DAR AL HAMD

Reflect & Practise

A Gentle Character Journal



Printable Study Companion

A gentle place to begin

This English-guided journal connects a lesson with a small, thoughtful action. It is an original study companion, not a religious source text, scholarly ruling or test of anyone's faith. Use a reliable course and ask a qualified teacher about religious questions.

Try this
Keep private reflections private. Children may draw, speak to a trusted adult or skip a question. Never use these pages to demand confessions, compare siblings or score someone's character.

My name or chosen initials

The course or reading I am following

A question I hope to explore

Separate three kinds of notes

Keep the source, your explanation and your possible action distinct. A personal reflection is not automatically what the author meant. If quoting, copy accurately and record the reference.

Try this
Source: a lesson passage. Explanation: your checked understanding in plain English. Action: one ordinary step you choose to try. Leave uncertainty visible.

Source or lesson reference

My understanding and what needs checking

A possible action - not a quotation

Choose a thoughtful purpose

Before a study session, pause and name a helpful purpose in everyday language. You do not have to judge the hidden intentions of yourself or anyone else. Focus on a manageable action.

Try this
For example: "I want to understand this lesson well enough to listen more patiently today." This is an original journal example, not a prescribed religious formula.

What I am studying today

Why this matters to me

One action that fits this purpose

Practise attentive listening

Choose a safe, ordinary conversation. Let the other person finish, then check that you understood. Listening does not require agreeing with an unfair demand or staying in an unsafe situation.

Try this
Try: "Have I understood you correctly?" Notice what changes when you ask before assuming.

A situation where I can listen more carefully

A question I could ask

What I noticed afterwards

Make a realistic promise

Choose a small commitment you can reasonably keep. Check time, resources and permission before agreeing. If circumstances change, communicate rather than silently disappearing.

Try this
A useful promise names a task and a time. If you cannot do it, an honest explanation and a revised plan are better than another unrealistic promise.

A commitment I am considering

What I need to check before agreeing

How I will communicate if the plan changes

Pause before repeating a claim

Think of a harmless claim from a lesson or everyday conversation. Ask where it came from and whether you have understood it. Do not use this exercise to collect or repeat private gossip.

Try this
You can say: "I have not checked that yet." For religious claims, return to a reliable source and ask a qualified teacher when needed.

The non-private claim or study question

Its source and what I still need to verify

How I could speak honestly about my uncertainty

Notice help and say thanks

Think of a small kindness or useful help. Name it specifically. Gratitude does not mean pretending a difficult experience was good or ignoring a problem that needs support.

Try this
Instead of a vague compliment, try: "Thank you for explaining that step slowly." You can write, speak or draw a thank-you message.

A specific thing I appreciated

How it helped

A thank-you message I might share

Share with care

Choose something appropriate to share: time, a turn, attention or a resource you have permission to use. Respect another person's belongings, needs and right to decline.

Try this
Ask before lending something that is not yours. Children should involve a trusted adult when money, online sharing or personal information is involved.

An ordinary opportunity to share

Permission, fairness or boundaries to consider

A small action I could take

Repair a small mistake

Use a low-stakes example, real or imagined. Describe the action without labelling yourself or another person as bad. Consider an apology, a practical repair and a change for next time.

Try this
An apology should not demand immediate forgiveness. If anyone is being hurt or feels unsafe, seek help from a trusted adult or appropriate support rather than treating it as a worksheet problem.

What happened in my chosen example

A respectful apology or repair

What could reduce the chance of repeating it

Disagree without belittling

Choose an ordinary difference of opinion, such as how to organise a shared task. Describe the other view fairly before explaining your own. You can disagree while keeping boundaries.

Try this
Try: "I see why that matters to you. My concern is..." Do not use this activity to force agreement about a sensitive or unsafe situation.

The everyday question or decision

How I could describe both views fairly

A respectful question or next step

Map a longer reading

When reading a long work, use its actual contents page. Record the section you are in, the question it addresses and the link to what you read before. Do not guess the author's structure from a single paragraph.

Try this
For the Dar Al Hamd al-Ghazali course, read its edition note first: the selected Fazlul Karim English edition is summarised. This journal is an independent companion and does not reproduce that book.

Book, edition and current section

The question this section seems to address

A connection to an earlier lesson that I will check

Turn a lesson into a small plan

Choose one checked idea and one practical action. Decide where and when the action fits. Keep the plan modest enough to try without turning it into a test of your worth.

Try this
For example: "After our next lesson, I will ask one clarifying question before offering my opinion." This is a suggested learning habit, not a religious requirement.

The idea and its lesson reference

The action, time and setting

A likely obstacle and a gentle adjustment

Review a week without a score

Look back over a few days. Notice what helped, what was difficult and what needs a new approach. Avoid assigning numbers to sincerity or comparing your private reflections with someone else's.

Try this
A useful observation is specific: "I remembered to ask before borrowing." A difficult day can also reveal what support or reminder you need.

Something helpful I tried

A difficulty or question I noticed

One adjustment for the coming week

Think through a scenario

Imagine that you promised to help tidy a shared table but forgot. Someone is upset. What could you say and do without making excuses or demanding that they stop feeling upset?

Try this
One possible response: acknowledge the missed commitment, apologise, offer a practical repair and choose a reminder for next time. Other respectful responses may fit the situation. The goal is thoughtful responsibility, not memorising a script.

My first respectful response

A practical repair I could offer

A reminder or change for next time

Keep learning with questions

Choose one question to discuss with a teacher and one small habit to continue. Return to the actual course when you need the source or explanation; this journal supports reflection rather than replacing instruction.

Try this
These prompts are original Dar Al Hamd learning material. You may print another copy for personal or classroom learning. Keep any private reflections under your own control.

A question I will take to a teacher

A small habit I want to continue

A page or lesson I would like to revisit