

For Muslimahs

Planner & Journal

Name: _____



Welcome Dear Sis...

Congratulations, dear sis, on taking the step to organize, plan, and improve the quality of your life. I know that in your heart you have the desire to fulfill all your responsibilities... To take care of yourself... to be present to your family and children... to have a fulfilling relationship with your husband... and to grow and evolve as a person and reach the best version of yourself, insha Allah...

If you feel overwhelmed and don't know how to make time for all the different areas of your life and if you feel overwhelmed about where to even start the process of growth and improvement, you are not alone, sis!

But I can also reassure you and congratulate you that you are not far off from figuring that out, because you've picked up the right tool, alhamdulillahAllah!

The For Muslimahs Planner&Journal is the tool that will help you bring intention and planning into your days, weeks, and months. And this is the tool that will then help you bring positive change in your life, insha Allah. Here is why...

Anything we randomly start working on, in the hope that it will be successful, will likely not end in success. In order for something to turn out successful, it requires intention, planning, and then thoughtfully adjusting our ways, so we can gain maximum benefit.

For example, if we randomly start our days without any forethought, planning, and organizing our mind, we will simply react to what life brings our way. Throughout the day, we are then just chasing everything, feeling like we can never get caught up.

While as humans, we cannot predict and be fully ready for everything, some reasonable planning and intention will equip us with the mindset and tools to better handle our days.

More proactivity than reactivity.

This planner will help you set your intention for progress and growth, AND it will help you set goals that will help you steer in the direction of progress and growth.

With every single goal you make, ask yourself this: is this goal helping me in any way to grow in this life and gain the pleasure of Allah(swt) and in turn increase my chances of Jannah?

I am so happy for you to experience and use the version of the planner that has been in the making for the past seven years!

Because I saw immense shifts and changes in my own life throughout the years, I have finally decided that it was time to put this out into the world so you can use it and benefit from it too, insha Allah!

Blessed to have you in my circle,

With Love,
Wajma



Symbols

- Tasks
- ✕ Completed
- Migrated
- Notes
- ! Important / Priority
- Event
- ~~— Cancelled / Irrelevant~~

Yearly Calendar





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Goal Setting... Explained..

I believe each and every one of us have the desire to grow into a better version of ourselves. And every one of us has the desire to accomplish in life that, which benefits us for this life and the next. A lack of growth and accomplishment goes against the natural human desire that Allah(swt) put in us. But more stressful than that is not having direction and not knowing HOW to grow and accomplish. Going aimlessly through life... Here is where goal setting can be used.

Instead of aimlessly going through life, when you take some time to ponder and reflect on how you actually want to grow and achieve you are creating direction for your life. You can use this section to map out some goals for this year.

What would you like to reach and attain for this life and for the next? Remember, as a Muslim, making goals only for the duration of this life defeats the purpose of our existence. We know there is more to come after this life. So, while we can paint a picture for our mind of what we would like to reach in this life, we should also keep in mind what we want for the akhirah. Once you have decided that, you can reverse engineer and map out, HOW you want to get to those outcomes. Which steps do you have to take, which decisions would you need to make, what kind of person would you have to be. Which type of mindset would you need to operate from?

An easy way to lose sight of your goals and completely get sidetracked is to go overboard with goal setting. Especially when you haven't set goals in the past or kept up with them, overwhelming your brain with too many goals at once, is the fastest way to fail. So...in order to achieve what you hope, don't try to change everything in life! Pick 3 goals for this year. Reverse engineer and create a map with smaller steps on how to reach that goals. Be sure to make these steps very easy and attainable. And then incorporate those small steps into your months, weeks, and days. If you feel like even 3 goals are too many to start with then start with two or even ONE! It's better to achieve ONE goal, than none.

There is no right or wrong, sis! As long as you make some kind of progress, insha Allah!

This Years Goals





GOAL 1

STEPS TO TAKE

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GOAL 2

STEPS TO TAKE

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GOAL 3

STEPS TO TAKE

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Reading Routine... Explained...

Dear sis, I have learned in life that anything you want to be good at or get better at, you HAVE to expose your mind to beneficial information REGARDING THAT area of life. This is true for ANY area of your life.

By consistently consuming beneficial knowledge for an area of life, you allow your mind to be alert and ready to adapt healthy patterns of life, insha Allah! While there are different mediums through which you can gain the knowledge, the benefits of reading a book far outweigh the benefits of watching videos or even listening to podcasts.

In the For Muslimahs Planner&Journal you will find a log for all the books that you end up reading this year, insha Allah. You also have a table where you can jot down the names of books you would like to read in the future. How to make reading part of your daily routine?

Set aside at least 10 minutes...YES! Especially if you are just starting out, start small. If reading is already an established routine in your life, then go ahead and increase the time, IF your situation allows you to do so. In those 10 minutes...read as much as you can, then put your bookmark where you need to, close your book and you are done!

This might seem too simple, but this is a very effective way of making sure you continuously read and actually make progress. See, most people who are not “readers” do get the excitement and the motivation to read, from time to time. They get the book they would like to read, start reading enthusiastically (perhaps even LONG stretches in the beginning), and... soon lose the motivation to read.

However, if you break your reading up into smaller chunks that seem easy to your brain, you will actually help this practice become a HABIT...insha Allah!

Making reading part of your morning routine is very effective. Before the busyness of the day starts, if you can get the 10 minutes of reading in, you will be amazed at the progress you make over weeks and months.

Then if you want to read for relaxation before bedtime as well, incorporate that in your daily routine, after you have established a morning routine of reading.

If you have already established a reading routine that works for you, that is great! Continue with what works for you.

Most sisters fall off track with their reading or never get to build a habit at all, because they compare themselves to others and their reading habits.

Dear sis, this is your journey. So compare yourself to yourself, only!

Have the right expectation for the season of life you are in. You might not be able to read a book a month, like some other sisters, but if you make the 10 minutes per day happen (which is VERY doable), that is a beautiful accomplishment!

Happy reading!





Monthly Motivation

That little voice in your head can be supportive, encouraging, and optimistic... or it can be extremely negative, hopeless, and always pointing out how things are just never good enough. As hard as it might be, you DO have control over which of those voices you want to be the dominant voice in your head. But in order to pick the voice that will help you move forward in life and not the one that keeps you stuck, you have to notice first...


All growth starts with introspection. What are your thoughts usually like? How do you think about yourself? What are your thinking patterns? Are you, in your mind, constantly critical and negative when it comes to yourself and the world around you? Or are you mostly thinking positively and encouraging to yourself and those around you?

Your thinking is all inside your head... all unspoken. Unspoken to yourself or to those around you, but the sentiment is picked up. It's picked up by your family members, by your friends, by society. Your way of thinking...followed by the reaction of people around you...will create patterns in your life. It's up to us which pattern we choose to have in our lives.

SO...if you have fallen into a cycle of negative thinking about yourself and the world around how do you get out of it and replace them with positive thinking patterns? Interrupt the pattern..by deciding that you no longer will submit to negativity. It can be as simple as that! Yet so many of us make it such a difficult task to shake off negativity. As soon as negative thoughts and ideas come to your mind, shut them down right there and then and say,

"I am not going there." "Stop it!" "This is not useful."

Determination and then changing the subject in your mind, immediately when you notice negativity pop up, is the recipe dear sis, to remove negativity from your mind. And the more you do that, the more positive thinking becomes the habit of your mind.



Month :



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Week of... Explained...

Before the start of each week, take a few minutes to organize your thoughts and prepare yourself for the coming week.

This might not seem important, but intentionally setting some time aside before the start of your week will have immense benefits to your upcoming days, insha Allah!

On the first two pages that say: "Week of..." you get to track your bedtime, wake-up time, your exercise, and the number of days you were able to wake up for tahajjud. Tracking habits is extremely helpful, because it allows you to see trends and so you'll have a chance to bring changes if needed.

