

**ME,**  
**The Hidden**  
**TREASURE**

@jalbootfatma



FATMA DASHTI

تأمل . تعلم . تتمتع



<https://linktr.ee/jalbootfatma>

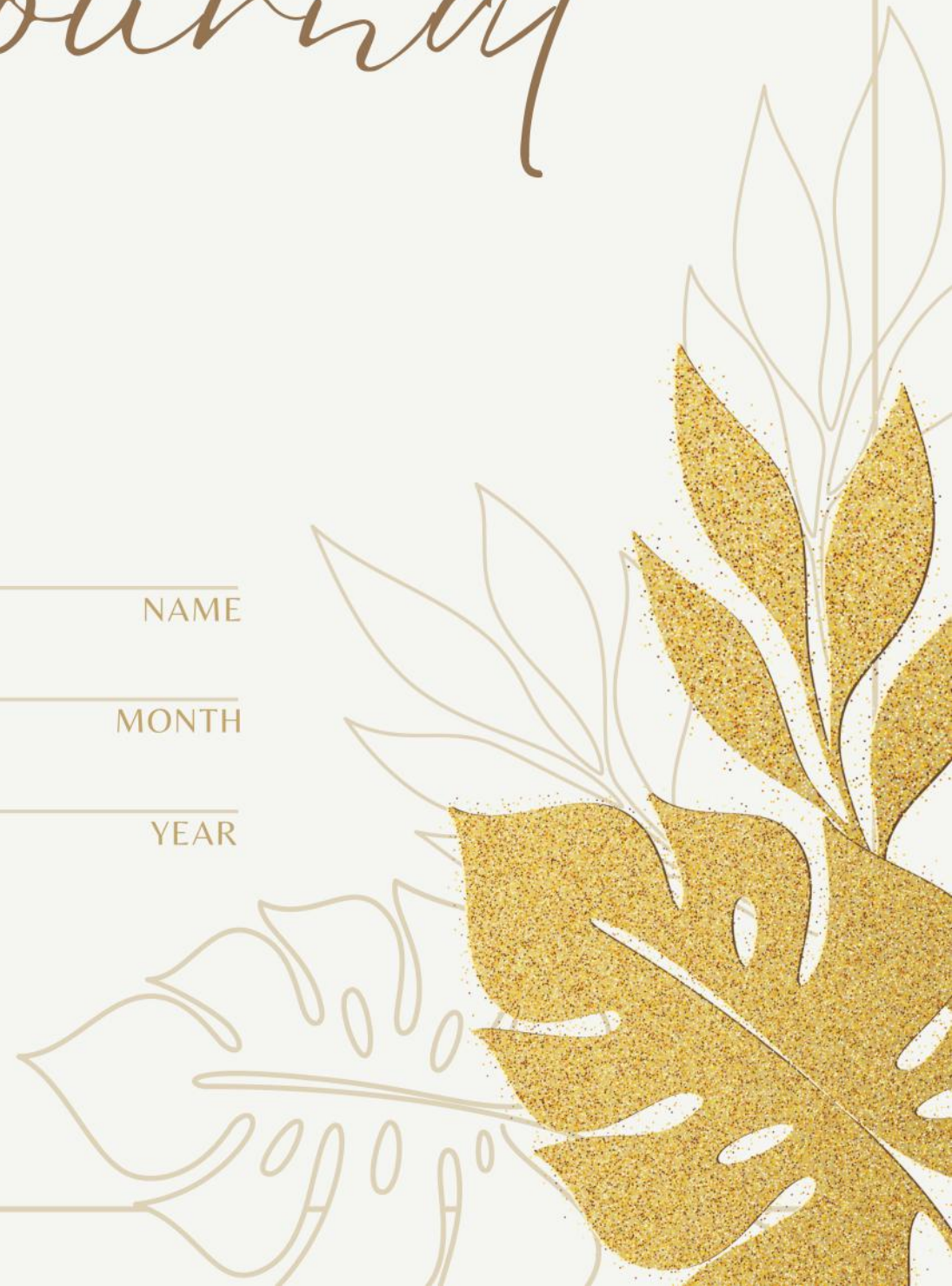


# DAILY Journal

\_\_\_\_\_ NAME

\_\_\_\_\_ MONTH

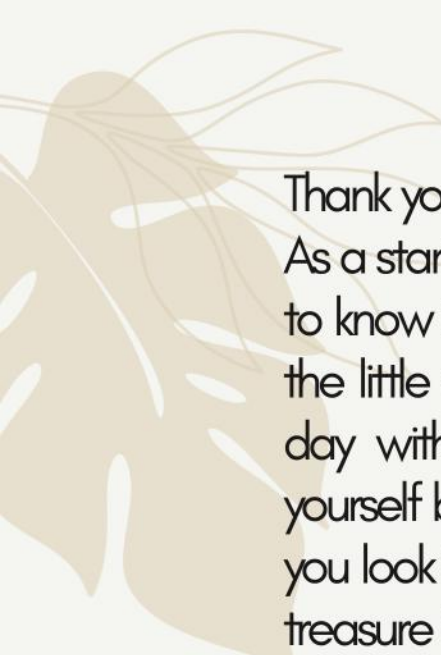
\_\_\_\_\_ YEAR



 <https://linktr.ee/jalbootfatma>




What would  
be your own  
personal  
photo of the  
month?



Thank you for having this journal "Me, The Hidden TREASURE". As a start, we need to be honest with ourselves as well as get to know it. Every morning as you start your day, you may miss the little small beautiful things about you, you may start your day with a few handwritings that allow getting to know yourself better, imagine that you have a small conversation as you look into the mirror, what would you explore? What is the treasure hidden inside you?

This journal could be used for one month, and before starting a new discovering journey, try to find free time in your day to read it so that you discover that treasure, which is you may write it, you will find it at the end.

At the end of this journal, there are three sets of questions, morning questions, evening questions, and reflection questions. You are free to choose a question (or questions) from those sets, write about it in your journal, and you may share the question with others which will help you to get to know others. Among your journal pages, you will find an affirmation message that can be read loudly and answer the question below to learn how to reach that state, and it is not necessary for the answer to be written, also, it would be good to share with others these affirmations and discuss different views.



My  
Morning

Journal



# Morning Gratitude

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

Today I want to feel...

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Today I will spread kindness by...

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3 things I'm grateful for today are...

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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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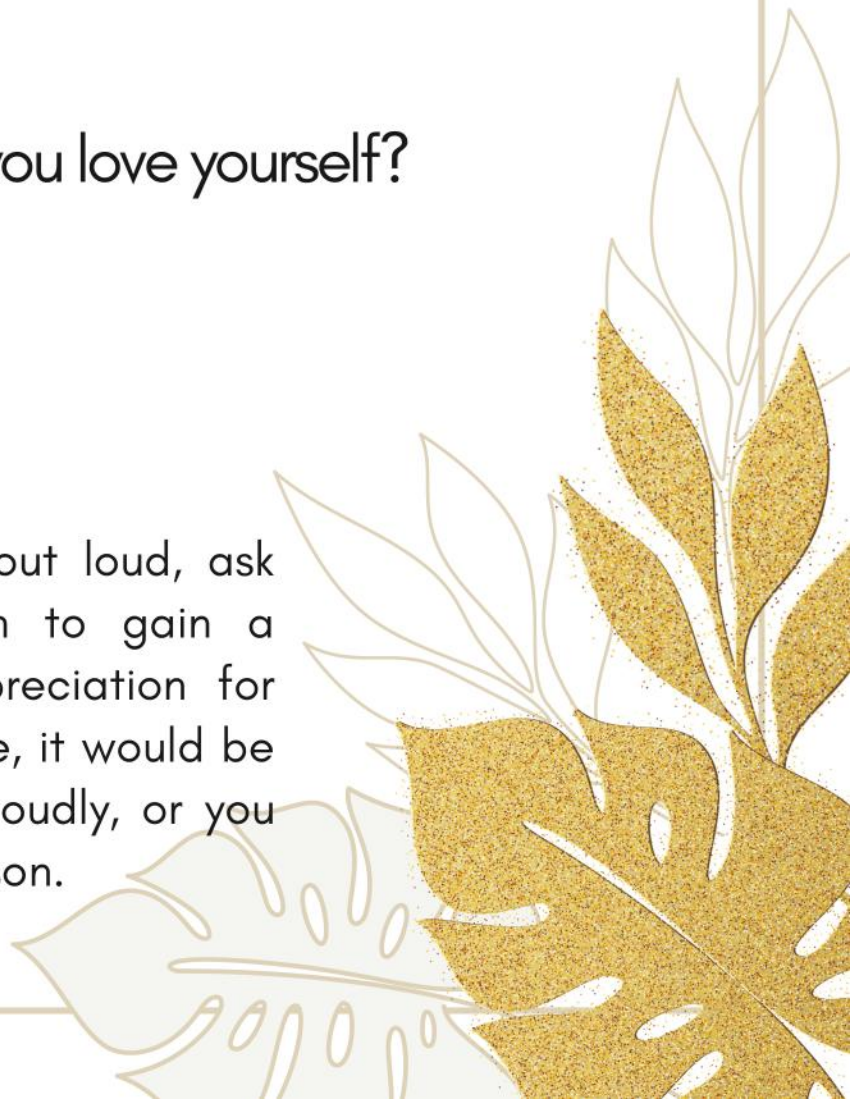


