بِسْمِ ٱللَّهِ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ

TRACES

Bring yourself to account before you are brought to account.
Prophet Muhammad ﷺ

This journey was infused by the wisdom of Shaykh Muhammad Haydar al-Jilani. At its heart is a simple truth: “The real crisis isn’t a lack of knowledge—it’s the nafs. True success comes through purifying the heart.”

بِسْمِ ٱللَّهِ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ

The journal you're about to embark on is a transformative tool designed to guide you through a journey of self-awareness and spiritual growth. It aims to prepare you for the ultimate questions of life and beyond, fostering a profound connection between daily actions and spiritual intentions. Through three phases, this journal offers a structured yet flexible approach. In Phase 1, you'll build a foundation by engaging in reflection, imagination, and corrective actions over a 48-day cycle. Phase 2 focuses on targeted habit correction, allowing you to address specific areas of struggle identified in Phase 1. Finally, Phase 3 aligns your journaling with high spiritual seasons, emphasising worship and reflection during crucial periods like Ramadan and Hajj. The journal encourages honesty and personal adaptation, reminding you to continuously seek Allah's guidance and acceptance in your personal growth journey.

This structured, three-phase programme is designed to facilitate personal growth and spiritual development.

Phase 1: The Foundation lasts for 48 days and focuses on introspection and self-awareness. It utilises an eight-day cycle where reflection, gratitude, and sincere self-assessments are key. On specific days, you are encouraged to turn reflections into supplications or "duas," asking for divine support in overcoming personal challenges. Imagination and letting go are practised, while weekly reviews and resets help maintain focus and track progress.

Phase 2: Focused Habit Correction builds on insights from Phase 1, allowing you to choose modules tailored to your specific areas of struggle, such as thought patterns, emotional states, time management, and more. This personalised approach ensures that efforts are concentrated where they are most needed, fostering authentic growth and positive change.

Phase 3: Ramadan has arrived *Alhamdulillah!* With journaling minimised to prioritise spiritual practices, this phase helps consolidate the progress made and ensures that worship remains central.

Throughout, the programme emphasises honesty, personalisation, and a focus on sincere supplications, recognising that this journey is deeply personal and ultimately between you and Allah. It is a flexible tool for preparation, encouraging you to seek divine acceptance and a sound heart.

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The Three Audits: Heart, Service, and Alignment

The Sound Heart (Qalbul Salim) Focus

"Ya Allah, did the vessel of my heart return to You sound, having successfully transformed every worldly trace, ambition, and wandering into an act of pure sincerity and consciousness of You?"

The Spiritual Defense: You answer this by showing that your ego ceased trying to "force" your heart to be pure through raw willpower. Instead, you demonstrate un-willingness to your own ego—letting go of self-assertion and be dawn to the magnetic power of Divine remembrance (Zikr) and awareness upon the Prophet صلى الله عليه وسلم

Spiritual Stewardship (Khilafah) Focus

"Ya Allah, did I effectively and diligently employ the specific time, talents, and resources You lent me to service.

The Spiritual Defense: You answer this by showing that your service to humanity (Khidmah) was not a series of calculated, strategic moves driven by a forceful desire to build a legacy. Rather, it was a manifestation of pure, loving interest for the world, free from suffering, and you are organically pulled to help, for no reward or benefits but only because it is the right action to take.

Inner-Outer Alignment (Adab) Focus

"Did my public actions, hidden intentions, and daily routine successfully align to form a beautiful, unified testament to Your guidance?"

The Spiritual Defense: You answer this by showing that your daily alignment was achieved when you undid the power of your self-centered will. Your outer actions and hidden intentions aligned because you stopped forcing a public identity and simply let your soul be receptive to Divine guidance (Hidayah).

What have you prepared for it?

Imagine you are asked in the grave: Who is your Lord? What is your religion? Who is your Prophet? Now imagine standing on the Day of Judgment, and being asked: Your life: how did you spend your time? Your youth: how did you use those younger years? Your wealth: how did you earn it? Your wealth: what did you spend it on? Your knowledge: what did you actually do with what you knew? (Jami` at-Tirmidhi, Hadith 2416 and 1071). The answers are written by the days you live now.

This journal features three audits to prepare you for both sets of questions:

- **1. The Sound Heart (Qalbun Salim)**
  - **Prepares for:** Who is your Lord? Who is your Prophet? (Plus the intentions behind the five Day of Judgment questions).
  - **How:** Constant Dhikr and Salawat ﷺ build an authentic relationship, allowing you to answer from true spiritual closeness rather than memory. It checks if your time, wealth, and youth were used for Allah or your ego, ensuring you meet Him with a pure heart (Quran 26:88-89).
- **2. Spiritual Stewardship (Khilafah)**
  - **Prepares for:** Lifespan, Youth, Wealth earned, Wealth spent, and What is your religion?
  - **How:** Your time, energy, and wealth are temporary trusts. This audit tracks how you use these gifts to serve others, giving your Deen a practical, lived answer.
- **3. Inner-Outer Alignment (Adab)**
  - **Prepares for:** Knowledge (did you act on it?) and Who is your Prophet?
  - **How:** Knowledge is only valuable if it changes your actions. This audit aligns your private intentions, public deeds, and daily habits with the Sunnah of the Prophet ﷺ.

Note Before You Begin: This journal is a tool for preparation, not a guarantee. Ultimate salvation depends on Allah's mercy. Write honestly, reflect often, and seek His acceptance.

HOW TO USE THIS DIARY: PHASE ONE

THE PLAN 8-day deep audit: 6 rounds × 8 days = 48 days

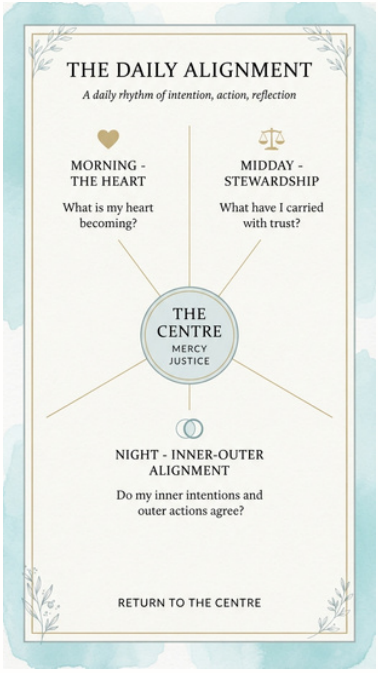
THE PURPOSE See your life clearly before you fix it.