In the space where I have left you 'sticky notes', one is to get some journaling done before the start of your week. You can write here about your hopes, dreams, concerns. On the second sticky note called: "Dream Dua'a"...I want you to write down your main dua'a for that week and repeat the dua'a during the week as much as possible. When next week comes, and that same dua'a is still on top of your dua'a list...go ahead and transfer it over to the next week.

On the opposite page of this, you have space to plan out your meals for the week and based on that create your grocery list. The time you spend on coming up with your meals and your grocery list ahead of time, will be time well spent! Once your week starts and you have a clear idea of what you want to cook, you will absolutely love it!

The next section on this page, called "brain dump", will allow you to empty your mind from ALL the to-dos and put them on paper. You can simply jot them all down in the spaces provided, or you can arrange them by different areas of life. For example: family, work, kids, personal, etc. From here, all you have to do in the upcoming days, is take a glance at the vault of your to-do list and pick which one you would like to plan for each day of the week. No need to spend endless time, trying to figure out what you can work on.



At the end of the week, when you are ready to move to the next week, use the symbols provided in the beginning of the planner to indicate which of your to-dos are done, which are no longer relevant, and which you would like to transfer over to next week.

Then your next two pages that are facing each other, are your actual days of the week. Each day has space for you to write your to-dos, appointments, reminders. On the right side of each day, you get to write your top 3 to-dos for that day. I would like you to focus on those first.

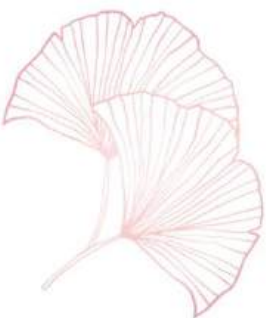
And remember, the goal is to create momentum. Make the to-dos achievable. If they are too big, break them down into smaller steps. You also have a daily salah tracker. At the end of the day, check for yourself if you prayed all five. If you did, this is a great boost for your brain, because it can see that it achieved something. If not, then this will be an opportunity to ponder on why you are missing salah. And in order to be engaged with the Quran on a daily basis, I have put just one check box for you where you can indicate if you engaged with the Quran in any way, that particular day.

At the end of each day, I would like you to write down at least one thing that you did for yourself that day. Again, if this space continuously is left blank, take some time, and ponder on how you can prioritize making time for yourself.

Again, at the end of the day, use the symbols in the beginning of the planner to indicate which to-dos have been accomplished, which need to be transferred and which ones are no longer relevant.

Finally, at the end of the week, before moving to the next week, I would like you to take some time and write about something you were grateful for that week. Or something that you achieved, and you were really proud of it.

I wish you all the luck!





Week of



Bedtime

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Wake-up Time

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Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

I'm grateful for / I was able to:

“Verily with hardship
comes ease.”
(Quran 94:5)



Week of



Bedtime

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Wake-up Time

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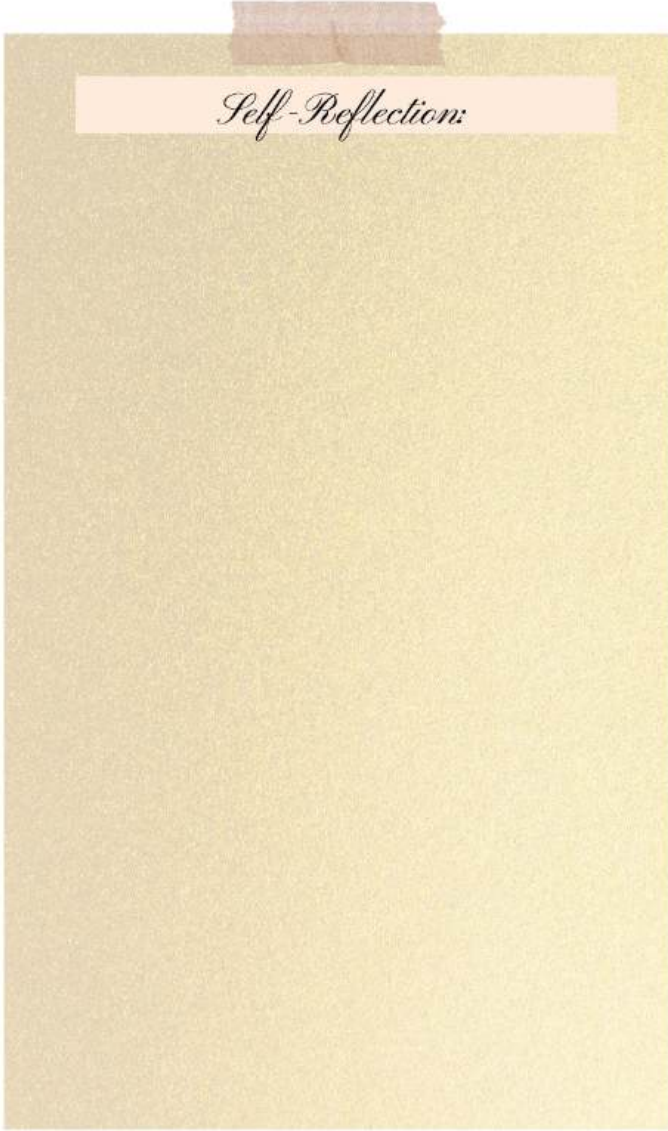
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Self-Reflection:



My Dream Dua 's:



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Brain Dump

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

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Salah

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My Top 3 To-Do's

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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

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Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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I'm grateful for / I was able to:

Your job is not to make the creation happy, but the Creator.



Week of



Bedtime

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Wake-up Time

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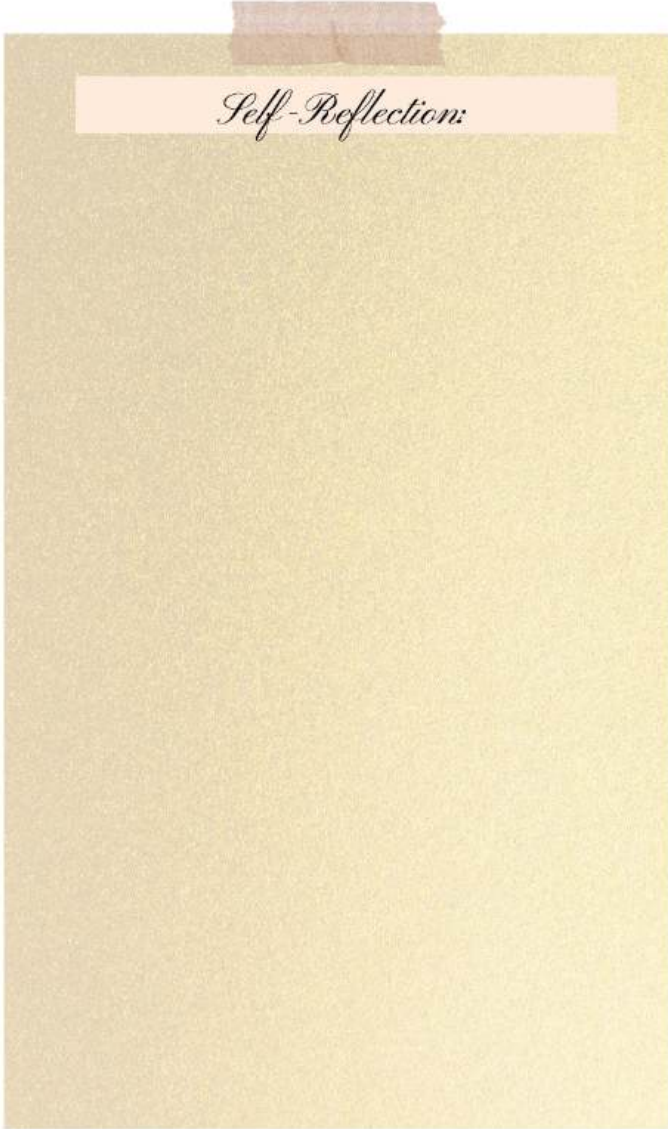
Tahajjud