# *Appreciation for yourself*

**I LOVE MYSELF JUST AS I AM.**

What makes you love yourself?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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



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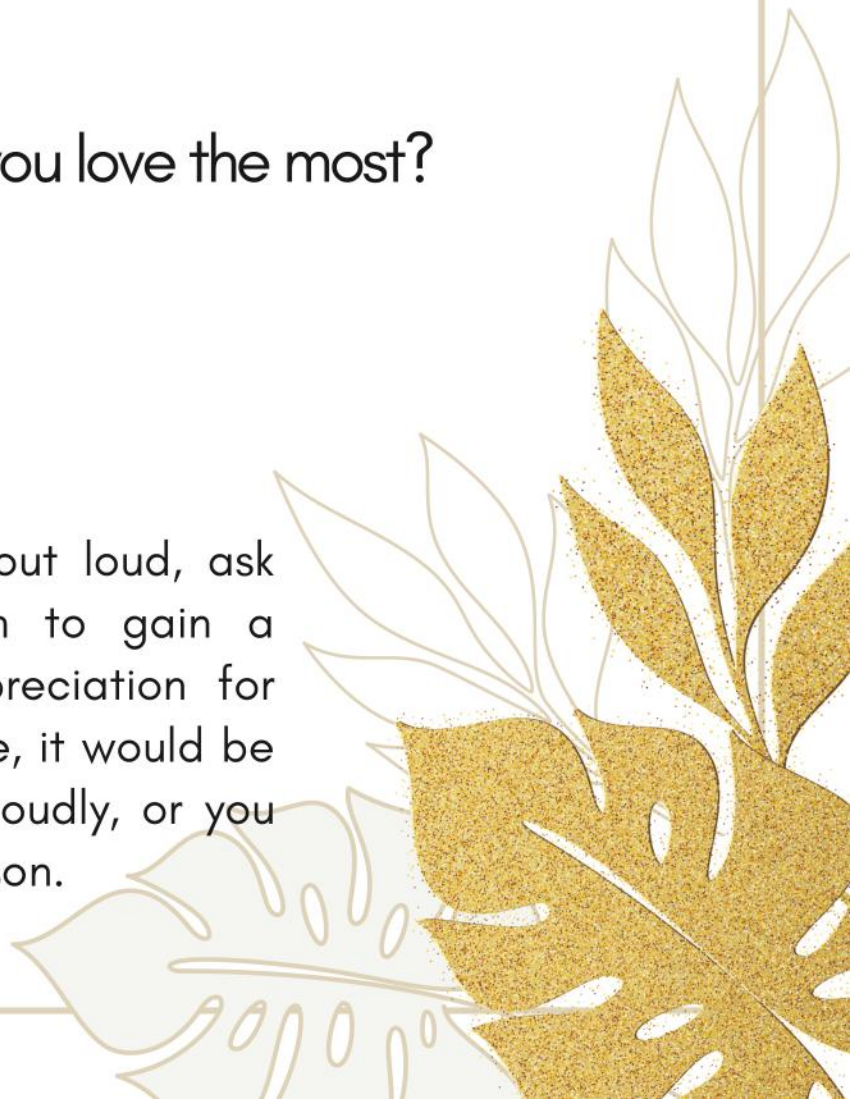


# *Appreciation for yourself*

**I LOVE EACH PART OF MYSELF.**

What part do you love the most?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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Calm



Rested



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Angry



Sad



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Playful



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# *Appreciation for yourself*

## **I AM CALM AND RELAXED IN ALL SITUATIONS.**

What helps you to remain calm?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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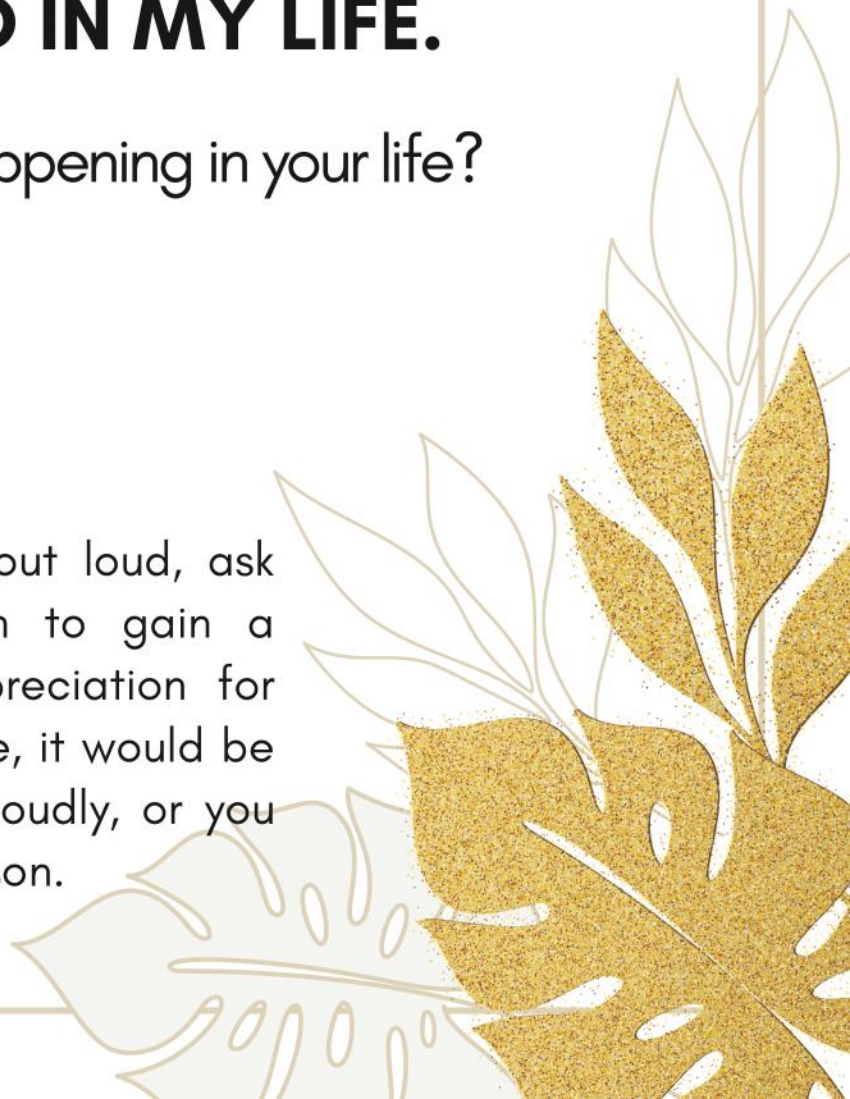


