating to you? What can you learn from this emotion?

.....

.....

What else do you need to do to constructively respond to your emotion?

.....

.....

What do you need to do for your self-care as you are processing this emotion?

.....

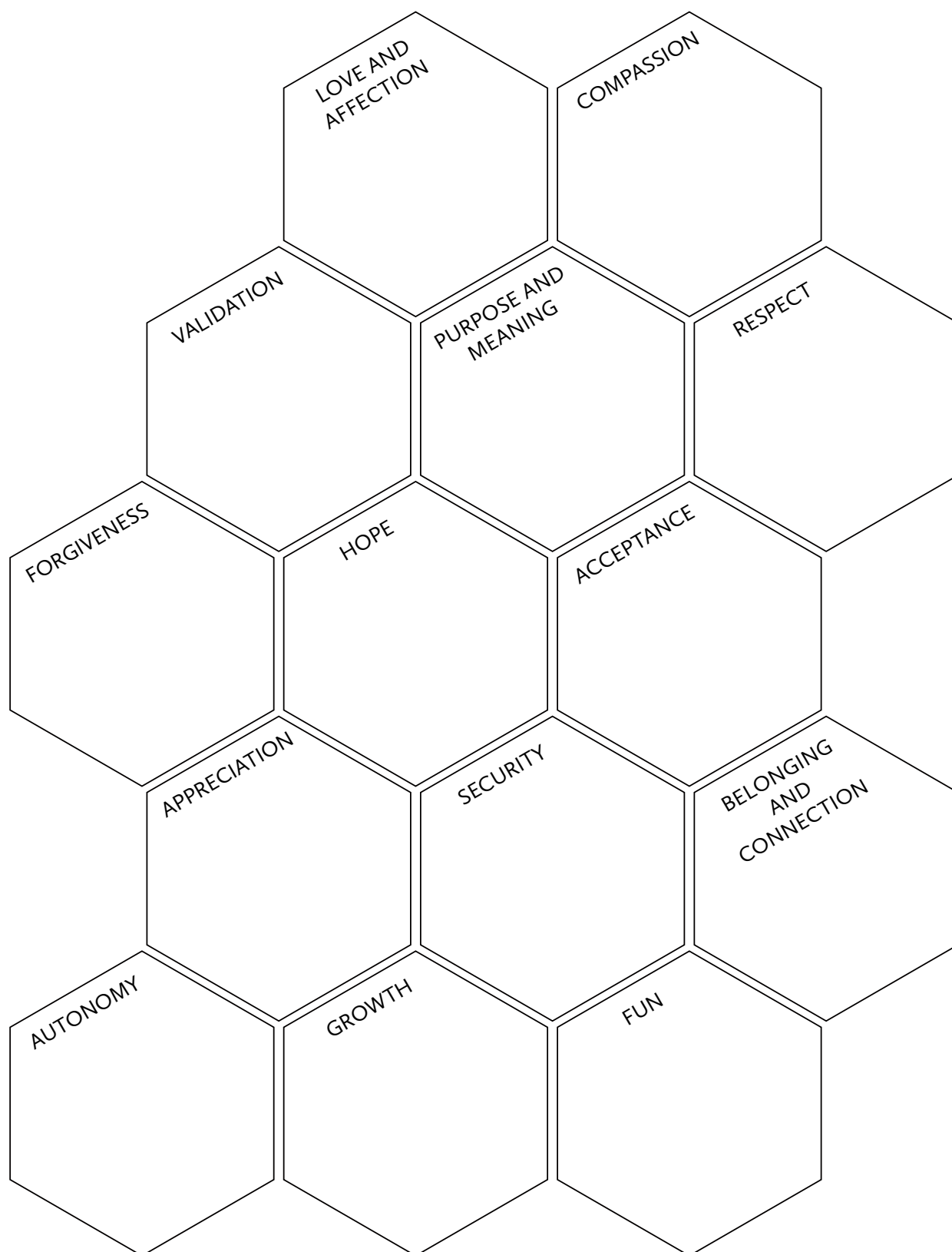
## MEETING MY EMOTIONAL NEEDS

Emotional need	Practices to meet this need	How can you meet this need?
Love and affection	Express love to yourself. Use your primary love languages to show love.	
Compassion	Show kindness towards yourself. Don't self-criticize or blame for any mistakes.	
Validation	Identify how you feel and validate your feelings as real. Journal your daily reflections, feelings and thoughts.	
Purpose and meaning	Lean into your faith. Re-align with your beliefs. Affirm your intentions. Identify how you want to grow in life and align with your values.	
Respect	Respect yourself through positive self-talk. Set healthy boundaries. Practise integrity in your words and interactions. Set intentions of your values showing up in your relationships.	
Forgiveness	Let go of any blame or guilt you feel for past mistakes. Identify resentments you need to let go of. Pray for forgiveness. Apologize to those who you need to say sorry to.	
Hope	Practise positive self-talk for a positive outlook. Identify hopeful and optimistic affirmations you can repeat to yourself daily.	
Acceptance	Practise accepting yourself as you are. Recognize your worth. Identify all parts of you without judgement.	

Emotional need	Practices to meet this need	How can you meet this need?
Appreciation	Practise appreciating yourself through gratitude. Note down daily what you are grateful for about yourself, how you show up and what you do for yourself.	
Security	Identify ways you feel emotionally safe in the areas of your life. Practise reciting that you place your trust in Allah's (swt) plan, as a daily affirmation and intention.	