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Salah

Quran

My Top 3 To-Do's

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- 2
- 3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

I'm grateful for / I was able to:

“And your Lord is the
Forgiving, Full of Mercy...
(Quran 18:58)



Week of



Bedtime

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Wake-up Time

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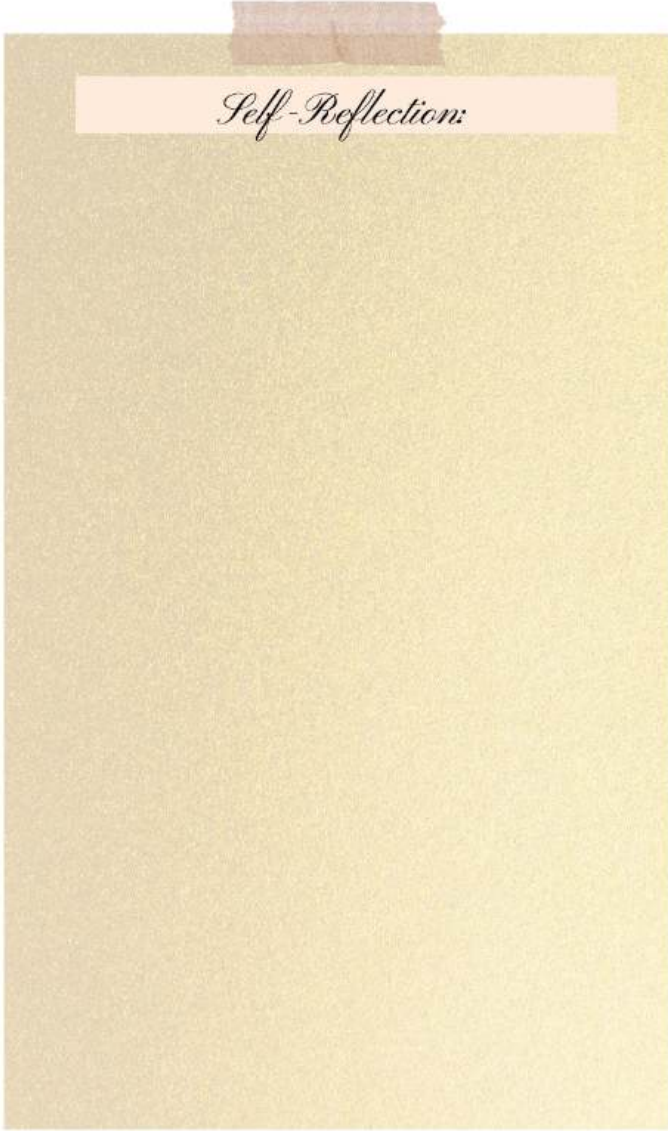
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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

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Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

I'm grateful for / I was able to:

What other people think of you is of no significance. Zero. It matters what Allah(swt) thinks of you.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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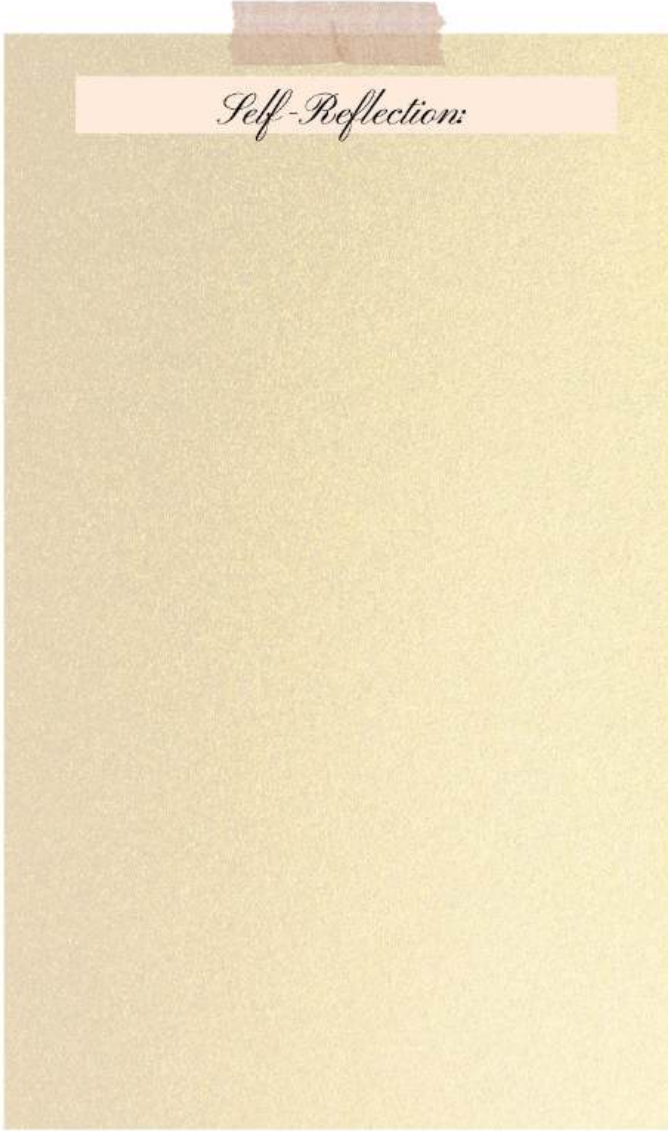
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Mon | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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Fri,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

“And whoever relies upon Allah –
then He is sufficient for him.”

(Quran 65:3)



Monthly Motivation


Part of feeling motivated and energetic in your day depends on the foods that you choose to put in your body. In order to feel more energy and motivation it is important to minimize the input of the amount of sugar (and foods that turn into sugar in your body) in your body.

Not only is sugar addictive and the main cause of major illnesses, but it will also make you feel tired, unmotivated, and groggy throughout your day. So, when it comes to diet, if I could give you one advice it is this: Sis, please be careful with sugar intake.

When I say sugar, it's not just the direct sugar consumption I am talking about. Did you know, for example, that bread and rice also turn into sugar once they go through your digestive system? A diet high in sugars will dramatically increase your chances of diabetes, high cholesterol, and high blood pressure, cardiovascular disease, and so much more. Not to forget, sugar is food for cancer. (May Allah protect us all).

Aside from the hidden dangers of sugar, if you pay attention, you can actually notice its effects on your day-to-day life. When you choose to reduce sugar in your diet, remember that you will feel withdrawal symptoms because sugar addiction is real.

However, reducing your sugar intake will absolutely be worth it if you want to feel healthier, more energetic, and more motivated throughout your day, insha Allah.