# *Appreciation for yourself*

## **I AM GRATEFUL FOR THE GOOD IN MY LIFE.**

What good is happening in your life?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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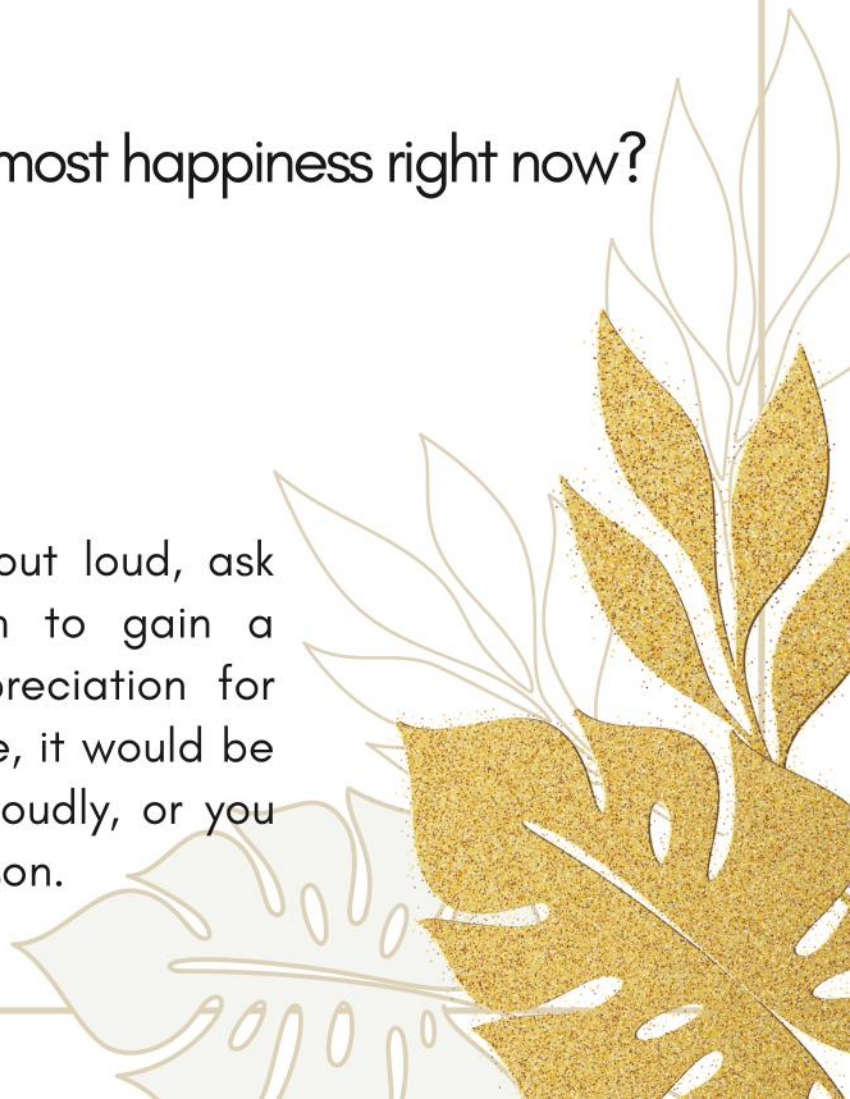


# *Appreciation for yourself*

**I DESERVE HAPPINESS AND JOY.**

What brings you to the most happiness right now?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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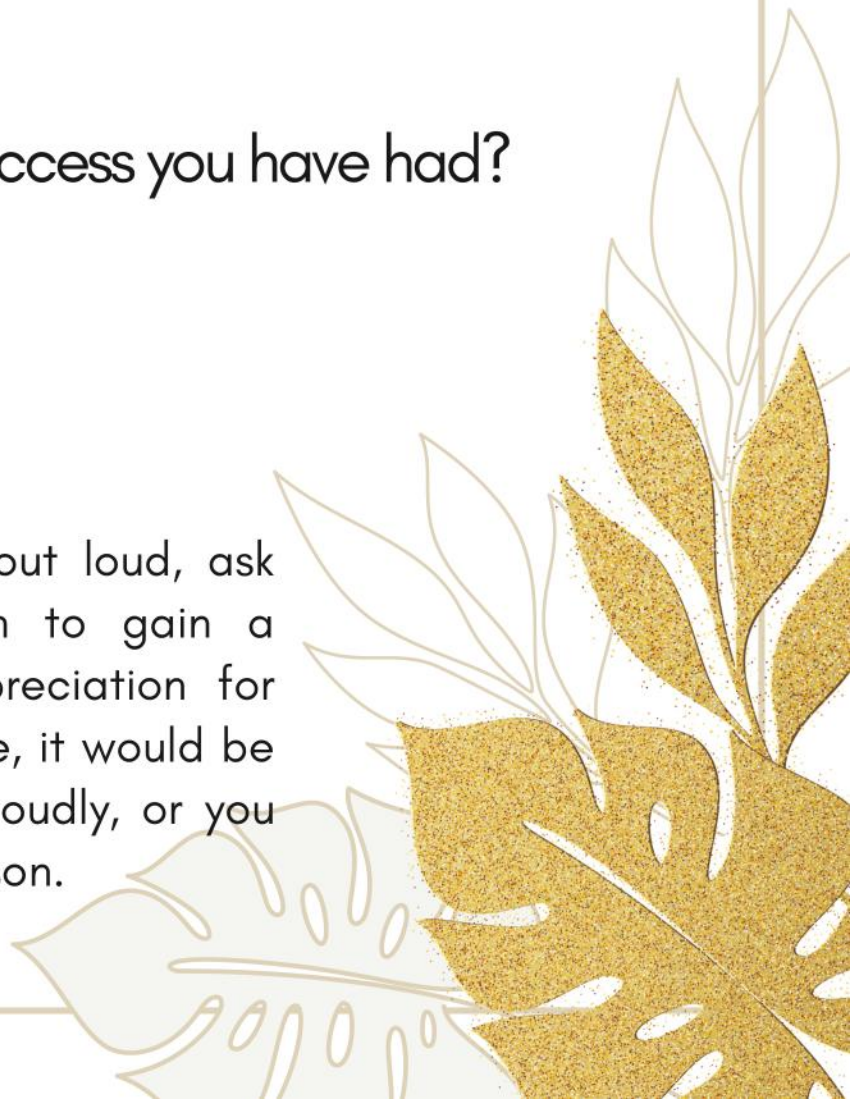


# *Appreciation for yourself*

## **SUCCESS FLOWS TO ME.**

Name a recent success you have had?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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Playful



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# *Appreciation for yourself*

**I AM HEALING FROM  
ALL PAST TRAUMAS.**

How do you best heal?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

**I HAVE ALL THAT I NEED TO  
GET THROUGH THIS DAY.**

Name 5 things that you are grateful for?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

## **I AM PROUD OF MYSELF.**

What makes you feel proud?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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



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



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Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

## **I POUR NOURISHMENT INTO MYSELF.**

How do you practice self-care?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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



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



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Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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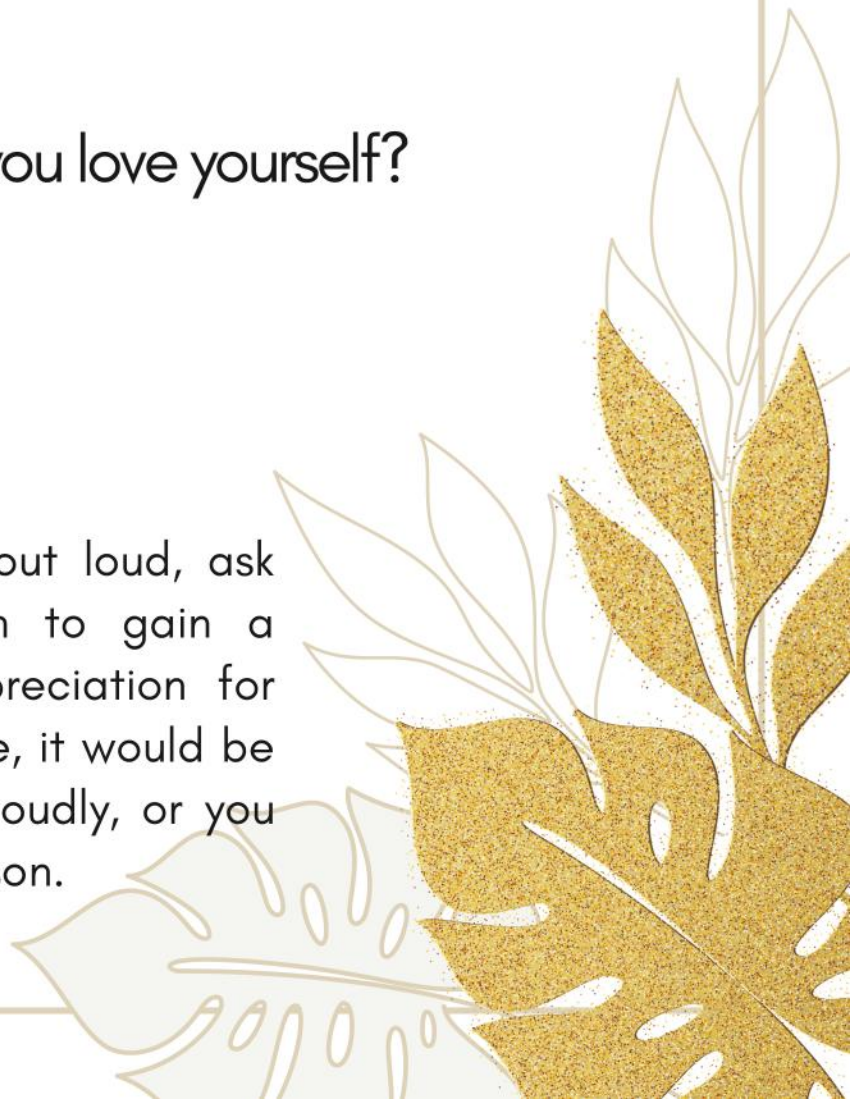