Belonging and connection	Spend quality time with loved ones. Invest time in new friendships and groups. Identify those who feel safe for you to go to when you need help. Identify your social circle and your communities.	
Autonomy	Recognize and trust the choices and decisions you make for yourself. Appreciate that you are looking out for yourself and what is best for you.	
Growth	Set goals for yourself, track your progress and celebrate successes.	
Fun	Engage in activities and hobbies you enjoy. Experiment with new activities. Invite friends or family to go to fun activities with you. Identify what your interests are and see how you can engage in those interests (e.g. classes, groups, meet-ups, social events).	

## EMOTIONAL NEEDS PLAN

---



## EMOTIONAL REGULATION DAILY CHECKLIST

### Morning routine

#### Set intention for the day

How do you want to show up emotionally today?

.....

.....

.....

Is there any situation that you may experience as emotionally dysregulating (e.g. a meeting, conversation or task)? How do you want to feel in that situation?

.....

.....

.....

**Gratitude practice:** Note 3 things you are grateful for:

1. ....
2. ....
3. ....

**Positive affirmation:** How do you want to positively think about yourself today?

.....

.....

.....

**Dua:** What do you want to ask for, for today: .....

### Throughout the day

**Emotional check-in:** How are you feeling and why? What do you need to do to take care of your feelings?

**Grounding techniques (if feeling overwhelmed):** 5-4-3-2-1 – notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

**Box breathing:** Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds and hold for 4 seconds. Repeat until feeling relaxed or returning to a relaxed state.

**Body scan meditation:** Focus your attention on your body. Mentally take a scan of your body from the top of your head down to your toes, noticing and releasing sensations or tensions in your body.