Month :



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Week of



Bedtime

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Wake-up Time

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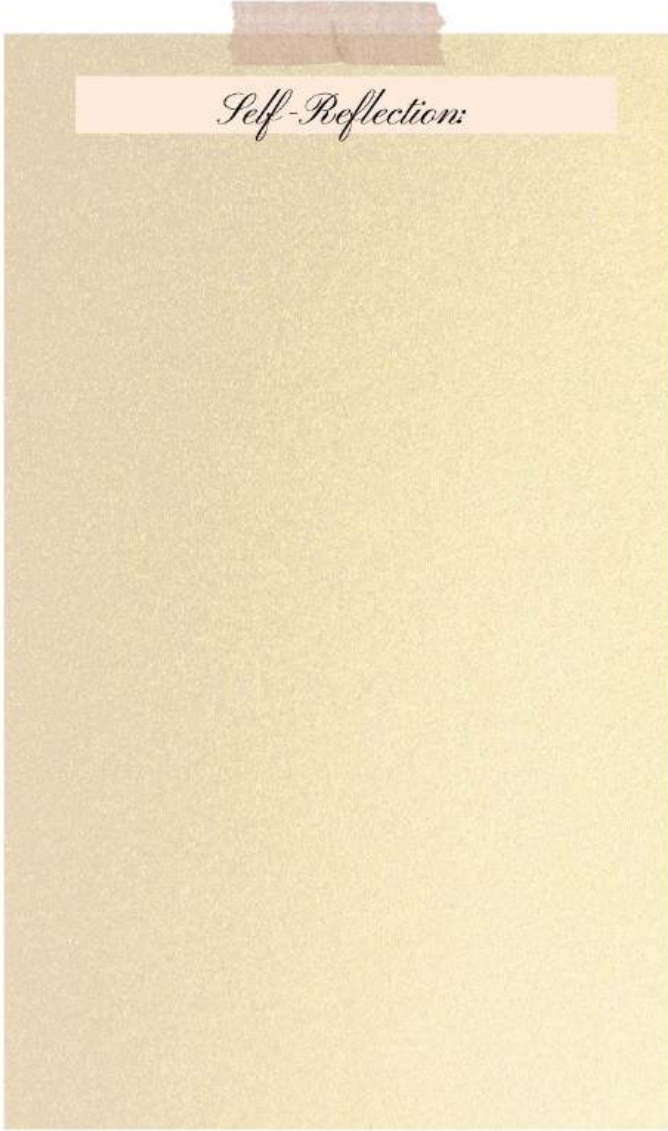
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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Fri,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

Sat,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

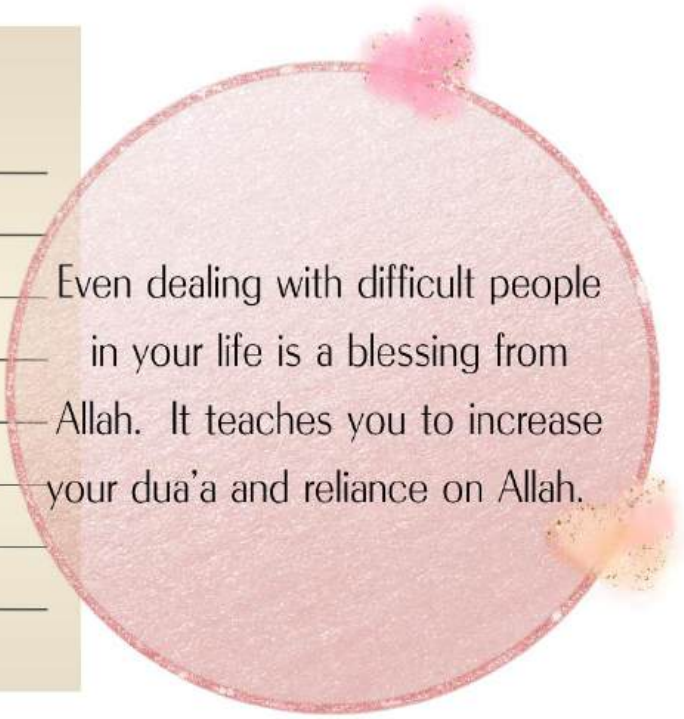
Sun,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

I'm grateful for / I was able to:



Even dealing with difficult people in your life is a blessing from Allah. It teaches you to increase your dua'a and reliance on Allah.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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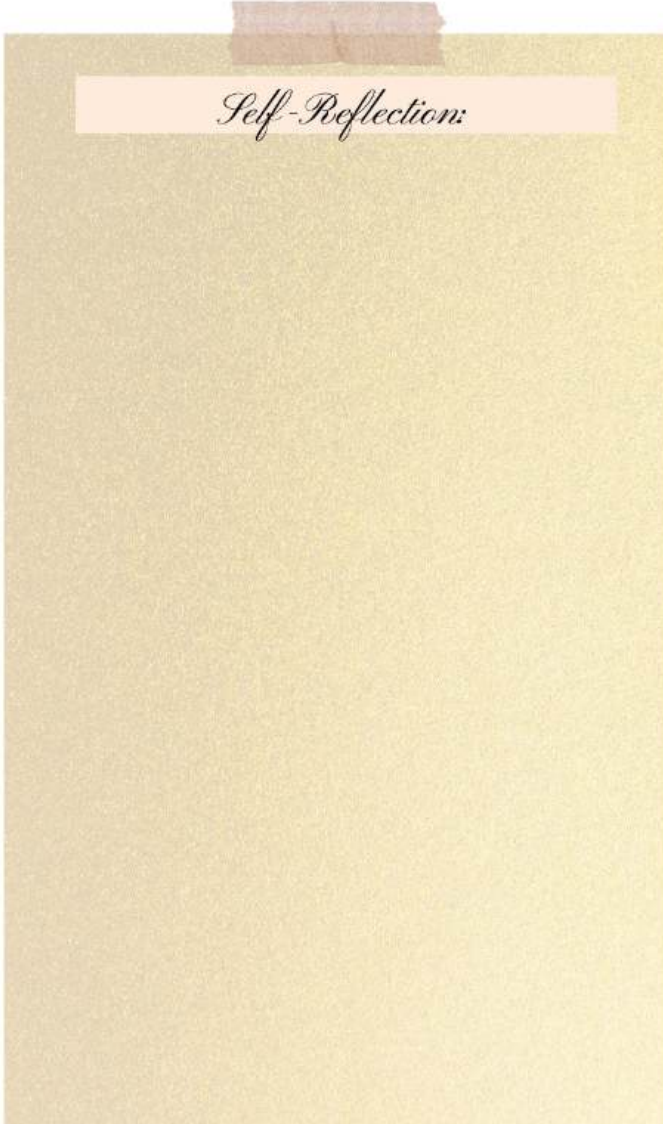
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

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Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's
1 _____
2 _____
3 _____

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's
1 _____
2 _____
3 _____

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's
1 _____
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I'm grateful for / I was able to:





Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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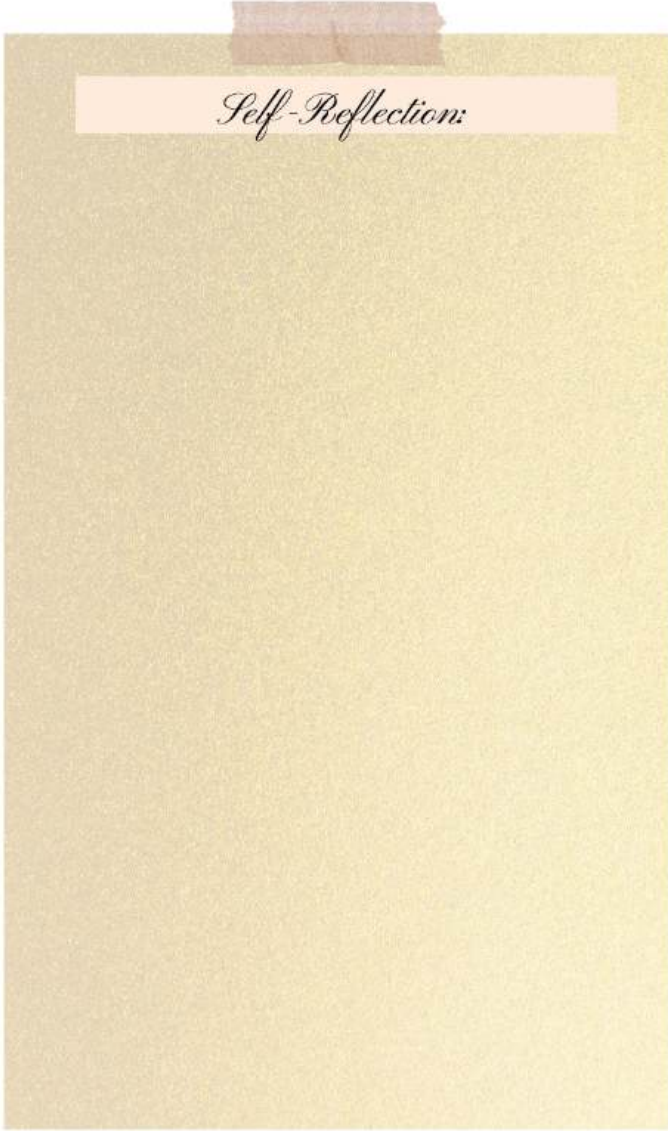
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