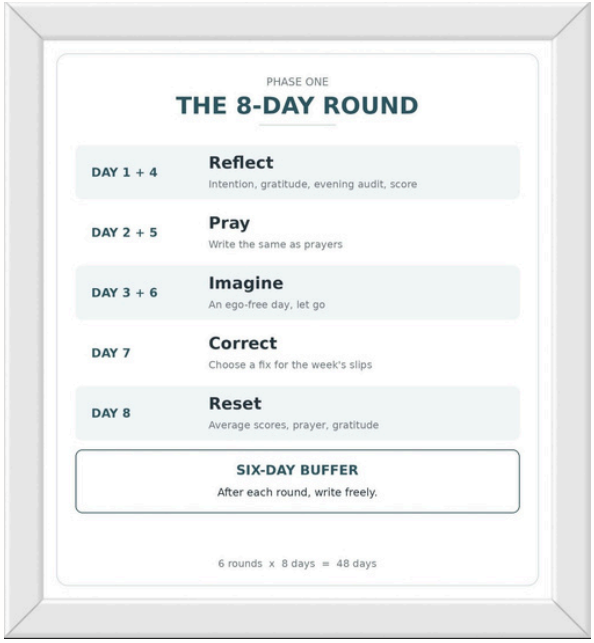
A DAILY PAGE
Morning (Musharatah): set your intention.
Gratitude: note one mercy.
Evening (Muhasabah): was it for Allah?
Score yourself: 1 to 5.

THE SIX-DAY BUFFER
After each round, write freely.

WHY IT WORKS
Small, daily steps. The most beloved deeds are the most consistent.

KEEP IT GENTLE
Aim for the habit of returning, not perfection. If you miss a day, don't double up.





IT'S YOUR day 1

Notice

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. .....
2. .....
3. .....

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

_____

_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 6 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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.....

The Ghazalian Remedial Penalties (Mu'aqabah)

When your nightly audit reveals that the Nafs overthrew your alignment, apply these intentional behavioral medicines immediately. Take a moment to read these hints and apply what is needed.

1. For Pride, Arrogance, or Shaming Others: The Anonymous Service: Clean or serve in a public space (like a mosque bathroom orcommunity kitchen) completely anonymously.·The Private Praise: Write down three genuine spiritual qualities of the person youargued with, and make sincere Dua for them in their absence.

2. For Greed, Self-Interest, or Control: The Relinquishment Charity: Take a physical possession or sum of money your ego ishoarding for security, and give it away instantly.·The Postponed Desire: Purposely delay satisfying a halal, physical craving for 3 days tobreak the ego's dominance.

3. For Anger, Impatience, or Defensiveness: The Fast of the Tongue: Commit to a day of fasting, with the clause that if any wordof harsh anger slips, you must add an extra day. The Physical Surrender: Immediately drop your posture to the earth (sit or lie down) and perform a fresh, cold ablution (Wudu).

IT'S YOUR 8 day

WEEKLY RESET

Date: ..... / ..... / .....

Weekly Review, Alignment, and Restoration

01. THE WEEKLY REVIEW (MUTALABAH)

Accounting the soul: reviewing the past 7 days note any friction trends, and avoidance.

1. .....
2. .....
3. .....

02. RECONCILIATION AND REPAIR (MU'AQABAH)

Course correction: setting definite changes in behaviour any friction points.

1. .....
2. .....
3. .....

03. REALIGNMENT AND RECTIFICATION DUA

O Allah, rectify for me my spiritual, worldly, and ultimate affairs, and bless this mess.

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Gratitude AL-SHUKR LEDGER

Dominant internal trace

(The main emotional state or heart posture that defined this week)

Observed external safeguards

(Moments where hidden protection or unexpected ease stepped in)

Pray as if you See Him if you do not see him know that He (God) See's you

(The realisation or dua that brought the most inner clarity)

.....

.....

.....

IT'S YOUR day 1

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

_____

_____

IT'S YOUR 2 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

_____

_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

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3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

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1. .....
2. .....
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4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 6 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

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1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

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1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

The Ghazalian Remedial Penalties (Mu'aqabah)

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IT'S YOUR 8 day

WEEKLY RESET

Date: ..... / ..... / .....

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Course correction: setting definite changes in behaviour any friction points.

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03. REALIGNMENT AND RECTIFICATION DUA

O Allah, rectify for me my spiritual, worldly, and ultimate affairs, and bless this mess.

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3. .....
4. .....
5. .....
6. .....

Gratitude AL-SHUKR LEDGER

Dominant internal trace

(The main emotional state or heart posture that defined this week)

Observed external safeguards

(Moments where hidden protection or unexpected ease stepped in)

Pray as if you See Him if you do not see him know that He (God) See's you

(The realisation or dua that brought the most inner clarity)

.....

.....

.....

IT'S YOUR 1 day

Notice

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. .....
2. .....
3. .....

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

_____

_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

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Score your Day 1 to 5

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Evening Reflection:

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IT'S YOUR 6 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

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MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

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.....

The Ghazalian Remedial Penalties (Mu'aqabah)

When your nightly audit reveals that the Nafs overthrew your alignment, apply these intentional behavioral medicines immediately. Take a moment to read these hints and apply what is needed.

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3. For Anger, Impatience, or Defensiveness: The Fast of the Tongue: Commit to a day of fasting, with the clause that if any wordof harsh anger slips, you must add an extra day. The Physical Surrender: Immediately drop your posture to the earth (sit or lie down) and perform a fresh, cold ablution (Wudu).

IT'S YOUR 8 day

WEEKLY RESET

Date: ..... / ..... / .....

Weekly Review, Alignment, and Restoration

01. THE WEEKLY REVIEW (MUTALABAH)

Accounting the soul: reviewing the past 7 days note any friction trends, and avoidance.

1. .....
2. .....
3. .....

02. RECONCILIATION AND REPAIR (MU'AQABAH)

Course correction: setting definite changes in behaviour any friction points.

1. .....
2. .....
3. .....

03. REALIGNMENT AND RECTIFICATION DUA

O Allah, rectify for me my spiritual, worldly, and ultimate affairs, and bless this mess.

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Gratitude AL-SHUKR LEDGER

Dominant internal trace

(The main emotional state or heart posture that defined this week)

Observed external safeguards

(Moments where hidden protection or unexpected ease stepped in)

Pray as if you See Him if you do not see him know that He (God) See's you

(The realisation or dua that brought the most inner clarity)

.....

.....

.....

IT'S YOUR day 1

Notice

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. .....
2. .....
3. .....