# *Appreciation for yourself*

**I CAN DO ANYTHING  
I SET MY MIND TO.**

What would you like to do?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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



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Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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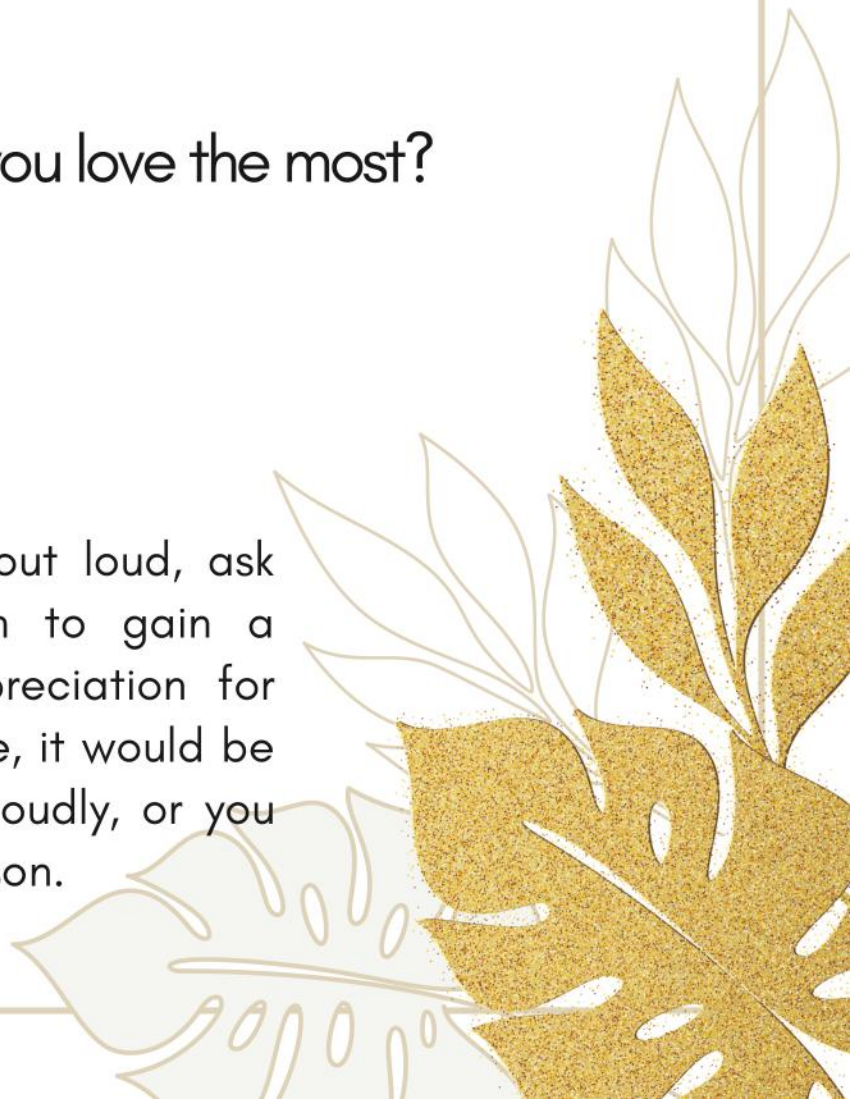


# *Appreciation for yourself*

**I AM STRONGER THAN  
I COULD IMAGINE.**

When have you been strong?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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



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



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# Morning Gratitude

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

Today I want to feel...

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3 things I'm grateful for today are...

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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

## **I ALLOW MYSELF TO BE TRULY WHO I AM.**

How do you express your authentic self?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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

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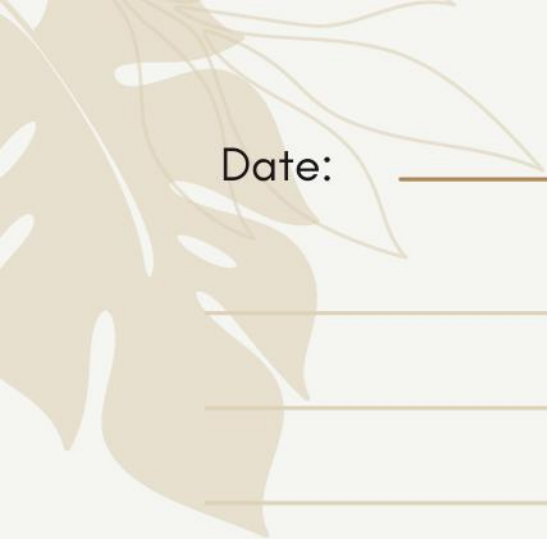
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Date: \_\_\_\_\_



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My mood this morning is...

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|  Calm    |  Rested  |  Creative |
|  Happy   |  Angry   |  Sad      |
|  Anxious |  Playful |  _____    |

