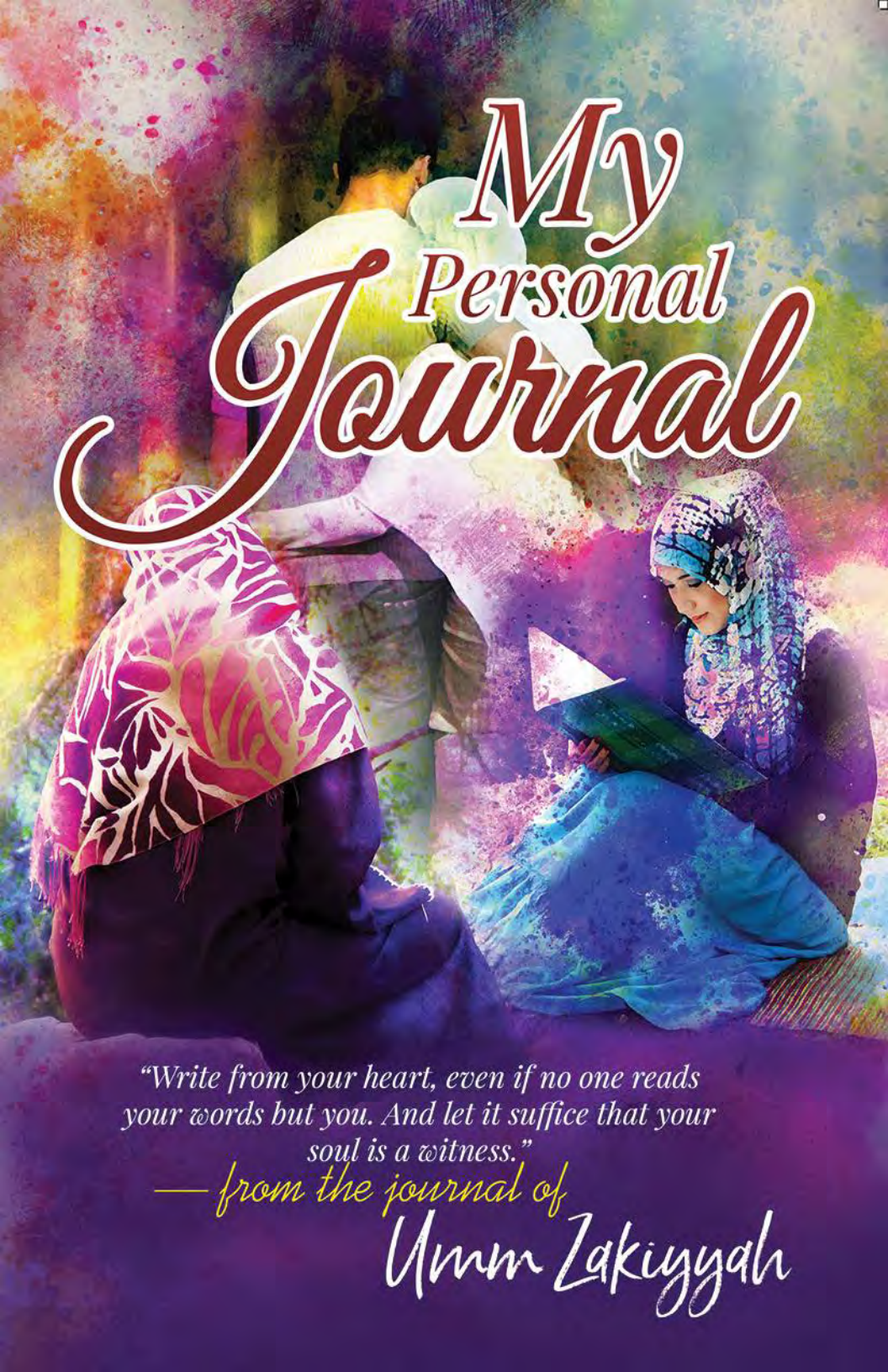
My
Personal
Journal
"Write from your heart, even if no one reads your words but you. And let it suffice that your soul is a witness."
— from the journal of
Umm Zakiyyah

This journal belongs to

_____

Your soul cries out to you every day. Are you listening?
Guilt is a cry for repentance.
Envy for gratefulness.
Frustration for patience.
Anger for trust in God.
Pride for humility.
And doubt for faith.

—excerpt of *Broken yet Faithful. From the Journal of Umm Zakiyyah*

"For too long I have been in search of ease, and this has caused me undue hardship. Now I am in search of peace, even if it is a painful peace in the eye of life's storms."

—from the journal of Umm Zakiyyah

"And all those worldly comforts and human relationships you thought you couldn't live without? They were just temporary companions on your life journey."

—from the journal of Umm Zakiyyah

"Self-love is putting your mental, emotional, and spiritual health above all else. It is recognizing your ever-present susceptibility to falling into self-deception, error, and sin. Thus, self-love is manifested in the creating of healthy boundaries, which protect the self from the harm of others, but most importantly from the harm of self."

—from the journal of Umm Zakiyyah