

THE DISCIPLE

7 Days of Gratitude

"With hardship comes ease."

A free 7-day sample of the practice —
part of the NVKHN network

nvkhn.xyz/the-disciple

Why Gratitude

"If you are grateful, I will surely increase you in favour." — Quran 14:7

This is a real 7-day excerpt of the full 99 Days of Gratitude Journal — not a preview, not a teaser. Seven complete days of the actual practice.

Why 99 days in the full journal: long enough to build lasting habits of gratitude, short enough to feel achievable. Seven days is where it starts.

How to use these pages:

Write anything. Be specific. "I am grateful for my health" is weaker than "I am grateful that my lungs worked today without any effort from me."

One entry a day. No pressure to be profound — just honest.

Day 1 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 2 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 3 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 4 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 5 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 6 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

Day 7 — Gratitude

Date: _____

Today I am grateful for:

Why specifically (go deeper):

Alhamdulillah for one person in my life today:

You've completed 7 days.

There are 92 more in the full journal.

The full 99 Days of Gratitude Journal continues this exact practice for the rest of the 99 days — same format, same depth, one page a day.

Get the full 99-day journal:

<https://www.etsy.com/listing/4530089736>

Part of the NVKHN network — five accounts, one identity.

Not Very Known. Highly Noticed.

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nvkhn.xyz/the-disciple