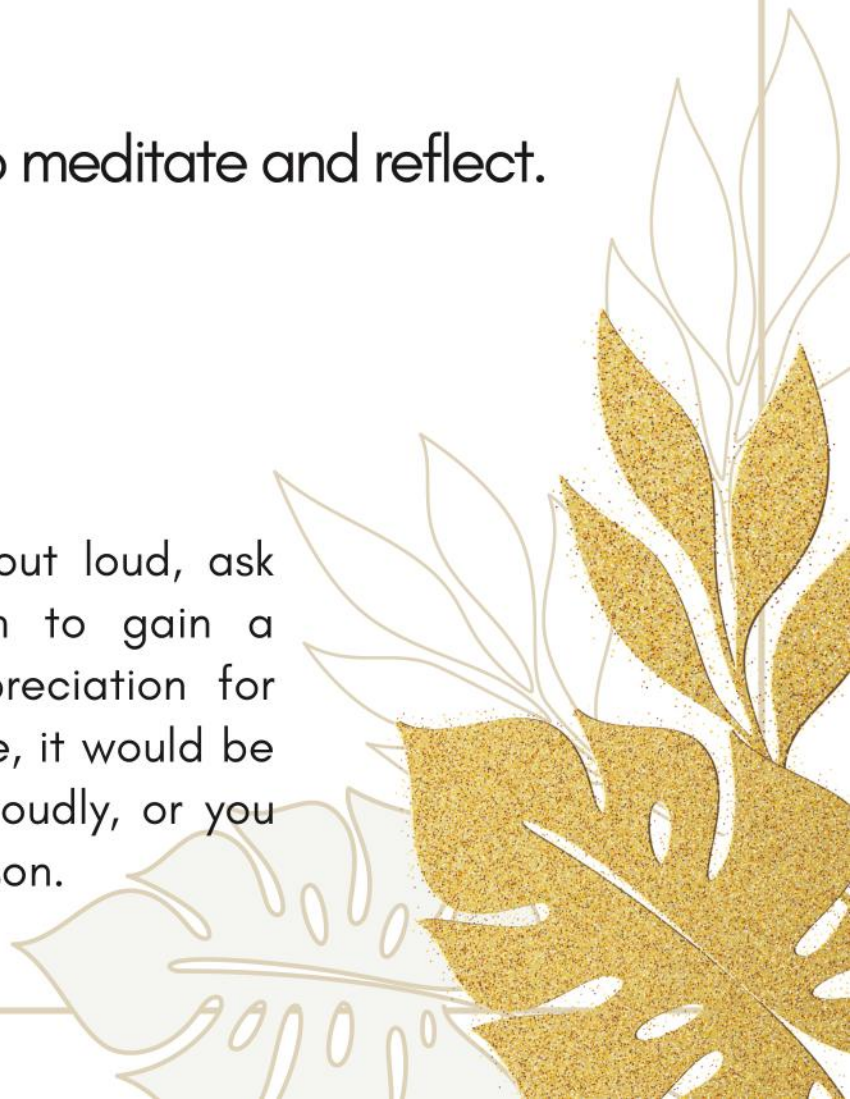


# *Appreciation for yourself*

**I AM CONFIDENT IN MY ABILITIES.**

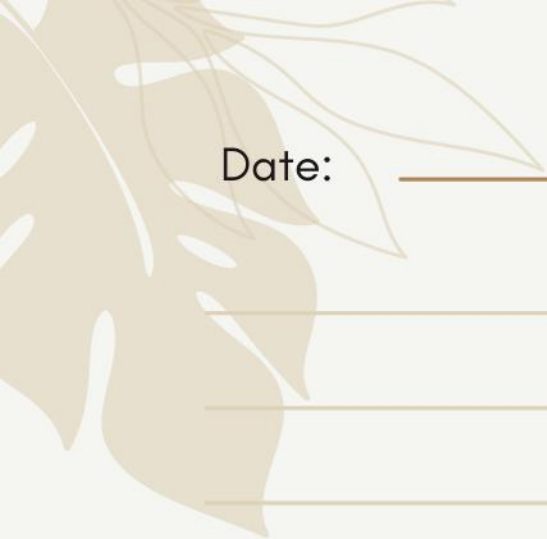
When do you feel most confident?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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

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



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# Morning Gratitude

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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

## **I AM OPEN TO RECEIVING UNEXPECTED OPPORTUNITIES.**

What was the last opportunity you  
received unexpectedly?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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



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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

**THE WORLD NEEDS MY LIGHT AND  
I AM NOT AFRAID TO SHINE.**

What brings you to the  
most happiness right now?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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



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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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# *Appreciation for yourself*

**I AM FREEING MYSELF OF  
ALL WORRIES AND DOUBTS.**

Take 5 deep breaths.

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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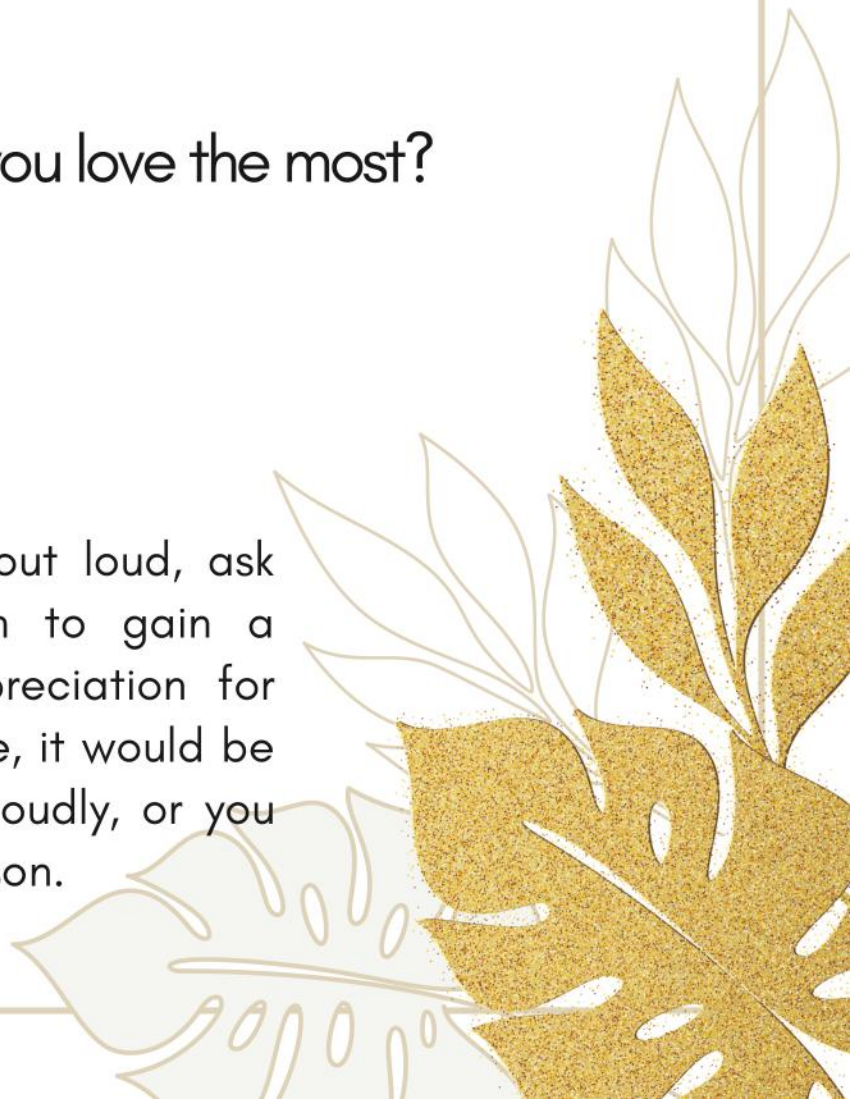


# *Appreciation for yourself*

## **I AM A POSITIVE ROLE MODEL FOR OTHERS.**

who do you want to set an example for?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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|  Happy   |  Angry   |  Sad      |
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# *Appreciation for yourself*

## **I WILL NOT COMPARE MYSELF TO OTHERS**

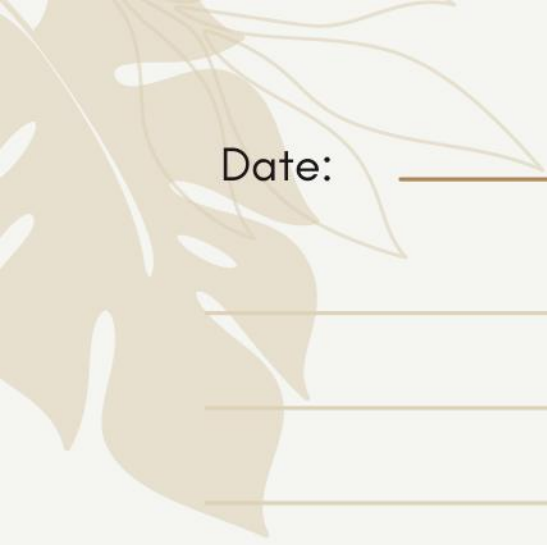
What is a recent improvement you  
have made in your life?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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



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Happy



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Sad



Anxious



Playful



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# *Appreciation for yourself*

## **I ATTRACT WHAT I WANT INTO MY LIFE.**

What do you want more  
of in your life?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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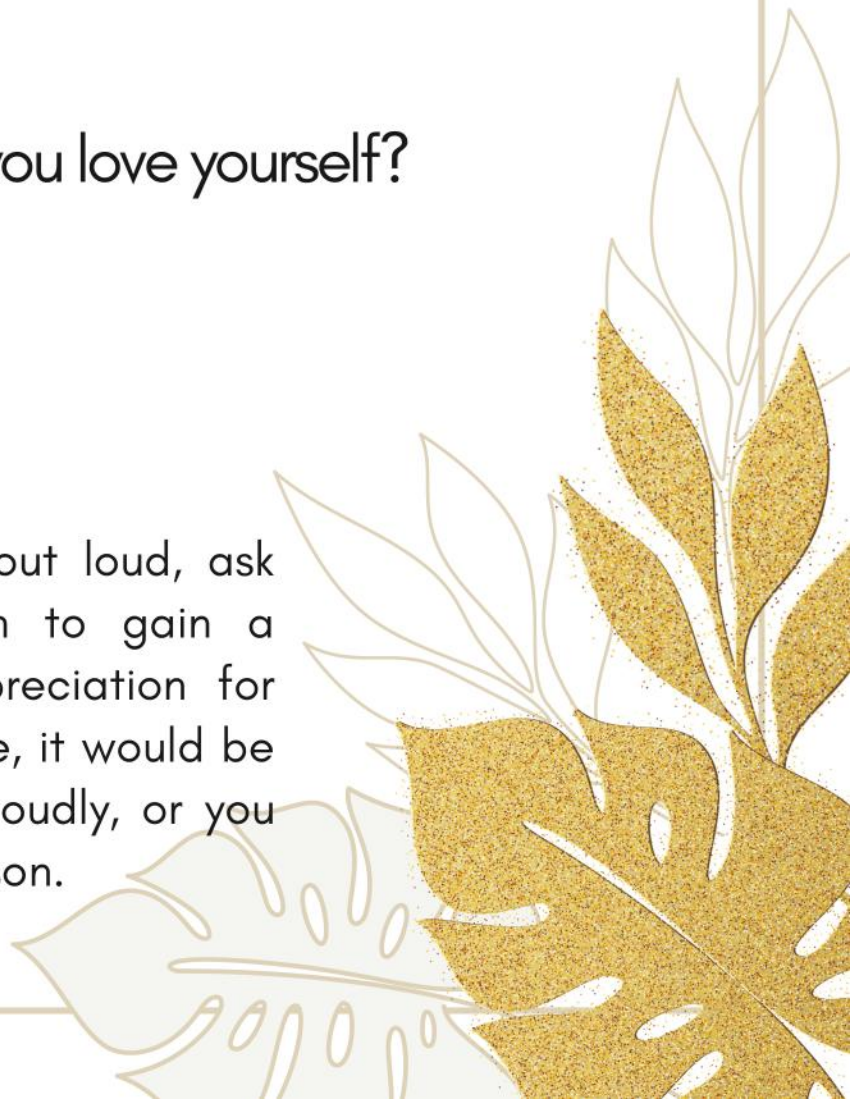


