

# Alleem 365<sup>+2</sup>

Spiritual Balance Planner



Day 01



Date: \_\_\_\_\_  
M T W T F S S

### The First Breath of Awareness

Energy Focus: **Calm**

### Universal Prayer

May my breath carry peace to every corner of my being.



### Mindfulness Prompt

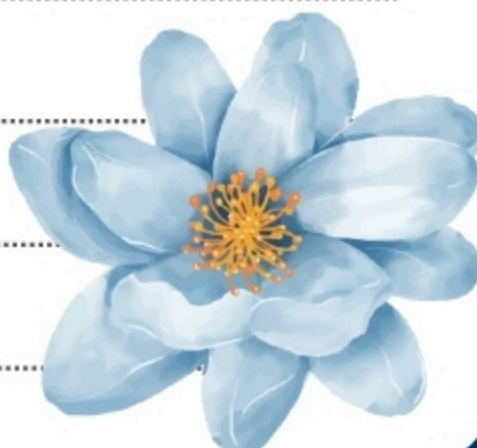
Focus on your breath for one minute, noticing the inhale and exhale.

### What can I release right now to breathe more freely?

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### How does your body feel after just one minute of mindful breathing?

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### Action Step

Pause three times today to connect with your breath.

### Affirmation

Each breath draws me into the present moment.

### Daily Visualization

Picture yourself surrounded by a soft, warm light that expands with each inhale, filling you with peace.



### Soul Notes

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### Spiritual Practice Tip

Place one hand on your heart and one on your stomach while breathing deeply for one minute.





Date:  

M T W T F S S

Meeting Yourself with Kindness



Energy Focus: **Self-compassion**

UNIVERSAL PRAYER

May I treat myself with the same compassion I offer others.



CENTERING QUESTION

When was the last time I truly forgave myself?

Empty box for writing an answer to the centering question.

MINDFULNESS PROMPT

Spend a few moments looking in the mirror with a gentle gaze.

WHAT EMOTIONS ARISE WHEN YOU SEE YOURSELF WITH COMPASSION?

Large empty box for writing about emotions.

Write one supportive note to yourself and keep it nearby.

Two dotted lines for writing a supportive note.

ACTION STEP

Speak one kind sentence to yourself aloud.

AFFIRMATION

I meet myself with kindness and patience.



SOUL NOTE

Large empty box for writing a soul note, decorated with a floral illustration in the bottom left corner.

DAILY VISUALIZATION

Picture yourself wrapped in a soft, warm blanket of compassion.



Energy Focus: **Clarity**

**DAY 60**

Date: \_\_\_\_\_

M T W T F S S

## Naming Your Stress



### Mindfulness Prompt

Identify the biggest source of stress in your life right now.

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### Affirmation

“When I name my stress, I begin to release it”

Repeat this throughout your day

I practiced this affirmation today



### Reflection

How does naming it lessen its hold on you?

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### Universal Prayer

May I have the courage to see what weighs on me clearly.



### Daily Visualization

Picture the stress as a stone you can set down.

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### Action Step

Say it aloud or write it down without judgment.

I spoke my stress aloud

I wrote down my stress

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### Spiritual Practice Tip

Begin your day by taking three deep, slow breaths.

I practiced deep breathing today



### Centering Question

What is the weight I am carrying today?

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### Additional Notes & Reflections

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Date: \_\_\_\_\_ M T W T F S S

Day 91

**Beginning the Month with Thanks**

Focus Word: **Gratitude**



**Mindfulness Prompt**

On waking, name three things you're thankful for.

1.

2.

3.

**Reflection**

How does starting with gratitude change your day's tone?

**Affirmation**

Gratitude is the light that guides my day.

**Action Step**

Write it on a sticky note. Keep it visible.

**Universal Prayer**

May I greet each morning with a thankful heart.



**Centering Question**

What am I most grateful for right now?

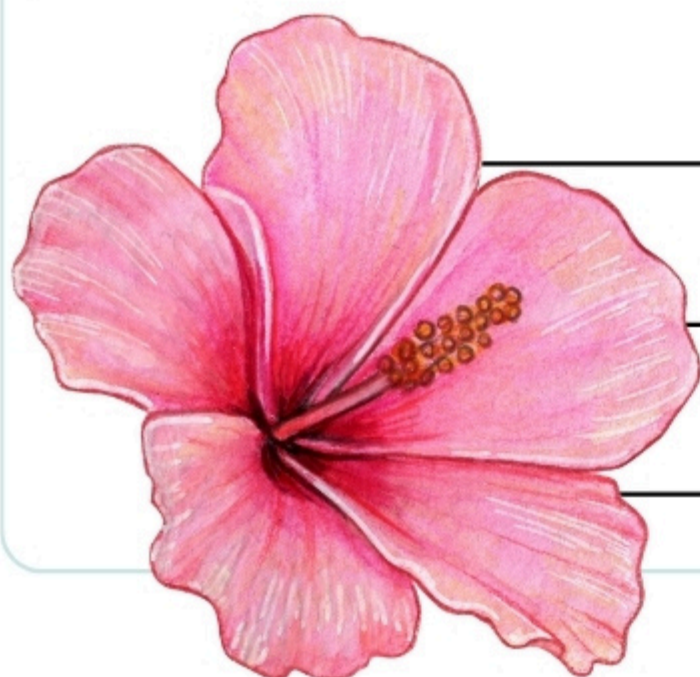
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# The Gift of Listening

Energy Focus: **Presence**



## Mindfulness Prompt

Listen to someone today without planning your reply.



## Universal Prayer

May I hear the needs behind others' words.



## Reflection

How does deep listening strengthen your relationships?

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## Centering Question

How can I listen more deeply today?

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## Action Step

Have a short conversation where you focus only on listening.



## Affirmation

I listen with my heart as well as my ears.



## Daily Visualization

Picture sound waves entering your heart and becoming light.



## Spiritual Practice Tip

After someone speaks, pause before responding.

## Notes & Reflections

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