I'm grateful for / I was able to:

Whatever you keep your mind busy with, more of it will come your way.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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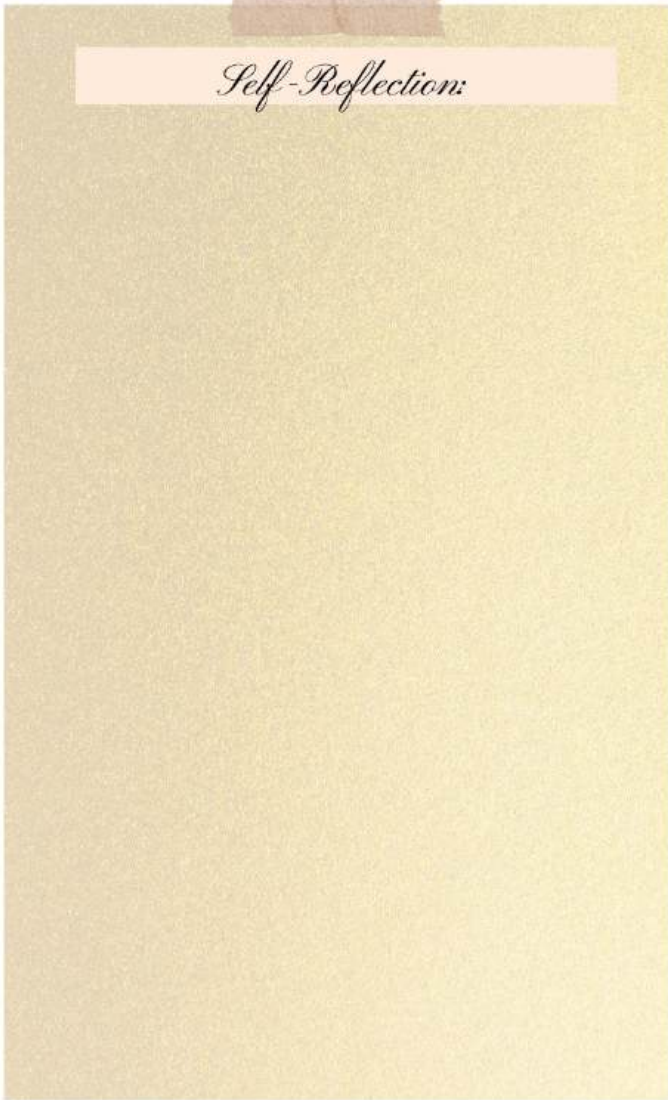
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Salah Quran

My Top 3 To-Do's
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Me-time today was: _____

Sat,

Salah Quran

My Top 3 To-Do's
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Me-time today was: _____

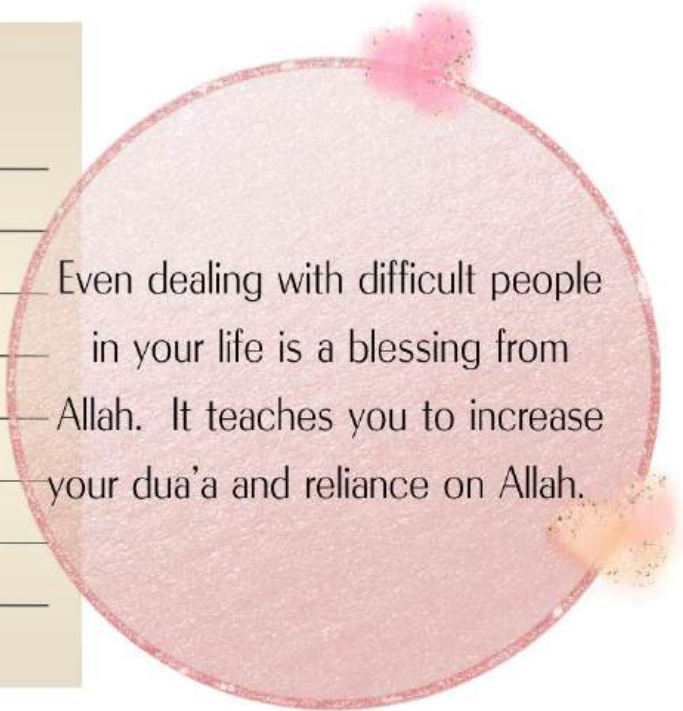
Sun,

Salah Quran

My Top 3 To-Do's
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Me-time today was: _____

I'm grateful for / I was able to:





Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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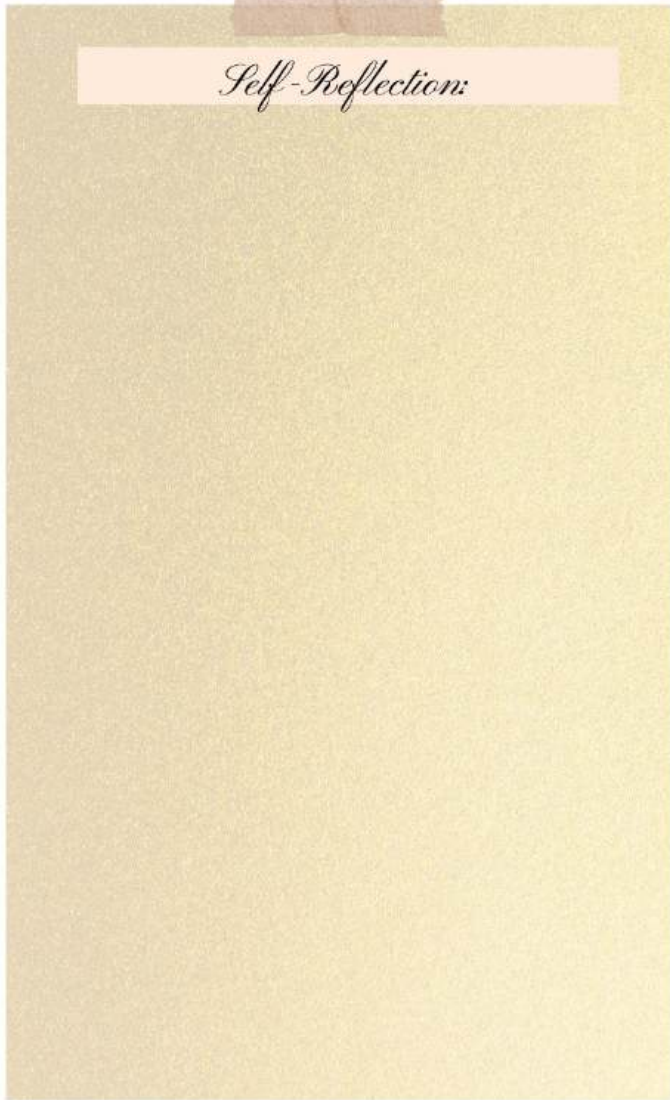
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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| <p>Wed,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sat,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sun,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

I'm grateful for / I was able to:

You can achieve all your goals... as long as you keep taking action!



Monthly Motivation

When it comes to productivity, progress, and growth, have you ever thought how big of a role sleep plays in it? While I understand that there are seasons of life where you WILL be sleep deprived, I would also like to point out that prioritizing sleep will likely bring some of the most powerful changes in your overall health, growth, and happiness.

