

# Daily Well-being Checklist for High School Muslim Students

Self-Reflection Tool for Teens (Years 7–12)

## Spiritual

- Did I pray or make up missed prayers today?
- Did I do something to strengthen my connection with Allah?
- Did I recite or reflect on any Qur'an or du'ā'?
- Did I make a good intention today?
- Did I feel spiritually grounded, even if just for a moment?

## Emotional

- Did I notice and name at least one emotion I felt?
- Did I allow myself to rest without guilt?
- Did I manage stress in a way that helped me?
- Did I avoid negative self-talk or comparison?
- Did I do something that made me feel joy or peace?

## Physical

- Did I eat nourishing food and drink enough water?
- Did I stretch, move, or exercise in some way?
- Did I get enough sleep (or rest when tired)?
- Did I take care of personal hygiene?
- Did I disconnect from screens for part of the day?

## Social

- Did I connect meaningfully with a friend or teacher?
- Did I support someone or ask for help?
- Did I speak kindly and avoid gossip or mockery?
- Did I feel accepted and included today?
- Did I make an effort to build or repair a relationship?

## Mental

- Did I focus on one task at a time?
- Did I take a break when I was overwhelmed?
- Did I reflect on something that challenged me?
- Did I stop and breathe before reacting to something hard?
- Did I learn something useful or meaningful today?

**Reflect:** *Which parts of myself need more care tomorrow, in shā' Allāh?*

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