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 2 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

There is no change, no transformation, and no power except by Allah

1. .....
2. .....
3. .....

. NIGHTLY AUDIT & OPENINGS (MUHASABAH) DUA

O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

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IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

There is no change, no transformation, and no power except by Allah

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3. .....

03. NIGHTLY AUDIT & OPENINGS (MUHASABAH) REIMAGINED

Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

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2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

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_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

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1. .....
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Evening Reflection:

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IT'S YOUR 6 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

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Score your Day 1 to 5

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Evening Reflection:

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Dominant internal trace

(The main emotional state or heart posture that defined this week)

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(The realisation or dua that brought the most inner clarity)

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IT'S YOUR day 1

Notice

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. .....
2. .....
3. .....

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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.....

.....

Alignments

Date: ..... / ..... / .....

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1. .....
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O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
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6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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.....

.....

IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

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Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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.....

IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

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Sincerity, Truthful Openings & Unresolved Cleansing

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4. _____
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6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

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_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

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Evening Reflection:

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IT'S YOUR 6 day

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Gratitude AL-SHUKR LEDGER

Dominant internal trace

(The main emotional state or heart posture that defined this week)

Observed external safeguards

(Moments where hidden protection or unexpected ease stepped in)

Pray as if you See Him if you do not see him know that He (God) See's you

(The realisation or dua that brought the most inner clarity)

.....

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.....

IT'S YOUR 1 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

1. _____
2. _____
3. _____

NIGHTLY AUDIT & OPENINGS (MUHASABAH)

Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

_____

_____

IT'S YOUR 2 day

Alignments

Date: ..... / ..... / .....

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH) DUA

O Changer of the hearts, make my heart steadfast upon Your religion

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE DUA

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O Allah, place light in my heart, light in my tongue, light in my soul, and magnify light for me

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

.....

.....

.....

IT'S YOUR 3 day

Imagine

Date: ..... / ..... / .....

: A Reimagining the perfect day.

MORNING CONTRACT REIMAGINE

O Allah! Inspire me Your correct guidance, and protect me from the nufs of my own soul.

1. .....
2. .....
3. .....

MID-DAY FORCE & SHUKR OF PRACTICE REIMAGINED

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Imagine the light in my heart reaching the heavens, imagine see it feel it and do it better

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

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.....

.....

IT'S YOUR 4 day

Notice

Date: ____ / ____ / ____

: A Daily Entry for Reflection, Practice, and Return

MORNING CONTRACT (MUSHARATAH)

Heart Climate (Qabd/Bast) & Ego Check

1. _____
2. _____
3. _____

MID-DAY FORCE & SHUKR OF PRACTICE

Force Points Caught, Un-Willing Releases & Tracked Traces of Gratitude

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Sincerity, Truthful Openings & Unresolved Cleansing

1. _____
2. _____
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4. _____
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6. _____

Score your Day 1 to 5

[ ] Emptying Will [ ] Receptivity [ ] Freedom from Friction [ ] Purity of Sincerity

Evening Reflection:

_____

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_____

IT'S YOUR 5 day

Alignments

Date: ..... / ..... / .....

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MORNING CONTRACT (MUSHARATAH) DUA

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Score your Day 1 to 5

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Evening Reflection:

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.....

.....

IT'S YOUR 6 day

Imagine

Date: ..... / ..... / .....

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Evening Reflection:

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IT'S YOUR 7 day

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IT'S YOUR 8 day

WEEKLY RESET

Date: ..... / ..... / .....

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Dominant internal trace

(The main emotional state or heart posture that defined this week)

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(Moments where hidden protection or unexpected ease stepped in)

Pray as if you See Him if you do not see him know that He (God) See's you

(The realisation or dua that brought the most inner clarity)

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"This poetry, I never know what I'm going to say..."
is one of the most poignant themes in Rumi'



"This poetry, I never know what I'm going to say..."
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is one of the most poignant themes in Rumi'



HOW TO USE THIS DIARY: PHASE TWO

Targeted habit correction: 42 days

START DATE: ____ / ____ / 20____ RAMADAN BEGINS: ____ / ____ / 20___

01. THE PURPOSE

Phase One showed you where you struggle. Phase Two helps you fix it.

02. THE 42 DAYS

Days 1 to 28 (4 weeks): your chosen modules.
Days 29 to 42 (2 weeks): prayer focus and Ramadan preparation.

03. CHOOSE YOUR MODULES (28 days)

Look back over Phase One. Pick two or three that match what you found.
You don't need to complete them all.
Cognitive development: 3 prompt pages, 3 notes pages.
Noticing the heart: 4 tracker pages. For tight (Qabd) and open (Bast) heart states.
Time management: 1 prompt pages, 7 ledger pages. For balancing your 24 hours.
Consumer awareness: Sunnah moderation. 1 week meal plan and 8 food journals.
Physical Awareness: Fitness tracker

04. HOW TO WORK THROUGH A MODULE

Finish its pages, then move on. Do module that you know you will commit to Some will take more time and others will be a 2 min a day check in.

05. GRATITUDE, EVERY DAY

Alongside your module, fill in the gratitude pages: 4 weeks short lines each day.
This is the quick and easy way to stay accountable.

06. THE LAST 14 DAYS: PRAYER AND RAMADAN

Now focus on Prayer and setting goals to read the Quran use the tracker tools. .

07. KEEP IT GENTLE

If you miss a day, don't double up. Pick up the next page.

Preperation

The Weekly Rhythm, Your Focus Plan and What Comes Next

PHASE TWO STARTS: ____ / ____ / 20____ WEEK: ____ / 3

01. THE WEEKLY RHYTHM OF PHASE TWO

Choose any one reflection template each day.

Cognitive Development	Notice Heart	Time Managment	Consumer Awareness	Physical Awarness	Gratitude Awareness	Prayer

02. YOUR THREE-WEEK FOCUS PLAN

Fill in the template you are choosing and why it is important to you.

Template			
This is important!			

03. HOW TO CORRECT WELL

1.One change at a time. Small and specific beats large and vague.

2.Start where it costs the most. Begin with one relationship, habit or thought that drains you.

3. Write the intention. Use the phrase: “If *that* happens, then I will do *this*.”

4. **Correct with kindness.**The goal is repair, not shame. Review on Day 7, adjust, and continue.

COGNITIVE REFLECTION FRAMEWORK

Catch the thought, test it, and replace it.

Use this framework with your daily page. Three short checks, morning, midday, and night, help you break a thought loop before it takes over your day.