# *Appreciation for yourself*

## **I AM NOT AFRAID OF FAILURE.**

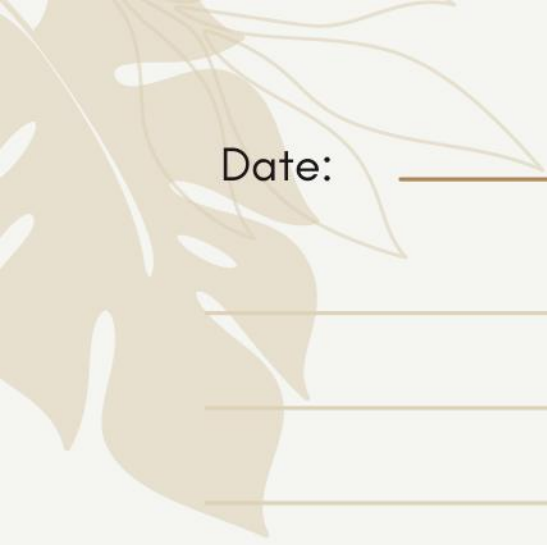
If you could not fail, what would you do?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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



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# *Appreciation for yourself*

## **I ACCEPT THE PAST**

How has your past made you a better person?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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# *Appreciation for yourself*

## **I EMBRACE THE FUTURE.**

What are you looking forward to  
the most in your life?

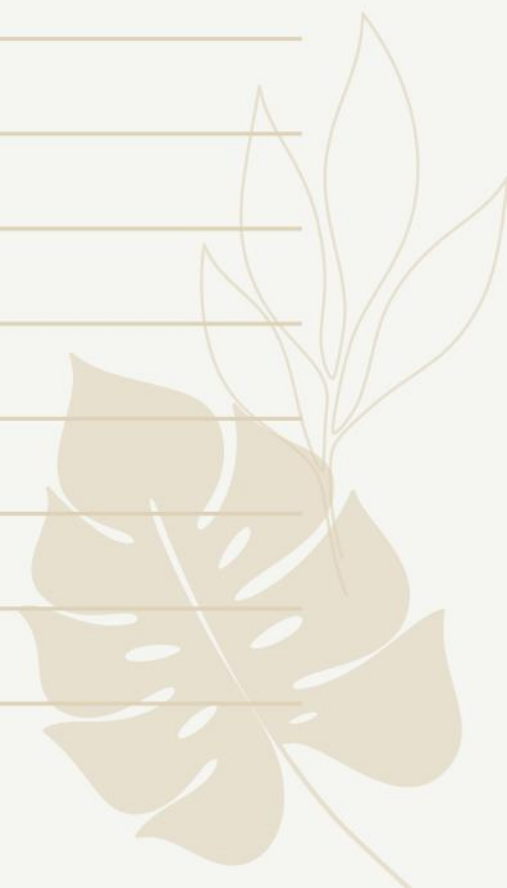
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My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



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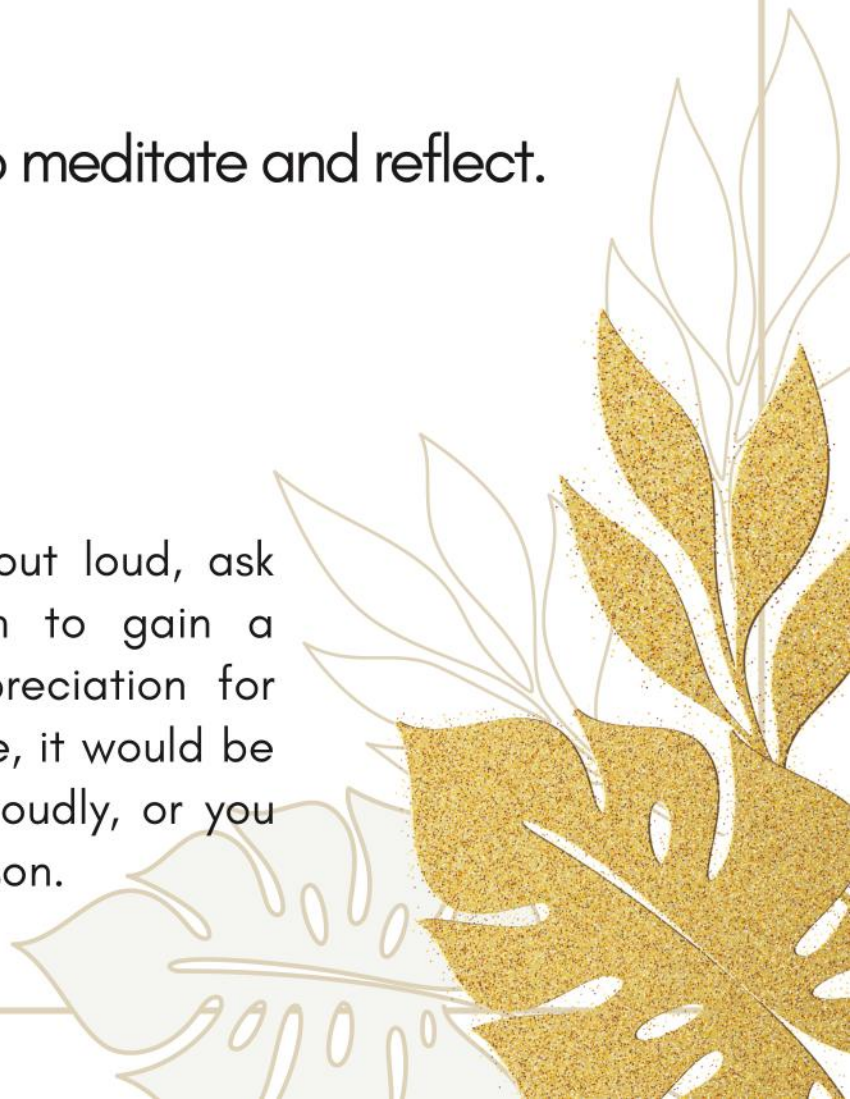


# *Appreciation for yourself*

## **I AM AT PEACE**

Take five minutes to meditate and reflect.

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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



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# Morning Gratitude

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

Today I want to feel...

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Today I will spread kindness by...

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3 things I'm grateful for today are...