If your relationships are important to you, including and most importantly your relationship with Allah(swt), do not neglect your sleep, dear sis! Assess your own needs and see how much sleep you really need to feel mentally and physically energized the next day. For example, personally, if I consistently sleep less than 7 hours a night, it seriously affects my physical and mental health.


And second, realize how your relationships are being affected when you are not sleeping enough. Chronic lack of sleep will cause your cortisol levels to be high. You will feel cranky, irritated, can't focus very well. And all of this ULTIMATELY comes out in your behavior with the people in your life.

As a result of chronic lack of sleep, you will not be able to focus on your worship of Allah(swt).

As a result of chronic sleep deprivation, you will feel more irritated and agitated with your children. As a result of chronic lack of sleep, you are not the best version of yourself with your husband. As a result of chronic lack of sleep, you can't give and spread goodness around you.

You will be in a bad mood and eventually in bad health, JUST trying to survive.

So, dear sis, prioritize your sleep and you will see a massive shift in your health, mood, and productivity insha Allah!



Month :



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Week of



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Wake-up Time

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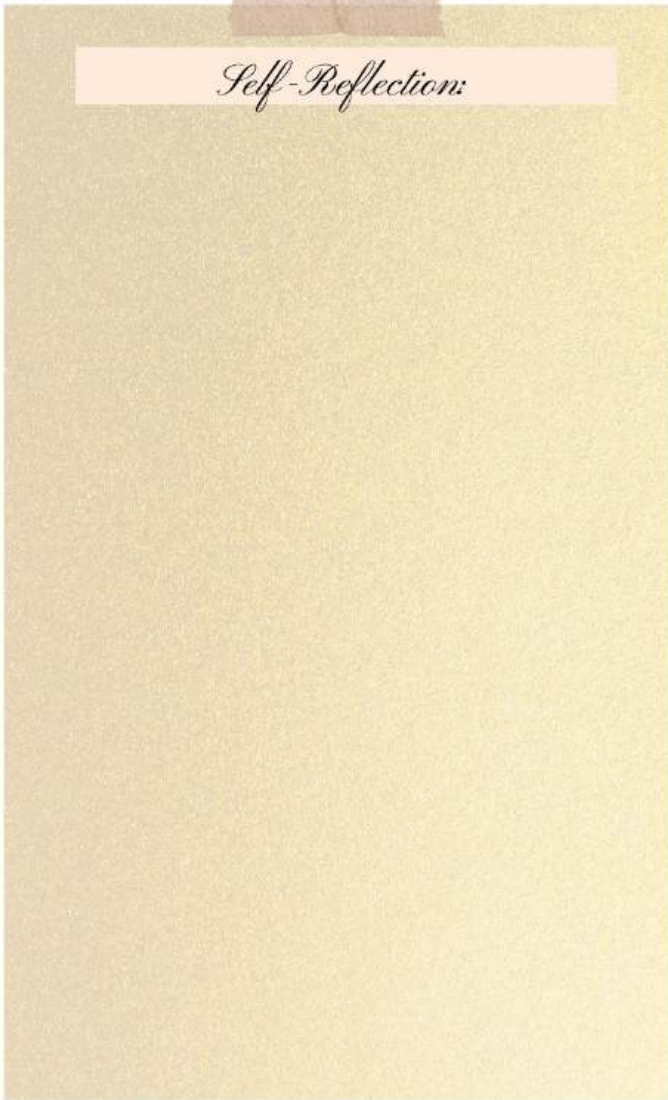
Tahajjud

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Tue,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Wed,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

“Allah does not burden a soul beyond that it can bear...”
(Quran 2:286)



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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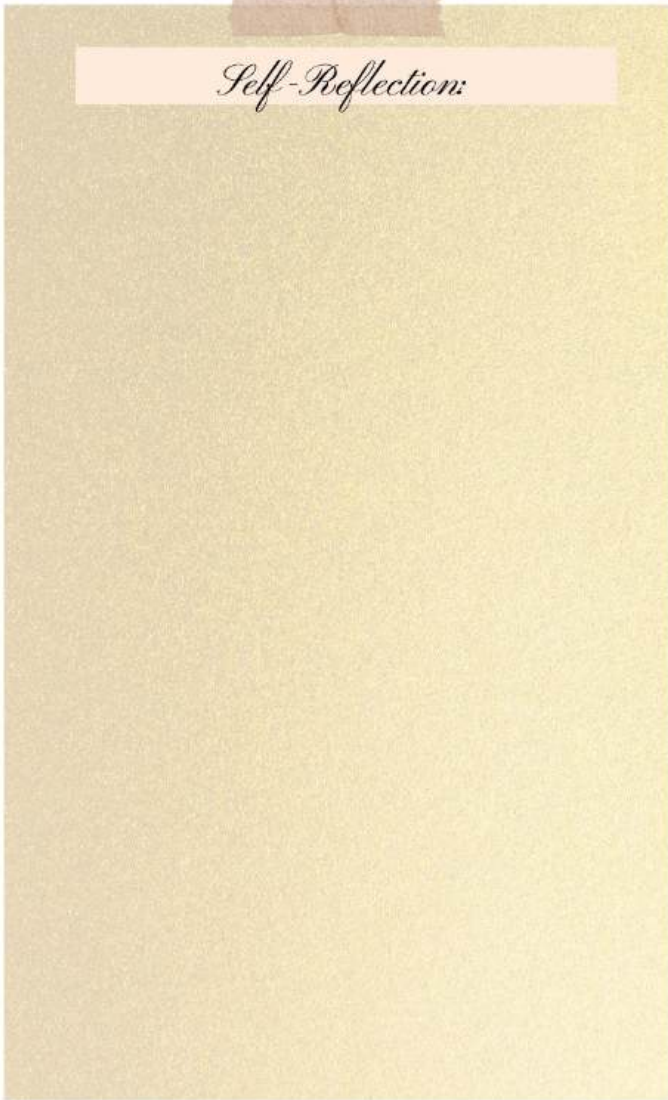
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Tue, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Wed, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Thu, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |

Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

I'm grateful for / I was able to:

The most important work
you can do is work on
yourself.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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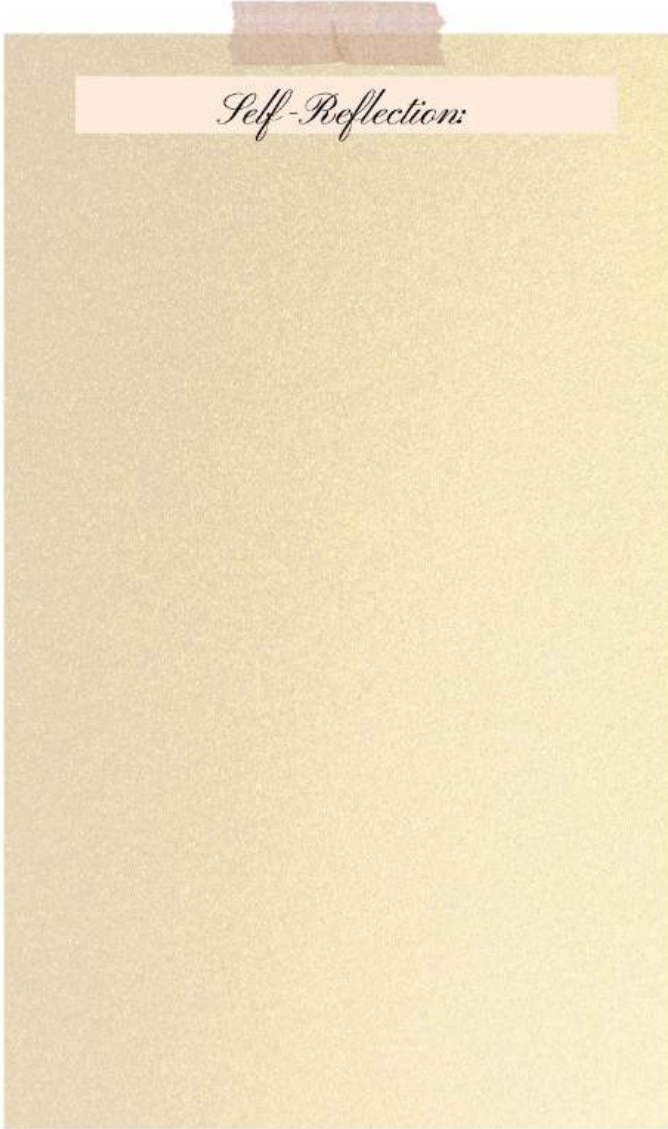
Tahajjud