01 MORNING: CHALLENGE IT (MUSHARATAH)

Name one assumption you are carrying today, such as “It is impossible.” Ask: where is my logic flawed? Then write a calm, rational counter-argument.

02 MIDDAY: STEADY IT (MURAQABAH)

When confusion or worry hits, return to one core value that does not change. Write it down and read it again. Ask: what is still true when I doubt everything else?

03 NIGHT: REPLACE IT (MUHASABAH)

Review where the loop caught you today. Write an exact plan for next time: “If [trigger], then I will [alternative action].”

04 LOG IT (DELIVERANCE LOG)

Record each loop in the log: the error you noticed, your rational reply, the new plan, and how it went. Patterns show up after a few weeks.

Example

Thought: “I made one mistake, so the whole day is ruined.” Reply: “One mistake is one event. The rest of the day is still mine.” Plan: “If I feel this spiral, then I will pause, say istighfar, and do the next small task.”

COGNITIVE REFLECTION: DAILY PAGE

A daily entry for reflection, practice, and return

01. MORNING: CHALLENGE IT (MUSHARATAH)

Challenge one belief you are holding today, then write a rational reply.

02. MIDDAY: STEADY IT (MURAQABAH)

What is still true when I doubt everything? Write one core value to return to.

03. NIGHT: REPLACE IT (MUHASABAH)

What is my exact plan for next time? If [trigger], then I will [action].

DELIVERANCE LOG

DATE	ERROR OBSERVED	RATIONAL REFUTATION	NEW BEHAVIOUR PLAN	OUTCOME

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DELIVERANCE LOG

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Noticing your heart: Qabd and Bast

Qabd is a feeling of tightness; Bast is openness. Both states come and go, and neither defines your worth. The Qur'an says: "Allah withholds and extends, and to Him you will be returned" (2:245).

Notice each day: Is my heart tight or open? What happened before? Write one line.

When the heart feels tight:
• Keep your prayers and small duties.
• Make dhikr and seek rest (13:28).
• Pause before harsh words or major decisions.
• Check whether you need to repent, rest, eat, walk, or talk.

When the heart opens:
• Give thanks without claiming the feeling as your achievement.
• Use the energy for worship, service, and good habits.
• Watch for pride and avoid promises you cannot keep.

In either state: "O Turner of hearts, keep my heart firm on Your religion."
If this lasts for weeks or affects sleep, appetite, or hope, seek professional support.

Write what you notice:

STAGES OF THE HEART: QABD AND BAST

A daily check: is my heart tight or open?

DATE: ____ / ____ / 20____

Mark 1 to 5, then note what happened just before

	TIGHT			OPEN	
Morning	○	○	○	○	○	_____
Midday	○	○	○	○	○	_____
Evening	○	○	○	○	○	_____
Night	○	○	○	○	○	_____

Write T (tight) or an O for (open) in the box

WHAT I DID	WHAT HAPPENED JUST BEFORE?
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

Ya muqallibal-qulub, thabbit qalbi ala dinik

O Turner of hearts, keep my heart firm upon Your religion.

STAGES OF THE HEART: QABD AND BAST

A daily check: is my heart tight or open?

DATE: ____ / ____ / 20____

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THE DAILY TIME MANAGER

Purpose and practice: plan, log, and review

Your time is a trust. Use this framework with your daily page to plan with purpose, track what really happens, and review it honestly each night.

01 MORNING ANCHOR: PLAN

Set one purpose for the day: what good will Allah do through me today? Every task and time block should serve it. Plan around your five prayers, not in between them.

02 MID-DAY FOCUS: EXECUTE

Log as it happens, using the quick key below. Then fill in your time blocks: when, what hard task, what admin, and whether it was done.

03 NIGHTLY REVIEW: AUDIT

Move each unfinished task to a new date, or drop it and write why. Then rate the day on order, industry, and performance, from 1 to 5.

04 CLOSING QUESTION

Finish with one line: what good was done today?

Quick key for the rapid log

• task	O event	X done
→ moved	– note	M missed

The Prophet (peace be upon him) said: “Two blessings are wasted by many people: health and free time.” (Bukhari)

THE DAILY TIME MANAGER: DAILY PAGE

A daily entry for planning, logging, and review

DAY: ____ / 90

01. MORNING ANCHOR PLAN

Singular purpose: what good shall Allah do this day with me? Set one intention.

02. MID-DAY FOCUS EXECUTE

Rapid log: what is happening, as it happens? Use the quick key.

TIME BLOCKS: WHERE IS MY ATTENTION GOING?

TIME	HARD EXECUTION BLOCK	ADMIN AND OVERSIGHT	DONE

03. NIGHTLY REVIEW AUDIT

Migration: what moves forward, and where? Move each task to a new date, or drop it with a reason.

04. PERSONAL REFLECTIONS

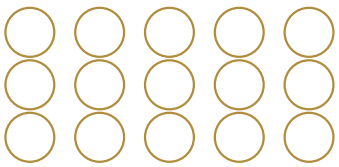
FRAMING

Behavioural audit: how did I perform against my values? Circle 1 to 5.

ORDER

INDUSTRY

PERFORMANCE



THE DAILY TIME MANAGER: DAILY PAGE

A daily entry for planning, logging, and review

DAY: ____ / 90

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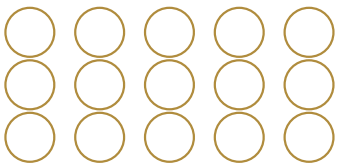
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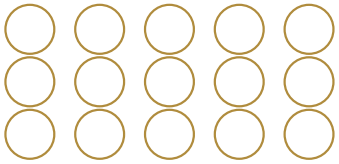
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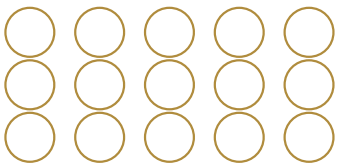
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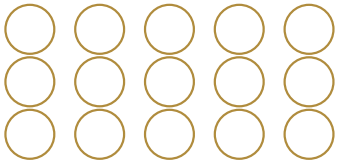
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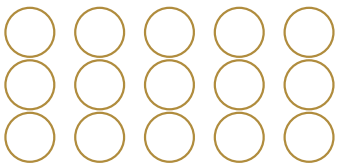
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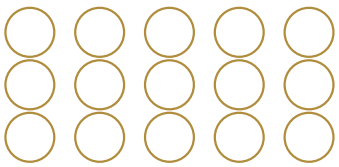
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PERFORMANCE



PROPHETIC EATING GUIDE

Mindful nutrition and reflection

01. CORE PRINCIPLES

GUIDELINES

The rule of thirds: One third food, one third drink, one third air (Tirmidhi, Ibn Majah).

