



The As-Samī' Speech and Values Alignment Worksheet

A practice in integrity, congruence, and value-aligned speech

Du'ā line: "Discipline my speech so it reflects my values."

Purpose: This worksheet helps us bridge the gap between internal intentions and external actions. In the framework of As-Samī', we remember that speech is never random. Our words, outward and inward, are the rehearsal for our life. When we speak in alignment with our values, we move from internal conflict into congruence.

Step 1: Identifying Your Core Values

Choose three values that matter most to you in this season.

Examples: Integrity, Compassion, Honesty, Patience, Discipline, Courage, Service.

Value 1:

Value 2:

Value 3:

Step 2: The Speech Audit (last 24 hours)

Reflect on what you said to others and what you said to yourself in your internal monologue.

The lapse (one line):

The value violation (which value did it contradict?):

Step 3: The Wise Mind Reframing

Move from disempowering language into value-aligned truth.



Emotional thought (raw feeling):

Rational fact (objective reality):

Wise mind reframing (value-aligned speech):

Step 4: The Integrity Filter (before you speak)

- Is it true? Does it match the facts, or is it a cognitive distortion?
- Is it necessary? Does it move me toward my goals, or feed an impulse?
- Does it honour my values? Does this reflect who I am trying to become?

Daily Commitment

"Because Allah is As-Samī, He hears my silence as clearly as my speech. Today, I will honour Him by speaking to myself with compassion and truth, and speaking to others with integrity."