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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Area of life:

Week of



Mon,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

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2

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Me-time today was: _____

Fri,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

Sat,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

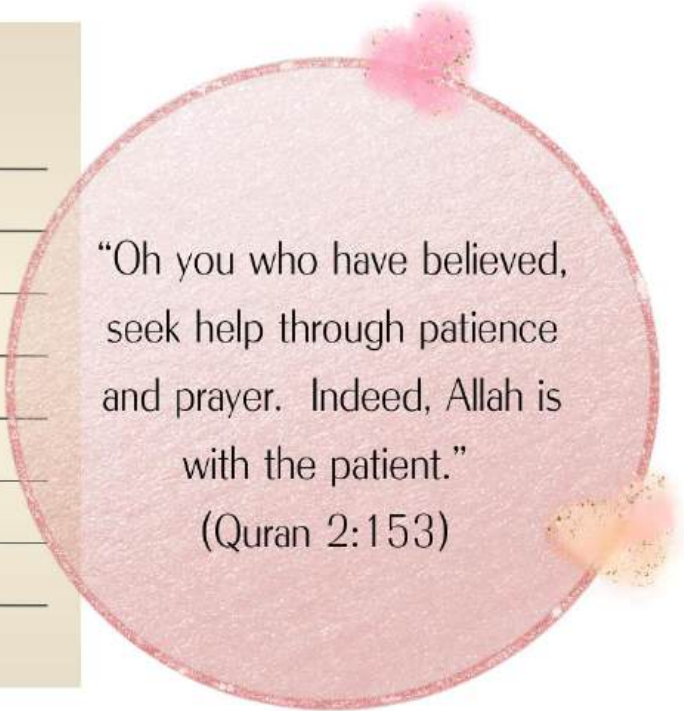
Sun,

Salah Quran

Me-time today was: _____

My Top 3 To-Do's
1 _____
2 _____
3 _____

I'm grateful for / I was able to:



“Oh you who have believed,
seek help through patience
and prayer. Indeed, Allah is
with the patient.”
(Quran 2:153)



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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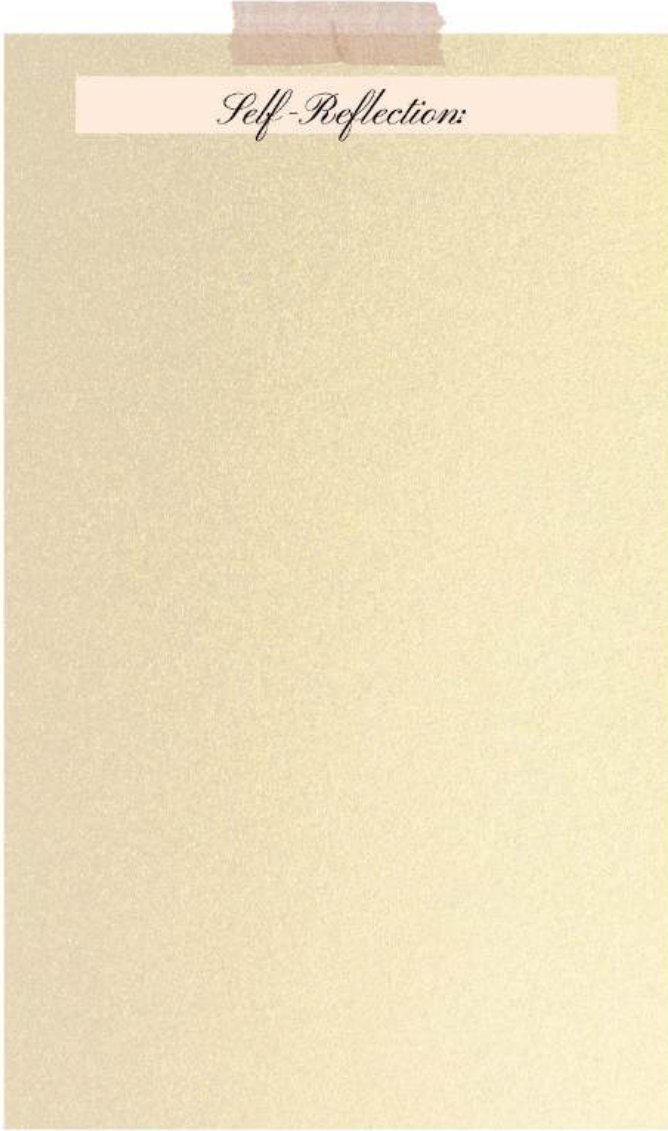
Tahajjud

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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

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Week of



Mon,

Salah

Quran

My Top 3 To-Do's

1

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Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

1

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Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

1

2

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Me-time today was: _____

Fri,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sat,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sun,

Me-time today was: _____

Salah

Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

I'm grateful for / I was able to:

Anything you can't do YET,
you can learn.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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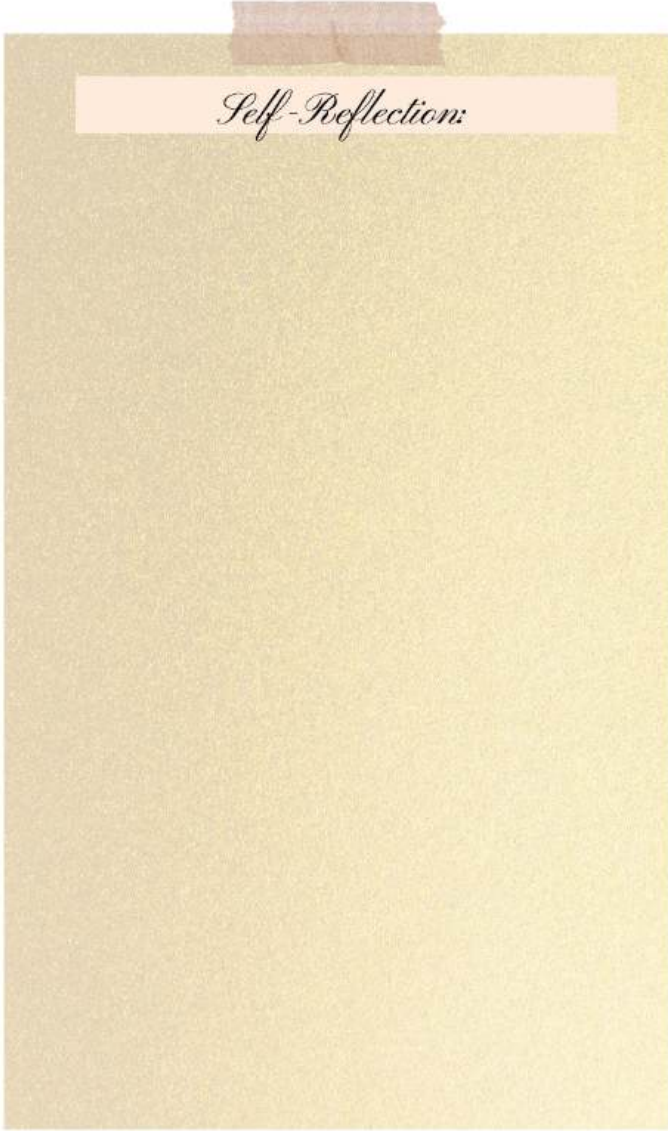
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



Week of



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| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

I'm grateful for / I was able to:

“Is there any reward for good other than good?”
(Quran 55:60)



Monthly Motivation

You can use your mental energy either for growth. Or it gets used by all the negativity that can roam around in your mind.