Mindful beginning: Say Bismillah, eat with your right hand, and eat from what is in front of you.

Gratitude and cleanliness: Finish with Alhamdulillah, and wash your hands.

Eat together: Blessing is in sharing a meal. Never find fault with food; if you dislike it, leave it.

02. HEALING FOODS FROM THE SUNNAH

BENEFITS

Ajwa dates: Seven in the morning were praised by the Prophet (peace be upon him) (Bukhari, Muslim).

Talbina (barley porridge): Said to ease the heart of the grieving (Bukhari, Muslim). **Pure honey:**Described in the Quran as a healing (16:69).

Olive oil:“Eat it and anoint with it, for it is from a blessed tree” (Tirmidhi).

Black seed:“A cure for every disease except death” (Bukhari, Muslim).

03. THE PROPHET’S FAVOURITE FOODS

NOURISHMENT

He liked tharid (bread in meat broth), the foreleg of lamb, and cucumbers eaten with ripe dates (Bukhari, Muslim). He was also given cool water kept overnight in a water skin.

These are Sunnah practices, not medical advice. If you have diabetes or a health condition, check with your doctor before changing what you eat, especially with dates and honey.

THE PROPHETIC HEALING WEEK

Seven days of Sunnah focus, meals, and evening reflection

..... / ..... / .....

DAY	SUNNAH FOCUS	MEAL IDEAS	EVENING REFLECTION
Day 1	Say Bismillah. Eat with your right hand, from what is in front of you.	Breakfast: 7 Ajwa dates and water. Dinner: lean meat broth with olive oil.	Did I focus when saying Bismillah? Was I present for the first bite?
Day 2	The rule of thirds. Stop before full.	Breakfast: warm talbina with honey. Dinner: barley bread.	How did leaving a third for air affect my energy?
Day 3	Balance foods: pair a warm food with a cool one.	Snack: ripe dates with cool cucumber slices.	Did this satisfy my cravings without making me sluggish?
Day 4	Black seed with honey and pure intention.	Morning: crushed black seed with a teaspoon of honey. Dinner: black seed over baked fish or greens.	How has this week changed my connection to food?
Day 5	Shared blessings. Invite someone to share a plate.	Main meal: tharid with slow-cooked meat and seasonal broth.	Did eating together change my pace and my gratitude?
Day 6	Zero waste. Finish what you serve yourself.	Honey as the only sweetener, with seasonal fruit and simple broths.	Am I wasting less and showing respect for food?
Day 7	Alhamdulillah. Five quiet minutes of praise after eating.	Cool water kept overnight. Light meals with olive oil.	What habit from this week will I carry forward?

DAILY FOOD JOURNAL

A daily entry for eating, tracking, and reflection

DAY: ____ / 90

01. ETIQUETTE CHECK

TICK WHAT YOU DID

- ☐ Said Bismillah Rule of thirds
- ☐ Washed hands
- ☐ Wasted nothing
- ☐ Ate with right hand
- ☐ Said Alhamdulillah
- ☐ Shared a meal
- ☐ Did not criticise food

02. MEALS

WHAT, HOW MUCH, HOW I FELT

MEAL	WHAT I ATE	Mood	Hunger	ENERGY
Breakfast				
Lunch				
Dinner				
Snack				

03. WATER

CIRCLE EACH GLASS

○ ○ ○ ○ ○ ○ ○ ○

04. EVENING REFLECTION

Did my eating today feel like worship? What will I change tomorrow?

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04. EVENING REFLECTION

Did my eating today feel like worship? What will I change tomorrow?

PHYSICAL FITNESS TRACKER

Hajj fitness prep: build a body ready for the journey

Date: ..... / ..... / .....

01. THIS WEEK'S GOAL

FOCUS

One fitness goal for this week (for example: walk 5 km without stopping).

.....

02. THE 3-DAY ACTION PLAN

DO EACH ONCE A WEEK

DAY	FOCUS	WHAT TO DO	DONE
Day A	Walking endurance	Walk at an easy pace, 30 to 60 minutes. Add 10 minutes each week.	
Day B	Strength and balance	Squats, step-ups, calf raises, and standing on one leg. 3 sets each.	
Day C	Stamina and recovery	Stairs or a hill walk, then stretch hips, calves and back for 10 minutes.	

03. 6-DAY LOG

FILL IN EACH DAY

DAY	ACTIVITY	TIME	EFFORT (1-5)	MOOD	WATER (GLASSES)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					

04. REFLECTION

How does my body feel? What will I do next week?

.....

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Day 3					
Day 4					
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Day 6					

04. REFLECTION

How does my body feel? What will I do next week?

.....

PHYSICAL FITNESS TRACKER

Hajj fitness prep: build a body ready for the journey

Date: ..... / ..... / .....

01. THIS WEEK'S GOAL

FOCUS

One fitness goal for this week (for example: walk 5 km without stopping).

.....

02. THE 3-DAY ACTION PLAN

DO EACH ONCE A WEEK

DAY	FOCUS	WHAT TO DO	DONE
Day A	Walking endurance	Walk at an easy pace, 30 to 60 minutes. Add 10 minutes each week.	
Day B	Strength and balance	Squats, step-ups, calf raises, and standing on one leg. 3 sets each.	
Day C	Stamina and recovery	Stairs or a hill walk, then stretch hips, calves and back for 10 minutes.	

03. 6-DAY LOG

FILL IN EACH DAY

DAY	ACTIVITY	TIME	EFFORT (1-5)	MOOD	WATER (GLASSES)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					

04. REFLECTION

How does my body feel? What will I do next week?

.....

CORE PILLARS OF SUNNAH GRATITUDE PRACTICE

1. Recognise it (the heart)
Know that every blessing comes from Allah, and notice it before it's gone. In the journal, write one blessing you didn't earn.

2. Say it (the tongue)
Praise Allah, and thank people too. The Prophet ﷺ said: "Whoever does not thank people has not thanked Allah" (Abu Dawud and Tirmidhi). In the journal, write the dhikr or dua you said and who you thanked.

3. Use it well (the limbs)
Gratitude is shown in action. The Prophet ﷺ prayed at night until his feet swelled, and said, "Should I not be a grateful servant?" (Bukhari and Muslim). In the journal, write how you used a blessing in worship or service.