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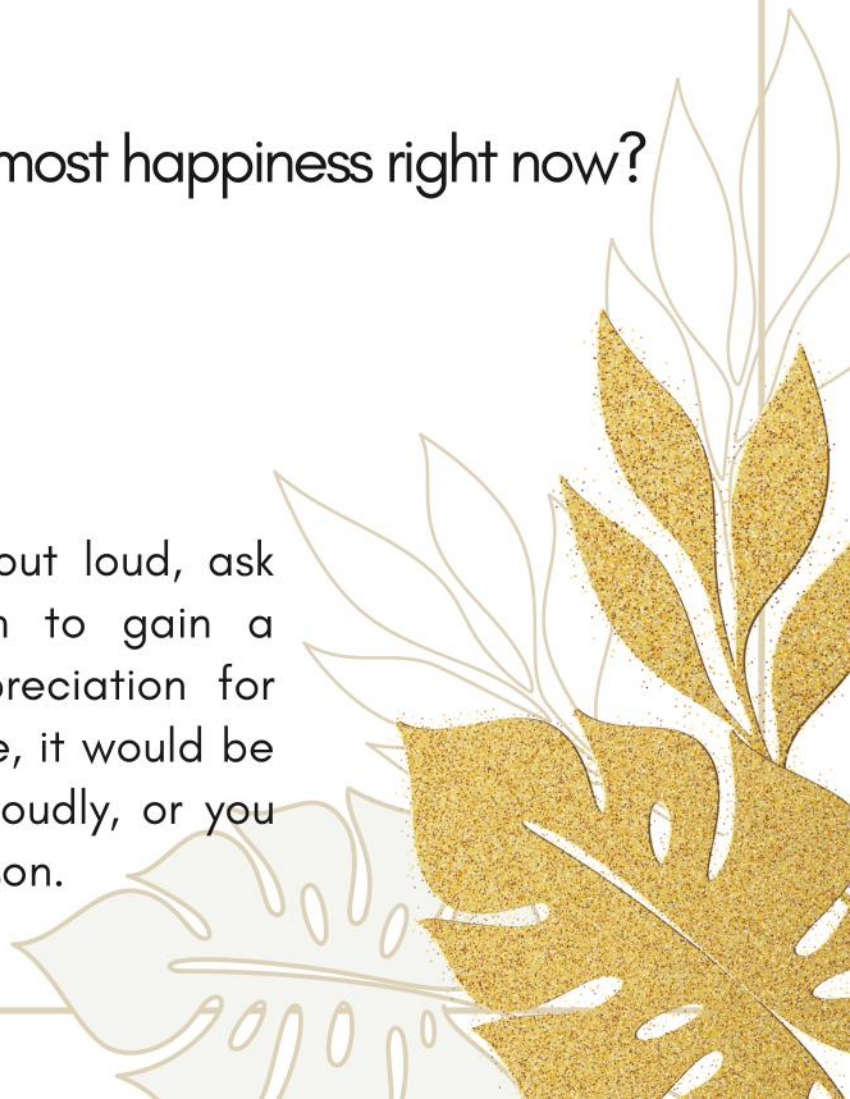


# *Appreciation for yourself*

**I AM IN CONTROL OF MY LIFE.**

What changes do you want to see in your life?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.

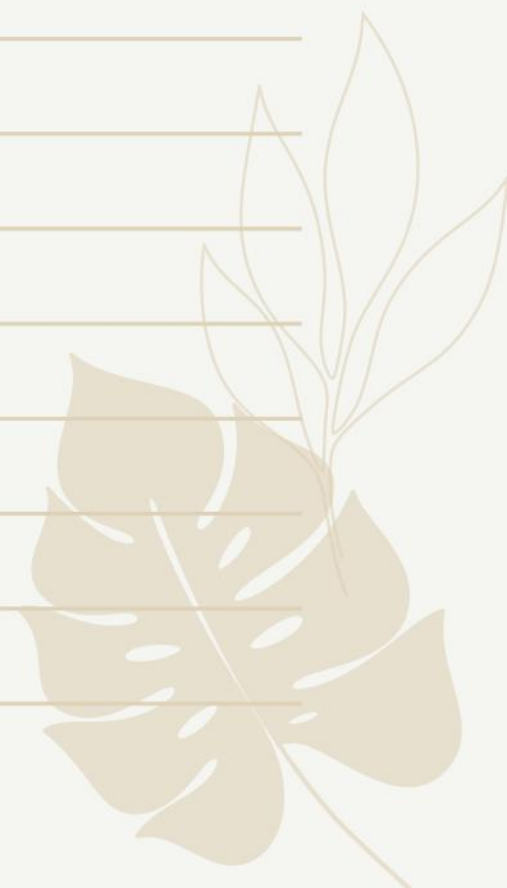




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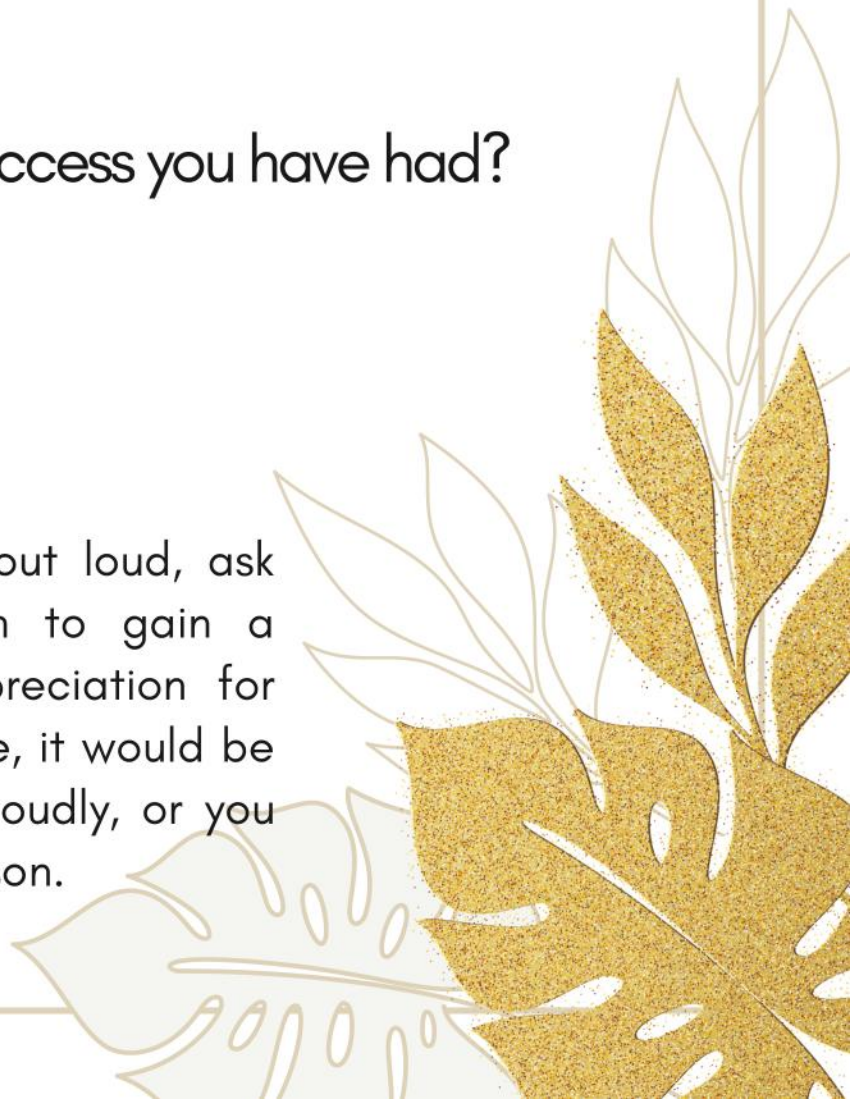


# *Appreciation for yourself*

**I AM DOING THE WORK THAT  
WORKS FOR ME.**

What can work most for you? How?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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# *Appreciation for yourself*

**I AM GROWING AND I AM GOING  
AT MY OWN PACE.**

How can your own pace be identical to you?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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# *Appreciation for yourself*

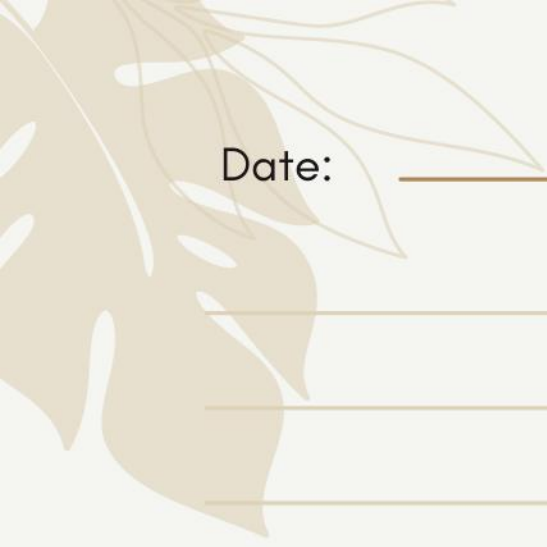
## **I AM WORTHY OF INVESTING IN MYSELF.**

What is the best investment  
that you did for yourself?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.



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



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



A series of horizontal lines for writing, consisting of 18 evenly spaced lines that span most of the page width.



