



**PERSONAL
SOUL-SEARCHING
JOURNAL**

H.S. KAZMI

Personal Soul-Searching Journal

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Dear Seeker,

This is a unique journal. It doesn't presume to know the kind of journaling page that suits you. It allows you to select a writing medium that you prefer. Some people like a fancy notebook, some a simple spiral notebook, and others prefer to use their tablet or computer.

Each day or night, or periodically throughout the day, jot down your responses to some or all of the questions listed in the following pages. Use notes, bullet points, essays, drawings, whatever method you prefer.

You don't need to answer all the questions every day, but responding to as many as you can will help you know yourself much better. If there are questions on the list that you tend to regularly avoid, you might want to pay particular attention to them at some point to decide why you are avoiding them.

In the first section, the prompts and questions are designed to help you feel and think your way through your day into a deeper understanding of who you are and how you act, react, believe, cope, interrelate, and more day-to-day. The second section will give you a clearer idea of who you are and what kind of person you want to become.

While you don't need to print out this letter or the title page (in the interest of saving paper), you will want to print or download the question pages and keep them in your personal journal to refer to them each day or night.

I hope you find this soul-searching journal valuable for getting to know yourself better and for stepping closer to your own spiritual journey when you are ready.

Please subscribe to the website (www.sajidahkazmi.com) to be informed of more valuable steps, teachings, and inspiration as they are revealed.

Very Sincerely,

H. Sajidah Kazmi, MA, MBA

<https://www.sajidahkazmi.com>

FOR YOUR INSPIRATION

Take a few deep breaths with your eyes closed, calm down, and center.

Choose which questions from the next pages you would like to answer today. Remember, the more you answer, the better it is for you and your search. You'll want to strive towards responding to each of them on a regular basis, as much as you can.

This is why this is important:

"Know thyself."

The Oracle of Delphi

"The unexamined life is not worth living".

Socrates

"The person of least capacity is the one who shows themselves incapable of self-correction."

Ali

"There is nothing closer to you than you. If you do not know yourself, how can you know anything else?"

al-Ghazali

"If you do not understand yourself, will you ever understand others? How else can you develop, hold, and treasure your relationships, your self, your life, or that which is greater than your life?"

H. Sajidah Kazmi

"Jesus said: 'Whoever knows the ALL but fails to know themselves lacks everything.'"

The Gospel According to Thomas

"Whoever does not know the way to knowledge of themselves does not know the way to the knowledge of God."

al-Hujwiri

"One must first know one's own soul before they can know their Lord; for one's knowledge of their Lord is the fruit of the knowledge of oneself."

Ibn Arabi

"Consult thy heart, and thou will hear the secret ordinance of God proclaimed by the heart's inward knowledge, which is real faith and divinity."

Prophet Muhammad (s.a.w.s.)

YOUR QUESTIONS

Section I: Examining who I am today within myself and in relation to others.

1. What did I learn today?
2. What good things did I do today?
3. Who did I help today?
4. Who was nice to me today, or who did something to help me today? Did I thank them?
5. What were my challenges today?
6. How did I react to difficult events and people today? Could I have reacted better? How?
7. Did I go through my day mindfully with intention and awareness, or was I chaotic and reactive?
8. What mistakes did I make today? How will I keep from making those mistakes in the future?
9. What were my emotions today? How did they change throughout the day?
10. Was I kind to everyone today? If not, why not?
11. Did I anticipate what others needed today and do something for others? Who, what and how?
12. How would I describe my manners (my politeness, courtesy, integrity, respect) towards other people today?
13. Did I act or react badly in any way today? How? Why?
14. Was I unpleasant, overly critical, heartless, or bad-tempered with anyone today? Who? Did I apologize? If not, why not? And when will I?

15. Do I need to apologize to someone for anything else, maybe something in the past? When and how will I do that?
16. Did I lie to anyone today? How am I going to rectify that?
17. Did I cheat anyone today? What am I going to do to rectify that?
18. Did anyone hurt me today? How did I react?
19. Did I hold a grudge today? How am I going to get myself to let that go?
20. Who do I need to forgive today? Who will I forgive before I go to sleep tonight so I can have a good sleep?

21. What was my main motivation today? How did it change throughout the day?

22. What were my thoughts and ideas today? How did they change throughout the day?
23. What did I *intend* to accomplish today?
24. What did I *actually* accomplish?
25. If I didn't accomplish my intentions today, was it because my thought patterns, emotions, actions, inactions, fears, or the lies (misconceptions) that I tell myself got in the way?
26. How did I otherwise spend the day? What did I do that wasn't intended or planned?

27. What did I do today that might have wasted time, money, food, water, resources? How could I have done better?

28. Did I hang on to negative emotions today or did I let them go?
29. Did I try to shift my negative emotions to positive emotions today?