4. Transform trial into shukr (patience and gratitude)
The Prophet ﷺ said: "Amazing is the affair of the believer, for all of his affair is good, and this is for no one except the believer. If something good happens to him, he is thankful, and that is good for him. If something harmful happens to him, he is patient, and that is good for him" (Sahih Muslim 2999, from Suhayb). In the journal, write one hardship and one thing it taught you or protected you from.

THE 7-DAY REFLECTION GRID

Write what you noticed, and how you gave thanks

DAY	WHAT I NOTICED	THANKS OR DUA I SAID	ONE ACTION
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Thanks is shown in the heart, on the tongue, and through action.

THE 7-DAY REFLECTION GRID

Write what you noticed, and how you gave thanks

DAY	WHAT I NOTICED	THANKS OR DUA I SAID	ONE ACTION
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Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Thanks is shown in the heart, on the tongue, and through action.

PRAYER AND JUZ TRACKER

"Pray as you have seen me pray." (Bukhari)

Date: ..... / ..... / .....

01. THE WEEK'S PRAYERS

MARK EACH ONE YOU PRAYED

PRAYER	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fajr	○	○	○	○	○	○	○
Dhuhr	○	○	○	○	○	○	○
Asr	○	○	○	○	○	○	○
Maghrib	○	○	○	○	○	○	○
Isha	○	○	○	○	○	○	○
Duha	○	○	○	○	○	○	○
Witr	○	○	○	○	○	○	○
Night prayer	○	○	○	○	○	○	○
Khushu (1-5)	.....	.....	.....	.....	.....	.....	.....

02. QURAN: JUZ TRACKER

FILL IN EACH JUZ YOU FINISH

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Pages read this week: _____ Next juz to begin: _____

03. REFLECTION

Did I bring presence (khushu) to my prayer? What will I improve?

.....

.....

PRAYER AND JUZ TRACKER

"Pray as you have seen me pray." (Bukhari)

Date: ..... / ..... / .....

01. THE WEEK'S PRAYERS

MARK EACH ONE YOU PRAYED

PRAYER	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fajr	○	○	○	○	○	○	○
Dhuhr	○	○	○	○	○	○	○
Asr	○	○	○	○	○	○	○
Maghrib	○	○	○	○	○	○	○
Isha	○	○	○	○	○	○	○
Duha	○	○	○	○	○	○	○
Witr	○	○	○	○	○	○	○
Night prayer	○	○	○	○	○	○	○
Khushu (1-5)	.....	.....	.....	.....	.....	.....	.....

02. QURAN: JUZ TRACKER

FILL IN EACH JUZ YOU FINISH

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

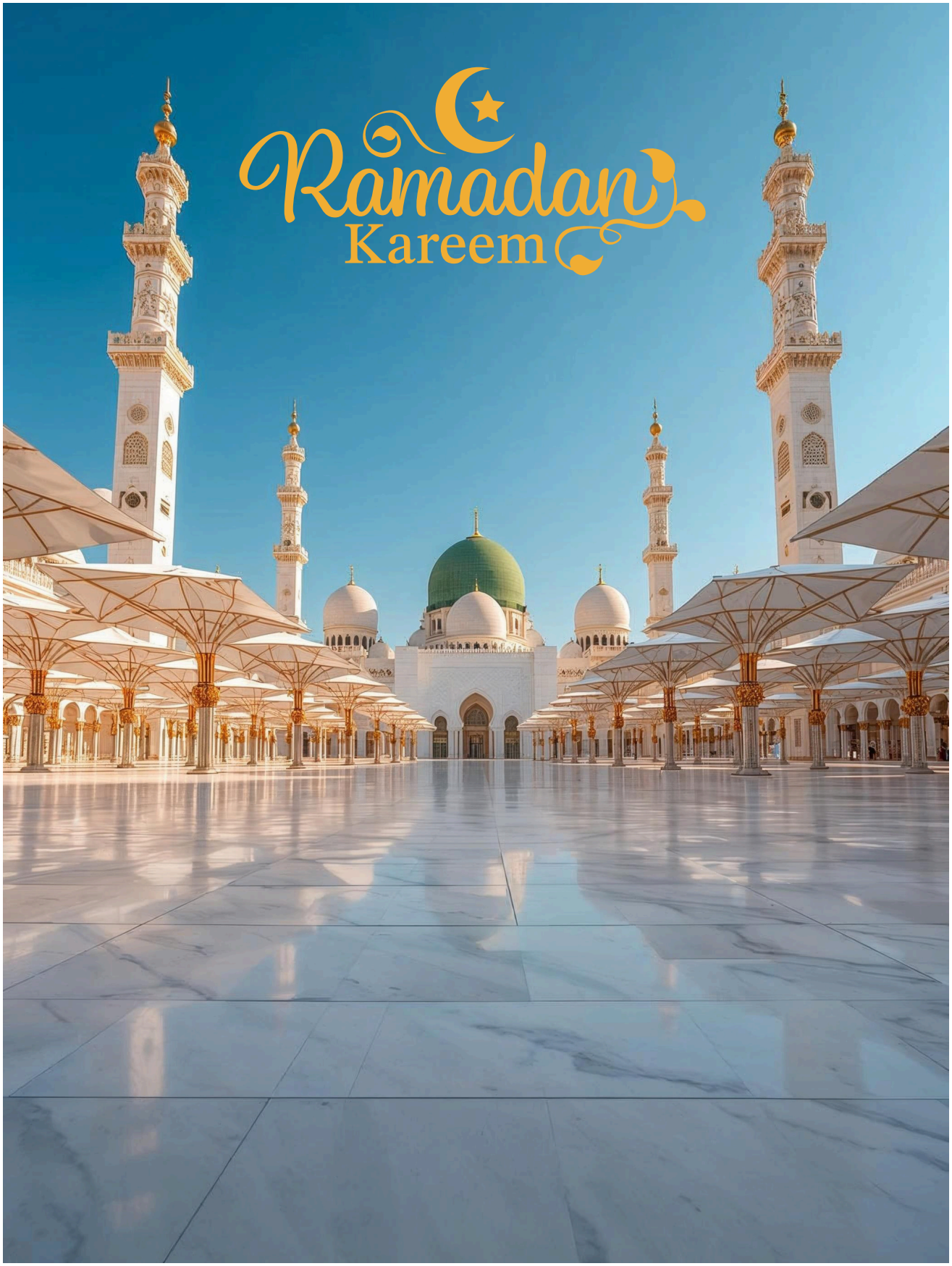
Pages read this week: _____ Next juz to begin: _____

03. REFLECTION

Did I bring presence (khushu) to my prayer? What will I improve?

