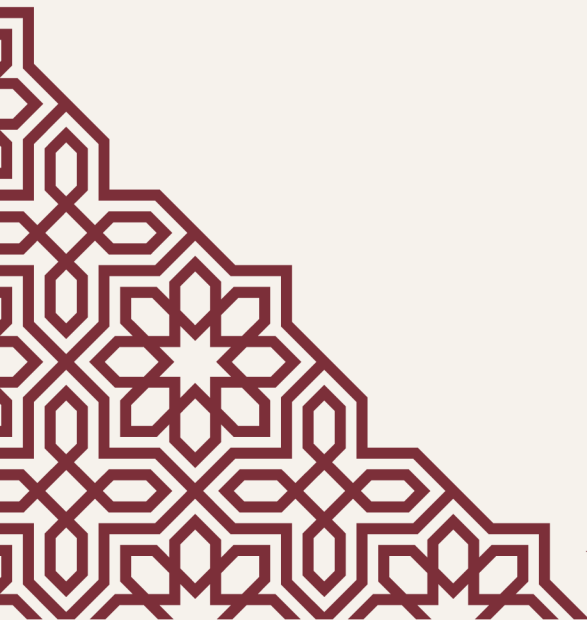




by LADI BINT IDREES

JOURNAL: 7 DAYS OF FAITH, GRATITUDE & GROWTH.

A simple family practice to build strength, hope, and unity together.



www.treadingdeepwaters.com



Welcome!

Welcome to your Family Resilience Journal.

Life brings both blessings and challenges. What makes a family strong is not the absence of hardship, but the ability to face it together—with faith, gratitude, and love. This simple 7-day guide is designed to help you and your family pause, reflect, and grow closer each day. Each day includes four parts:

- Reflection: a question to help you think about your experiences.
- Gratitude: a space to list blessings and cultivate thankfulness.
- Faith Focus: a verse or quote to remind you of the strength that faith brings.
- Family Action Step: one small thing you can do together to build resilience.

You don't need perfection—just consistency. Gather for a few minutes each day, write honestly, and share openly. Over time, these little practices will nurture stronger bonds, calmer hearts, and a deeper sense of hope.

✨ May this journal be a source of peace, unity, and strength for your family.

Ladi Bint Idrees
MUM • EDUCATOR • AUTHOR



WHAT IT IS:

A printable mini-journal (PDF) with 7 short daily prompts for parents and children to complete together. Each page guides them to:

- Reflection Question
- Gratitude Space
- Faith Focus
- Family Action Step

DAY 1 – PATIENCE IN CHALLENGES

Reflection: What small challenge did we face today, and how did we respond with patience?

Gratitude: Write 3 blessings we noticed today.

Faith Focus: "Indeed, God is with the patient.."

Family Action: End the day with a short prayer of thanks for strength.

DAY 2 – CHOOSING KINDNESS

Reflection: Did we show kindness to one another today? How did it make us feel?

Gratitude: Write 3 acts of kindness we received.

Faith Focus: "Love your neighbor as yourself."

Family Action: Do one intentional act of kindness together tomorrow.

DAY 3 – STRENGTH IN PRAYER

Reflection: When did prayer help us feel calmer or more hopeful today?

Gratitude: Write 3 things we are thankful for in our family.

Faith Focus: "Call upon Him; He will respond to you."

Family Action: Gather for a short family prayer before bed.

DAY 4 – GRATITUDE IN THE LITTLE THINGS

Reflection: What small, ordinary moment brought us joy today?

Gratitude: Write 3 everyday blessings we often overlook.

Faith Focus: "Give thanks in all circumstances."

Family Action: Share one thing we are grateful for at dinner.

DAY 5 – STANDING TOGETHER

Reflection: How did we support each other as a family today?

Gratitude: Write 3 ways our family makes us feel safe.

Faith Focus: "The believers are but brothers."

Family Action: Do one family activity together (game, walk, or meal prep).

DAY 6 – HOPE IN HARDSHIP

Reflection: What difficulty are we facing, and how can we find hope through faith?

Gratitude: Write 3 positive lessons we've learned from challenges.

Faith Focus: "Weeping may stay for the night, but rejoicing comes in the morning."

Family Action: Encourage one another with hopeful words tonight.

DAY 7 – BUILDING RESILIENCE DAILY

Reflection: What is one thing we've learned this week about facing life with faith?

Gratitude: Write 3 blessings from this week's journey.

Faith Focus: "So verily, with hardship comes ease."

Family Action: Create a family affirmation (e.g., "With faith and love, we can face anything together").



Congratulations!

Congratulations—you've completed 7 days of faith, gratitude, and growth as a family!

Resilience isn't something that happens in one big moment—it's built daily, in the little choices to stay patient, grateful, and united. Over the past week, you have practiced reflection, prayer, and gratitude, and taken small but powerful action steps together. These moments are the seeds of a strong, loving, and faith-grounded family.

But this is only the beginning. You can repeat these pages for another week, or adapt the prompts to suit your family's needs. Over time, these simple habits will become part of your family rhythm—helping you face life's challenges with hope, unity, and strength.

Carry this truth with you: With faith and gratitude in our hearts, and love in our home, we can rise above any challenge—together.

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STAY CONNECTED...

Thank you for joining me on this 7-day journey of faith, gratitude, and growth. I hope this journal has brought your family closer and reminded you of the strength that comes from walking together with faith. If you enjoyed this resource, there's more waiting for you:

- Subscribe to my newsletter at TreadingDeepWaters.com to receive more free guides, parenting tools, and family-strengthening resources.
- Explore my books like *The Solo Parent Playbook* — practical, faith-inspired guides to support parents and families.
- Follow me on Instagram & Pinterest for daily inspiration on faith, family, and raising thriving children.

Let's continue building homes filled with faith, love, and resilience—one small step at a time.

With warmth,

Ladi Bint Idrees