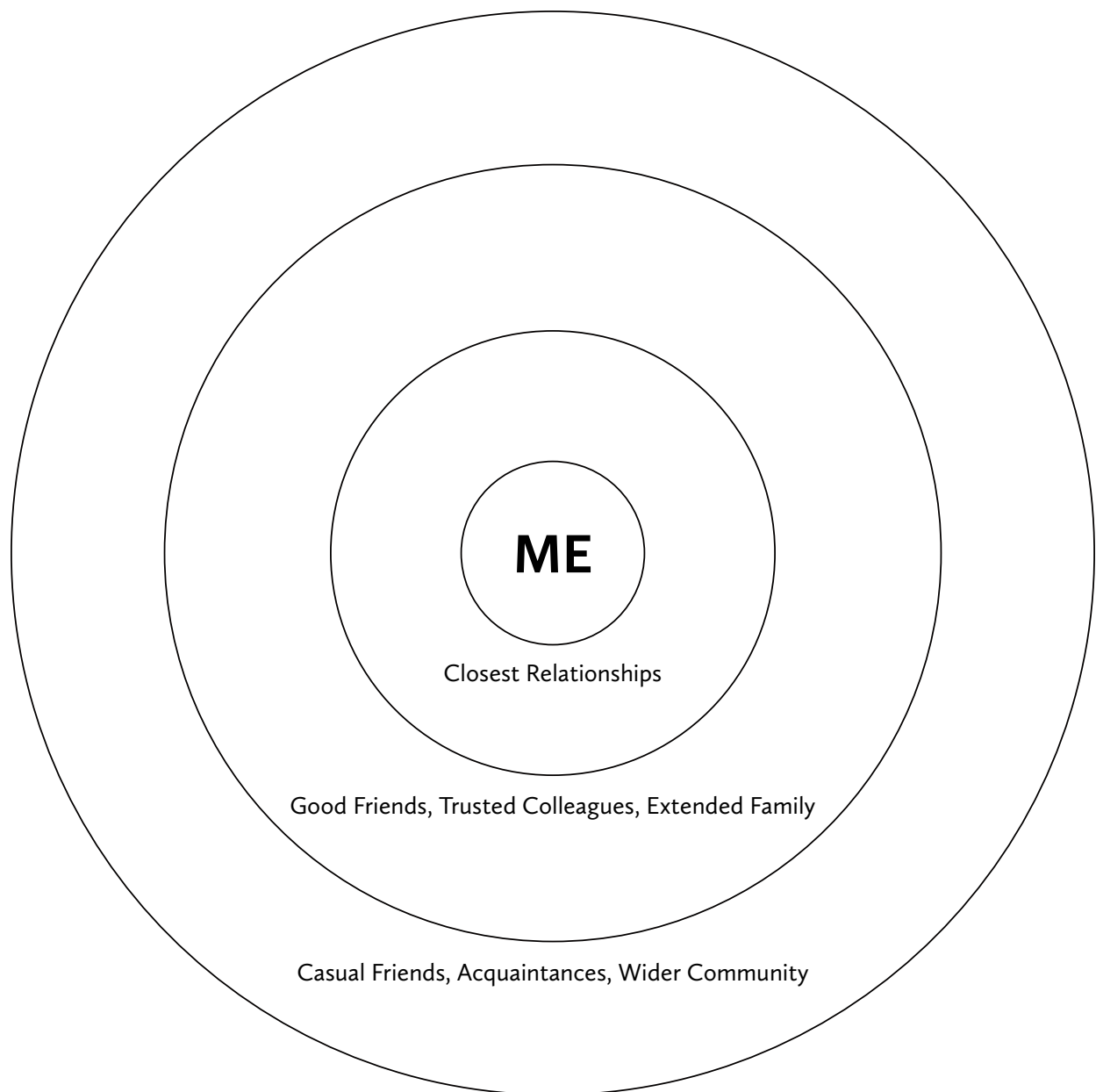
**Calm place visualization:** Create a calm mental refuge for yourself to go to when you need to feel calm or relaxed.

**Positive affirmations:** What positive affirmations can you recite to yourself to feel calmer?

Evening routine
<p><b>Journaling:</b> Reflect on your feelings and experiences from the day. Identify triggers and your responses.</p> <p>.....</p> <p>.....</p> <p><b>Relaxation activities/creative outlets:</b> What relaxing activity can you do this evening?</p> <p>.....</p> <p>.....</p> <p><b>Prepare for tomorrow:</b> Write down any thoughts, worries, tasks or goals for tomorrow:</p> <p>.....</p> <p>.....</p> <p><b>Gratitude practice:</b> Note 3 positive experiences or achievements from today:</p> <p>1. ....</p> <p>2. ....</p> <p>3. ....</p> <p><b>Dua:</b> What do you want to ask for, at the end of your day:</p> <p>.....</p> <p>.....</p>

Daily
<p>Prayer:</p> <p>Fajr <input type="checkbox"/></p> <p>Zuhr <input type="checkbox"/></p> <p>Asr <input type="checkbox"/></p> <p>Maghrib <input type="checkbox"/></p> <p>Isha <input type="checkbox"/></p>
Weekly
<p><b>Weekly review prompt:</b> At the end of the week, take time to reflect on emotional patterns and progress.</p>

## SUPPORT CIRCLE





## SUPPORT CIRCLE ROLES TABLE

Roles	Names	Characteristics	Ways they support you
Fun friend			
Cheerleader			
Caregiver			
Listener			
Connector			
Problem-solver			
Advisor			
Motivator			
Realist			

## POST-THERAPY REFLECTIONS

---

Ask yourself:

Were there any insights or discoveries made?

.....

.....

Identify any feelings, thoughts, reactions you noticed about yourself.

.....

.....

.....

Note anything that stood out or was significant to you.

.....

.....

.....

How did you feel in the session?

.....

.....

.....

How was the session helpful?

.....

.....

.....

Was there anything not mentioned that you meant to or needed to say? Why wasn't it?

.....

.....

.....

What do you want to bring to your next session?

.....

.....

.....

What do you need to reflect on during the week, before the next session?

.....

.....

.....

.....