

SURAH AR-RAHMAN

31-REPLY GRATITUDE PLANNER

Start tonight. Pause. Notice a blessing. Give thanks.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ

"Then which of your Lord's favours will you both deny?"

Qur'an 55:13

NAME: _____

START DATE: _____

END DATE: _____

THE VERSE THAT INVITES REFLECTION

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ

Fa-bi-ayyi ālā'i rabbikumā tukadhdhibān

“Then which of your Lord’s favours will you both deny?”

In Surah Ar-Rahman, this verse is repeated as a recurring reminder while Allah’s signs, gifts, and acts of creation are described. The repetition can naturally become a cue to pause and recognize gratitude.

TONIGHT’S SIMPLE RHYTHM

01

Read or listen to the verse.

02

Pause and name one blessing.

03

Write a short gratitude reply.

04

Continue through your tracker.

05

Keep the focus on sincere reflection.

06

Finish with a personal du’a.

A NOTE ON THE “31”

The 31-reply format in this planner is simply a structured way to work with the repeated refrain of Surah Ar-Rahman. The Qur’an itself does not prescribe a “31-reply habit” in the wording used here.

Source: Qur’an 55:13 and the full text of Surah Ar-Rahman.

31-REPLY GRATITUDE TRACKER

Part 1 — Replies 1–16

Write one blessing, mercy, lesson, person, opportunity, or moment you are grateful for.

#	MY GRATITUDE REPLY	✓
01		☐
02		☐
03		☐
04		☐
05		☐
06		☐
07		☐
08		☐
09		☐
10		☐
11		☐
12		☐
13		☐
14		☐
15		☐
16		☐

31-REPLY GRATITUDE TRACKER

Part 2 — Replies 17–31
Continue with a heart of gratitude and thoughtful reflection.

#	MY GRATITUDE REPLY	✓
17		☐
18		☐
19		☐
20		☐
21		☐
22		☐
23		☐
24		☐
25		☐
26		☐
27		☐
28		☐
29		☐
30		☐
31		☐

MY CLOSING REFLECTION

The blessing I noticed most was:

One habit I want to carry forward:

7-DAY GRATITUDE HABIT CHECKLIST

Use this page to build a gentle weekly rhythm. One small, sincere pause is enough.

DAY	PAUSE & REFLECT	WRITE A REPLY	PERSONAL DU'A	✓
Day 1	☐	☐	☐	☐
Day 2	☐	☐	☐	☐
Day 3	☐	☐	☐	☐
Day 4	☐	☐	☐	☐
Day 5	☐	☐	☐	☐
Day 6	☐	☐	☐	☐
Day 7	☐	☐	☐	☐

7-DAY REFLECTION PROMPTS

- ☐ Day 1 — What blessing did I almost overlook today?
- ☐ Day 2 — Who has made my life easier through kindness?
- ☐ Day 3 — What part of creation reminds me of Allah's mercy?
- ☐ Day 4 — What difficulty taught me something valuable?
- ☐ Day 5 — What ability or opportunity am I grateful for?
- ☐ Day 6 — What blessing can I use to benefit someone else?
- ☐ Day 7 — Which gratitude habit would I like to continue?

MY CLOSING DU'A