# Morning Gratitude

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# *Appreciation for yourself*

**I GROW TOWARDS MY INTERESTS,  
LIKE A PLANT REACHING FOR THE SUN.**

How can you keep this growing  
to be healthier in your life?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.

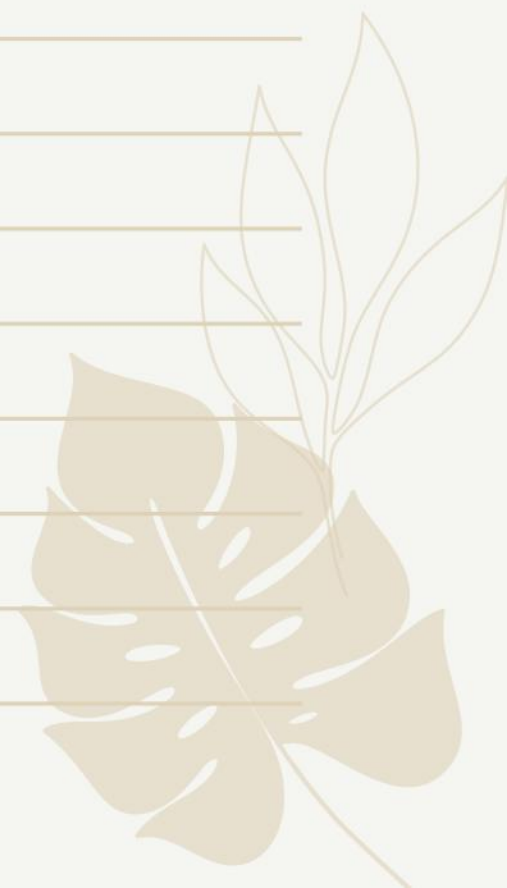




Date: \_\_\_\_\_



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# *Appreciation for yourself*

## **I RESPECT THE CYCLE OF THE SEASONS.**

In what way you could benefit from  
all seasons for your health?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.





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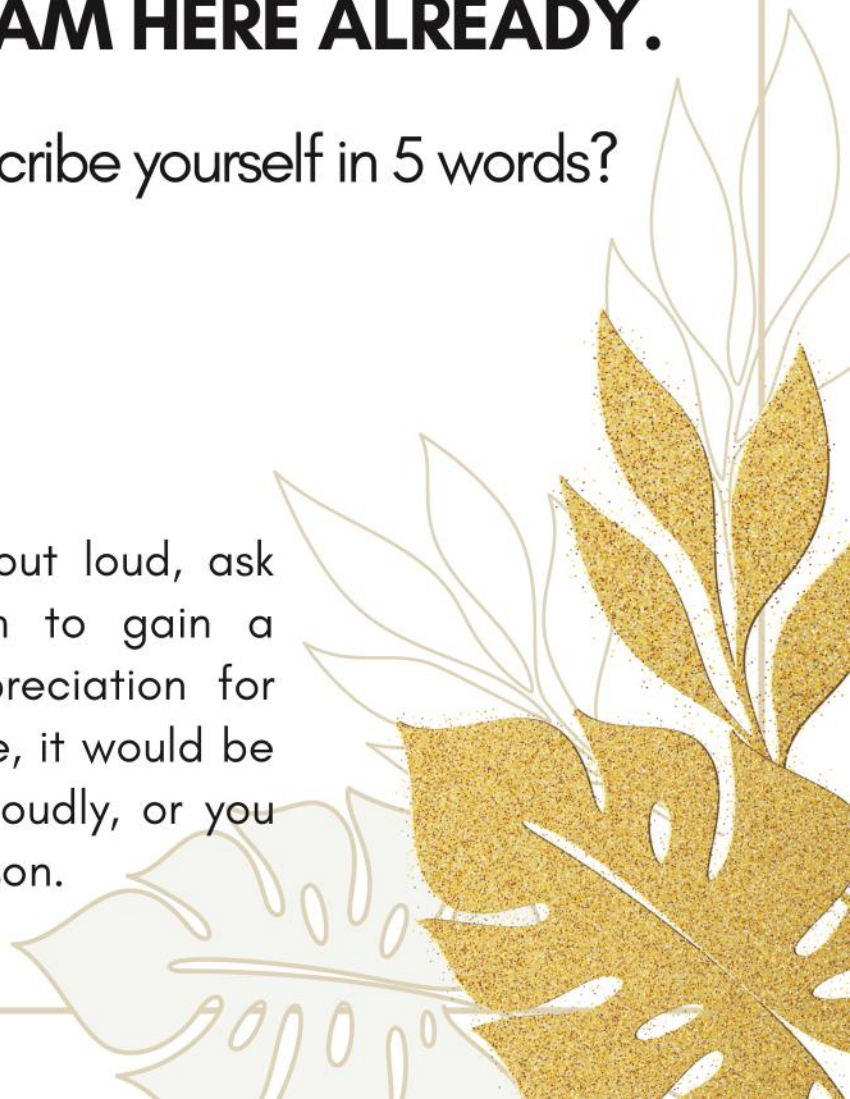


# *Appreciation for yourself*

**WORDS MAY SHAPE ME, BUT THEY DO  
NOT MAKE ME. I AM HERE ALREADY.**

How can you best describe yourself in 5 words?

After you say the affirmation out loud, ask yourself the question beneath to gain a better understanding and appreciation for yourself. You don't have to write, it would be good if you speak to yourself loudly, or you may share it with your close person.







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During your treasure hunt, which challenges do you find in this painting similar to the challenges you faced in your journey?

Is it possible to choose any item in this photo or add one of your own, and express it with a symbol or name it with one of the challenges that you faced?



## Morning Questions:

1. On a scale of 1-10 (1 is the worst & 10 is the best) guess how your day will be.
2. What is one positive interaction that you expect to have today?
3. What would make you happy today?
4. What would make you important today?
5. What would make you feel loved and cared for today?
6. If you had an unexpected day off today, how would you enjoy it?
7. What's one important thing you need to accomplish today?
8. What would make you feel proud today?
9. What are your hopes today?
10. What would you like to do first thing when you get home from work today?
11. What would make this morning the best part of the day?
12. What can make today the best day of the week?
13. What would you wish for that will make you smile today?
14. What would you wish for that will make you smile today?
15. What would make your morning easier?
16. What's something fun you're looking forward to doing today?
17. Pick something difficult you'd like to tackle in the week/month/year ahead.
18. If someone gave you KD 100, how much would you save?
19. What is one thing you'd like to learn today?
20. What's a question that you want to be answered?
21. What achievable goal can you set for yourself today?
22. Set a goal: How many people will you sincerely compliment today?
23. What kind of job do you think would make you the happiest?
24. How do you want to celebrate your next birthday?

## Evening Questions:

1. What or who made you feel smart today?
2. What made your day today?
3. What were some highlights today?
4. What was your favorite interaction today?
5. Who was nice to you today?
6. What or who made you feel included today?
7. What was the funniest thing you heard or that happened to you today?
8. What made you proud today?
9. What made you feel good about yourself today?
10. What was one thing about your commute that made you grateful today?
11. What was the best advice that you got today?
12. What was one thing that you did today that made someone happy?
13. What did you appreciate today?

## Reflection Questions:

1. What are your dreams or wishes for your future?
2. What is the best thing that has ever happened to you in your life?
3. In general, what would you like to keep and repeat doing in the future?
4. What are some ways you can contribute to the world?
5. What values do you share that may attract others? How? Why?
6. What is your legacy?
7. What is the best advice you would give about lasting relationships with people?

## WHO IS FATMA DASHTI?

- Certified ICF Life Coach.
- Certified PADI EFR Instructor.
- Certified PADI Open-water Scuba Instructor.



## HOW CAN I HELP YOU?

whether you are a student, worker, executive, Entrepreneur, or anyone else, I can help you in understanding yourself more by:

- one-one coaching sessions.
- assist you in finding the best plan for your goal/goals.
- Motivational counseling sessions.

## WHAT ELSE?

If you would like to try something different in your life, I suggest that you try o join us in:

- PADI Openwater Scuba Diver Training Programs.
- PADI EFR Program.

## CONTACT ME AT:



 +965 90995775

 <https://linktr.ee/jalbootfatma>

    jalbootfatma

 info@fatmadashti.com

 visit my Blog Page at [www.fatmadashti.com](http://www.fatmadashti.com)



**@jalbootfatma**

**2023**

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