

Burman Media

Companion PDF

A Hijabi's Journey to  
Live, Laugh & Love

by

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The Hijabi Diaries



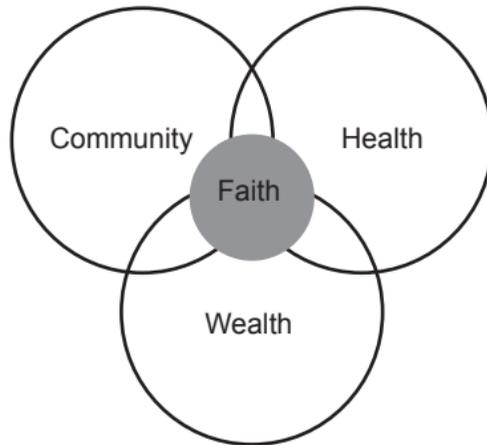
These three areas of life are:

HEALTH

WEALTH

COMMUNITY

What keeps these circles joined at the middle is faith (in my case, faith in Allah), but for others it is whatever you believe in.





## CREATING YOUR OWN LIFE MAP

I cannot tell you how empowering a Life Map is. It helps you focus on your dreams and put them out there in the universe. Once you put your goals down on paper and start to visualize yourself achieving your dreams, things will start to happen. I'm providing a template for you to use. Happy visioning!

Dream ..... <i>(home, car?)</i>	Personal Development Goal ..... <i>(university, college, new position, business?)</i>
Dream ..... <i>(places to visit?)</i>	Things to do ..... <i>(from your bucket list)</i>
Ways I can make a difference ..... <i>(charitable giving, volunteering?)</i>	What I'm looking for ..... <i>(relationships?)</i>
Life Map ..... - ..... <i>(year - year)</i>	What I will do to be healthier ..... <i>(cleansing, joining a gym, a fitness challenge?)</i>

Quotes to Live by

## Live

**Live in the moment...**

Enjoy every minute as you experience life. Each and every moment is a gift. Use it to the best of your ability.

*"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."* — Buddha

## Laugh

Look at the bright side of every situation. There always is one. Remember that everything you experience is a lesson for something better to come.

*"Take the first step in faith, even if you don't see the whole staircase."* — Martin Luther King Jr

So don't worry, just be happy!

## Love

**Love yourself...**

You are perfect in your own way.

*"Only I decide what my value is."* — Suzan Hart ([www.onehart.com](http://www.onehart.com))

Embrace yourself as 'you' and acknowledge that anything you do to be healthier will only enhance the outer self to match the beauty that's already on the inside.