.....

.....


Ramadan
Kareem

RAMADAN PREPARATION

Prepare your home, care for your body, and ready your heart for Ramadan.

01. PRACTICAL & HOUSEHOLD PREP

"Allah intends ease for you, not hardship" — Qur'an 2:185

Stock up on pantry staples: Buy non-perishable groceries, dates, grains, and dry goods early. Choose quantities that suit your household so you are not rushing to the supermarket while fasting.

Set up a prayer space: Clean and organize a quiet corner with a clean prayer rug, Qur'an stand, and dedicated prayer clothes. Keep it ready for Taraweeh and nightly prayers.

02. PHYSICAL & HEALTH PREP

"O believers! Fasting is prescribed for you" — Qur'an 2:183

Make up missed fasts (Qada): If you are able to fast, plan to complete obligatory fasts left over from the previous Ramadan before the new month begins. Record the days you complete.

Adjust your routine: Gradually reduce caffeine, seek appropriate support to stop nicotine, and shift your sleep routine earlier. If medically suitable, practise voluntary Monday and Thursday fasts to ease the transition.

Consult your doctor: If you take daily medication or manage a health condition, discuss fasting and any safe schedule adjustments with your healthcare provider in advance. Do not change doses or timing on your own.

03. SPIRITUAL & MENTAL PREP

"Cleanliness is half of faith" — Sahih Muslim 223

Perfect your wudu (purification): Review the proper steps of ablution. Perform them mindfully and without rushing, using water with care as you prepare for prayer.

Make a dua list: Write down 5–10 specific personal and spiritual supplications to focus on throughout the month. Keep the list close and return to it daily.

Set a Qur'an goal: Seek reconciliation where possible, release lingering grudges. Set firm limits on screen and social-media time to protect space for worship and reflection.

Plan your charity: Calculate Zakat due and set aside a separate budget for voluntary charity.

ABLUTION & PURIFICATION

Wudu in the Maliki school: Preparing for prayer with care and intention.

WHY WUDU MATTERS

Wudu (ablution) is ritual purification from minor ritual impurity, preparing us for prayer. It is worship, not merely the removal of visible dirt. Allah commands its washing and wiping in Qur'an 5:6; a valid state of purification is a condition of prayer.

WHAT THE PROPHET TAUGHT

The Prophet Muhammad (peace be upon him) said:
"He who performed ablution well, his sins would come out from his body, even coming out from under his nails."
— Sahih Muslim 245

This teaching invites hope in Allah's mercy and care in our worship. Wudu offers a moment to renew intention and attentiveness; it does not replace sincere repentance.

Seek a teacher in person to make sure you are doing your Wadu correctly.

WHAT ABLUTION MEANS TO ME

How does wudu affect my heart, my intentions, and the way I approach prayer?

Juz 1 Day1 ☐	Juz 2 Day2 ☐	Juz 3 Day3 ☐	Juz 4 Day4 ☐	Juz 5 Day5 ☐
Juz 6 Day6 ☐	Juz 7 Day7 ☐	Juz 8 Day8 ☐	Juz 9 Day9 ☐	Juz 10 Day10 ☐
Juz 11 Day 11 ☐	Juz 12 Day12 ☐	Juz 13 Day13 ☐	Juz 14 Day 14 ☐	Juz 15 Day15 ☐
Juz 16 Day 16 ☐	Juz 17 Day17 ☐	Juz 18 Day18 ☐	Juz 19 Day 19 ☐	Juz 20 Day20 ☐
Juz 21 Day 21 ☐	Juz 22 Day22 ☐	Juz 23 Day23 ☐	Juz 24 Day 24 ☐	Juz 25 Day25 ☐
Juz 26 Day 26 ☐	Juz 27 Day27 ☐	Juz 28 Day28 ☐	Juz 29 Day 29 ☐	Juz 30 Day30 ☐

PART TWO: THE QURAN PLAN & THE DUAS

01. QURAN RECITATION PLAN THREE JUZ A NIGHT

Three juz each night, about sixty pages, completes the Quran across the ten nights, in addition to your Taraweeh. Recite slowly, with measured recitation, and stop wherever your heart is moved. If three juz is too much, read one juz a night and reflect more deeply.

NIGHT	PORTION	WHERE I STOPPED / NOTES	DONE
21 (odd)	Juz 1 to 3		○
22	Juz 4 to 6		○
23 (odd)	Juz 7 to 9		○
24	Juz 10 to 12		○
25 (odd)	Juz 13 to 15		○
26	Juz 16 to 18		○
27 (odd)	Juz 19 to 21		○
28	Juz 22 to 24		○
29 (odd)	Juz 25 to 27		○
30	Juz 28 to 30		○

THE PROPHETIC DAY: PRAYER, DUA & REFLECTION

The Daily Rhythm of the Prophet Muhammad ﷺ (peace and blessings be upon him)

DATE: ____ / ____ / 20____ DAY: ____ / 90

01. NIGHT PRAYER (TAHAJJUD) LAST THIRD OF THE NIGHT

The Prophet ﷺ woke in the last third of the night to pray in pairs of rak'ahs, and closed with Witr.

The Dua: "O Allah, You are the King, and my Lord is Allah."

02. FAJR (DAWN) ADHAN — _____

The Prophet ﷺ began the two sunnah rak'ahs before Fajr, then the obligatory prayer, and stayed in remembrance un til sunrise.

The Dua: "O Allah, You have overcome the morning, and You are over the evening."

03. DUHA (EARLY MORNING) ONCE THE SUN HAS RISEN

The Prophet ﷺ prayed two or more rak'ahs of Duha. Two rak'ahs suffice as a charity for the joints of the body.

The Dua: “O Allah, grant me reward for what You made easy, and make the difficult easy for me.”

04. DHUHR (MIDDAY) ADHAN — _____

The Prophet ﷺ prayed four rak'ahs of sunnah before Dhuhr and two after. He kept his workday steady and focused. The Dua: “O Allah, open for me the doors of Your mercy.”

05. ASR (AFTERNOON) ADHAN — _____

The Prophet ﷺ prayed four rak'ahs of Asr, then turned to the evening's duties with calm intention.

The Dua: “O Allah, I seek refuge in You from anxiety and grief.”

CONTINUED IN PART TWO: EVENING TO NIGHT

LAST THIRD Pray two rak'ahs at a time and close with Witr; his night prayer was eleven rak'ahs in all. Make long dua, especially the Laylat al-Qadr dua. BUKHARI

SAHUR Eat sahur; there is blessing in it. BUKHARI

FAJR Pray Fajr in congregation, and stay in remembrance until sunrise.