30. Did I identify my Blameworthy actions today and try to shift them to Praiseworthy actions? (Please subscribe to www.sajidahkazmi.com to be notified of the upcoming project: 'Blameworthy to Praiseworthy'.)
31. Did I control my negative emotions better today than yesterday? If not, why not?
32. What troubled me today?
33. What am I going to do about the trouble or the troubling feelings I had today?
34. In the past week, what emotions did I experience that I was not aware of until today?
35. Did I feel impatient at any time today? When? Why?
36. Did I act in an unproductive, or destructively impatient, hasty, or thoughtless manner today?
37. How could I feel and show more patience tomorrow?
38. Did I feel any type of fear today?
39. If I did feel fear, how did I think or act because of it?
40. Do I want to think or act differently the next time I feel this kind of fear?
41. How?
42. Did I allow myself to feel vulnerable at any time today?
43. If I did feel vulnerable, how did I think or act because of it?
44. Did it help me to feel more authentic?
45. Do I want to behave or act differently the next time I feel vulnerable?
46. How?

47. Did I feel shame today?
48. If I did feel shame, how did I think or act because of it?
49. Do I want to remove shame from my life?
50. How might I do this?

51. What was good about today?
52. What did I do well today?
53. Did I notice any synchronicities or coincidences today?
54. What am I grateful for today?
55. Did I give thanks today?

56. Did I make any promises today? What and to whom?
57. Did I complete all my previous promises for today? If not, why not?
58. Did I break anyone's heart today?

59. Did I thank everyone who did big and little things for me today?
60. Did I smile at everyone I interacted with today, strangers and acquaintances alike?
61. Did I feel serene (in a healthy way) at any time today? When, and how did I do that? Do I know how to repeat that?

62. Did I take care of my body today? Did I eat all or mostly all healthy foods? Or did I eat fast foods, high carbohydrate foods, or junk foods?
63. If I ate fast food, high carbohydrate foods, or junk foods yesterday or the day before, how did it make me feel today? How is my mood today?

64. What new things did I begin to realize today?
65. What things do I feel I fully realized today?

Section II: Who Do I Want to Become?

(These do not need to be answered each day but considered and rediscovered each day.)

1. What are my main philosophies of life?
2. What are my main work goals in life?
3. What are my personal goals in life?
4. Am I a determined person?

5. What feels positive in my life?
6. I am happiest when I am doing what?
7. Do I feel I have given enough thought to understanding myself and who I want to become? Or do I need to explore some more?
8. Do I feel I need to push my boundaries, test myself, have an adventure, and explore new things? How could I do this? What would I do?
9. If I close my eyes and reach into my simplest, most internal self, what is it that would make me happy with my life? Do I know? Do I still need to figure that out?

10. What is more uncomfortable than comfortable in my life?
11. What is causing or creating too much negativity in my life?
12. What in my life is not working for me? *(Advice: You might include things like your style or method of parenting, but not the fact that you have the responsibility of parenting).*
13. What do I believe about myself?
14. What beliefs about myself do I want to change?
15. What habits or behaviors that I tend to repeat do I want to stop or change?
16. Which of my personality traits do I want to understand, change or alleviate?

17. Do I feel that with a new perspective, I can overcome the difficulties and emotional baggage of my past?
18. Do I feel that I need professional help to overcome some of the difficulties and emotional baggage of my past?
19. Do I feel that I may have mental health issues that need the help of a mental health professional?
20. Am I an extrovert? An introvert? Or an ambivert?
21. Do I have a strong moral and ethical sense? Do I always know the difference between good and bad, right and wrong, or do I feel I need to learn more about this?
22. Of the things I know how to do, what holds my attention for the longest period of time? What am I passionate about?
23. What skills do I have?
24. What do I really value in life?
25. What do I really value *more* than my life?
26. What do I really value *after* my life?
27. What do I want to be remembered for?

28. To learn about my personality, do I pay attention to what other people who know me (friends, family, co-workers, etc.) say to me face-to-face:

- a. about my personality,
- b. about the way I move through my day,
- c. about the way I interact with or do or don't do things for other people,
- d. about what I accomplish or don't accomplish, and
- e. about what I am good at or not good at?
- f. Do I feel they may be right?
- g. Do I feel they don't understand me, and I ignore them?
- h. Or do they upset me so much that I fight them?
- i. Do I need to admit they might be a little bit right?
- j. Or am I sure they are wrong?

29. Do I realize that I can learn more about other people from how they interact with me?

30. Do I realize that other people who I meet face-to-face are important mirrors, and that I can sometimes learn more about myself from them than I care to admit?

17. If I have taken personality tests (Myers-Briggs or other tests), have I told my friends and family the results to see if they agree? What have I learned from these tests?

THE FOLLOWING CHART IS FOR YOU TO USE, TO CHANGE OVER TIME, AND TO KEEP FOR YOUR CONTINUING SELF-DISCOVERY AND SELF-DEVELOPMENT:

I. WHO AM I TODAY?

How would I describe the person I am now? (date_____)

II, WHO DO I WANT TO BECOME?

How would I describe the kind of person I would be happiest becoming?

III. NOW, HOW AM I GOING TO BECOME THE PERSON I WANT TO BE?

