



The Al-Karīm Abundance Log

A Generosity Reflection Log to soften scarcity thinking

Purpose: This log helps us move from the defensive state of scarcity thinking into the open state of abundance anchored in Al-Karīm. Tracking these moments helps the brain witness resources we often overlook when we are caught in fear of lack. Remember: Al-Karīm gives and is not diminished.

1) The “Unearned Honour” Audit

Entry: What is one thing I received today that I did not necessarily earn, deserve, or work for?

2) My “Generous Experiment”

Entry: One way I offered time, attention, patience, or kindness today without expecting anything back from people.

Reflection: Did my internal well feel diminished by giving, or steadier and more open?

3) Identifying the “Infinite Well”

Entry: Where do I usually feel “poor” or deprived (time, appreciation, energy, love, support, money, rest)?

Evidence: One small sign from today that I am still being sustained in this area.



4) Gratitude Without Reciprocity

Entry: A moment where I did something good today that went unnoticed by others.

Affirmation: *"I do not need human reciprocity. My source is Al-Karīm, who gives in ways I cannot quantify."*

Closing Du‘ā line: *"O Al-Karīm, free me from the fear of not having enough."*

Weekly Abundance Summary (optional)

Reflect: Has my defensive grip softened this week? Do I feel even slightly more open and less fearful?

Goal: To move from a closed, defensive heart to an open heart that feels safe enough to be generous.