THE DAY Keep i'tikaf if you are able, give generously, and encourage your family in worship. BUKHARI

03. THE TEN NIGHTS SEEK LAYLAT AL-QADR

21	22	23	24	25	26	27	28	29	30
○	○	○	○	○	○	○	○	○	○

Tick each night as you complete it. The gold nights are the odd nights, where Laylat al-Qadr is sought. Each new day begins at sunset, so night 21 begins at the Maghrib after the 20th day.

Write your Quran Goal here:



NIGHT: ____ OF RAMADAN

○

DATE: ____ / ____ / 20____

01. IFTAR & MAGHRIB AT SUNSET

The Practice: Break your fast with fresh dates, dry dates or water, then pray Maghrib. “The thirst has gone, the veins are moistened, and the reward is confirmed, if Allah wills.”

My Reflection (What am I grateful for tonight?)

02. ISHA & TARAWEEH WITH THE IMAM

The Practice: Pray Isha and Taraweeh with the imam until he finishes.

- ○ Isha
- ○ Taraweeh
- ○ Rak’ahs: ____

03. QURAN RECITATION JOURNAL TONIGHT'S PORTION

The Practice: Recite slowly, with measured recitation, and pause where your heart is moved.

PART TWO: THE FOUR WEEKS OF SHAWWAL

START DATE: ____ / ____ / 20____ WEEK: ____ / 4

01. THE SIX DAYS OF SHAWWAL MUSLIM

The six days. The Prophet ﷺ said that whoever fasts Ramadan and follows it with six days of Shawwal is as one who fasted the whole year. You may fast them together or spread them out, any time in Shawwal. Do not fast on the day of Eid itself. If you owe make-up fasts from Ramadan, ask a trusted scholar how to arrange them alongside these six. MUSLIM

FAST 1

FAST 2

FAST 3

FAST 4

FAST 5

FAST 6

__ / __

__ / __

__ / __

__ / __

__ / __

__ / __

THE SUNNAH OF EID AL-FITR: A JOURNAL

How the Prophet Muhammad ﷺ (peace and blessings be upon him) welcomed the day of Eid

PART ONE: THE DAY OF EID

DATE: ____ / ____ / 20____ 1 SHAWWAL ____ AH

01. BEFORE THE PRAYER AT HOME

Give Zakat al-Fitr. Give it before the Eid prayer: one sa' of staple food per person. It purifies the fast and feeds the poor. BUKHARI · ABU DAWUD Bathe and dress well. Bathe, wear your best clothes and put on fragrance, as the companions did. MUWATTA MALIK Eat dates first. He did not go out on the morning of Eid al-Fitr until he had eaten dates, an odd number of them. BUKHARI Say the takbir. Glorify Allah aloud for guiding you, from leaving home until the prayer begins. QURAN 2:185 · COMPANIONS

02. THE EID PRAYER THE PRAYER GROUND

Go out together. He had men, women and children go out to the prayer ground. Even women excused from prayer attended, to witness the good and the dua. BUKHARI Pray two rak'ahs. There is no adhan or iqama. The prayer comes before the khutbah, with extra takbirs: seven in the first rak'ah and five in the second. BUKHARI · ABU DAWUD Listen to the khutbah. Sit for the sermon after the prayer and join the dua. BUKHARI Return by another road. He would go by one route and come back by a different one. BUKHARI

03. THE DAY OF JOY EATING, DRINKING & REMEMBRANCE

Eat, drink and remember Allah. Do not fast on Eid; these are days of eating, drinking and remembrance of Allah. BUKHARI · MUSLIM Allow lawful joy. When Abu Bakr objected to girls singing at Aisha's home, he said: “Leave them, for these are days of Eid.” BUKHARI Greet one another. The companions would say: “May Allah accept from us and from you.” COMPANIONS Share the day. Practical tip: visit family, mend a rift, and remember those who are alone.

04. MY EID JOURNAL REFLECT

The Feeling How did my heart feel when Eid arrived? The Reaching Out Who did I greet, visit or forgive today? The Gratitude What did Ramadan give me that I am thankful for?

THE WORDS OF EID

The Takbir: "Allahu akbar, Allahu akbar. La ilaha illallah. Allahu akbar, Allahu akbar, wa lillahil-hamd." Allah is the Greatest, Allah is the Greatest. There is no god but Allah. Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise.

The Greeting: "Taqabbalallahu minna wa minkum." May Allah accept from us and from you.

NEXT: AFTER RAMADAN, THE WEEKS OF RETURN

AL-SHUKR DIARY:

1. Internal Trace (Grace in feeling):

2. External Trace (Hidden safeguard):

3. Prophetic Trace (Drawn to light):

THE SUNNAH OF REST & CREATIVITY

A Journal of Reflection, Drawing, Poetry and Leisure After Ramadan

PART ONE: HOW HE RESTED AND PLAYED

DATE: ____ / ____ / 20____ WEEK AFTER RAMADAN: ____

01. AN HOUR AND AN HOUR REST HAS ITS PLACE

"O Hanzalah, there is a time for this and a time for that." Ramadan raised the standard of worship. What comes after is not a fall but a balance. The Prophet ﷺ told his companions that rest, play and family have their time too, and that when you give each its due, you return to worship refreshed. MUSLIM

02. HOW HE RESTED AND PLAYED TICK THOSE YOU TRY

A friendly race. He raced Aisha. She won the first time; later he won and said, "This is for that." ABU DAWUD · AHMAD

Archery and strength. He said strength is in archery, and cheered the sons of Ismail on as they shot. MUSLIM · BUKHARI

Watching others play. He let the Abyssinians play with spears in the masjid and let Aisha watch until she tired of it. BUKHARI

Time with children. He carried his granddaughter Umamah while praying and let Hasan and Husayn climb on his back. BUKHARI · NASA'I

A smile and gentle humor. He joked yet spoke only the truth, and said that smiling at your brother is charity. TIRMIDHI

A regular outing. He visited the mosque of Quba every Saturday, sometimes walking and sometimes riding. BUKHARI

Looking at the sky. On waking at night he looked up and recited the closing verses of Surah Al Imran about creation. BUKHARI · MUSLIM

Create

Write a poem, draw an illustration, or create something meaningful to you.

Create

Write a poem, draw an illustration, or create something meaningful to you.

Create

Write a poem, draw an illustration, or create something meaningful to you.

•

•

•

O Turner of hearts,
keep my heart firm upon Your Way.