The more you decide NOT to entertain negativity, the more space you free up for growth, success, and reaching your dreams insha Allah. There can't be room for negativity, jealousy, assumptions, and worry in your mind if you want to work on what matters in life. If you want to reach your goals... become the best version of yourself... reach your dreams... you simply can't entertain negativity, jealousy, assumptions and worries in your mind.

And it makes sense because all of the above creates heaviness in you. And when constantly entertained, they will suck up your mental energy, leaving you depleted. Leaving you with nothing left to work on what matters for this life and the akhirah.


Training your mind to think positive can actually be very easy!

Decide....that you will no longer entertain negativity in your mind.

Interrupt....the patterns of negativity that arise in your mind.

Redirect....your thoughts to the abundance, blessings, and positivity around you.

Notice...how your life takes a positive turn, very, very quickly.



Month :



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Bedtime

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Wake-up Time

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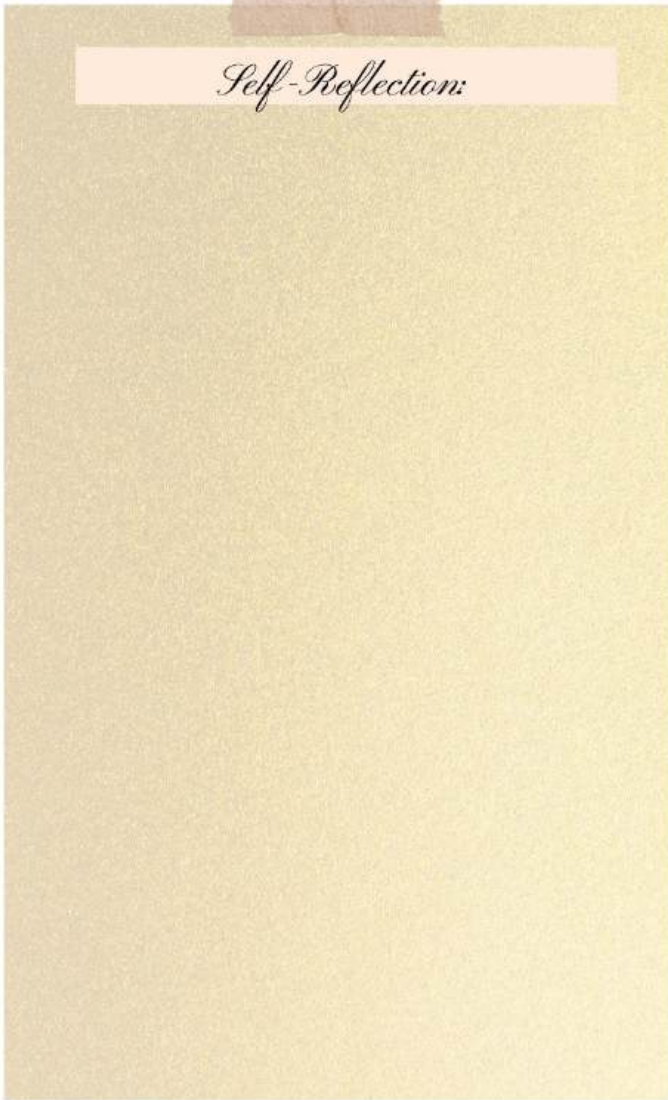
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

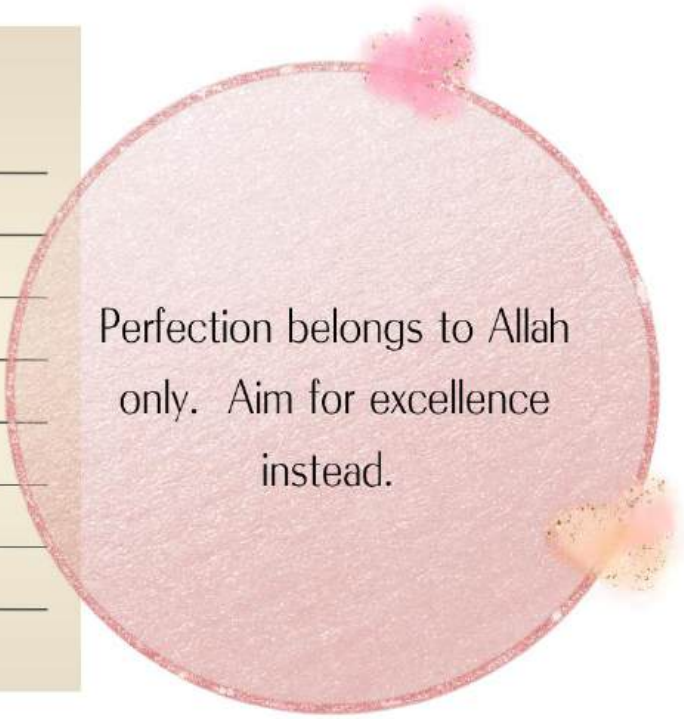
Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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I'm grateful for / I was able to:





Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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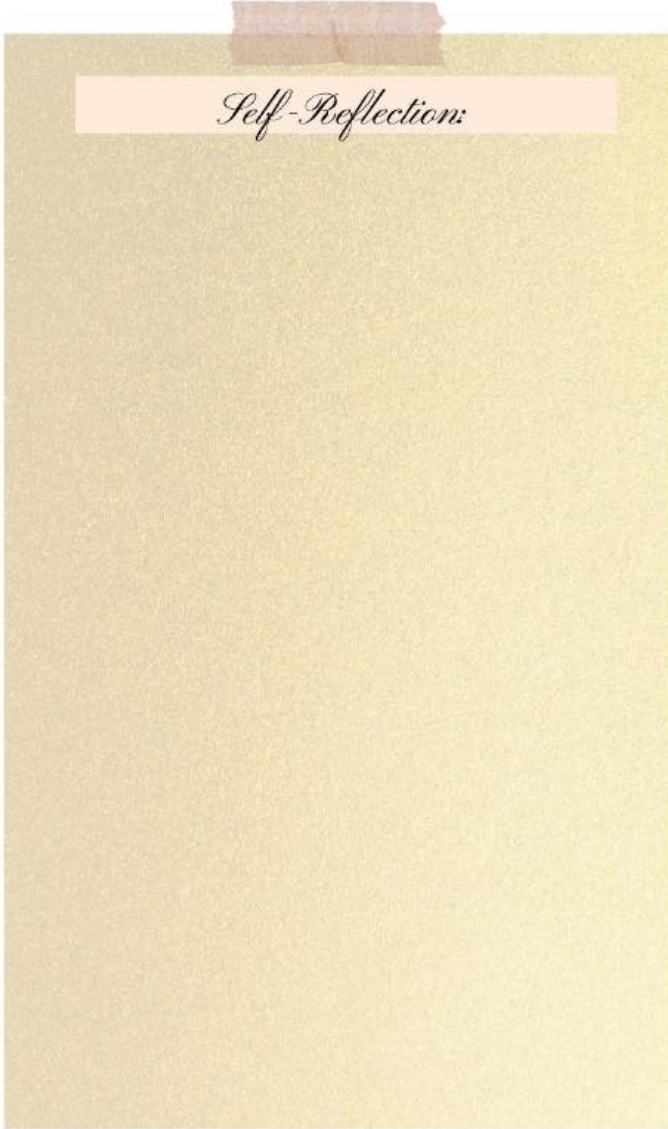
Tahajjud

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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
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- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 2
- 3

I'm grateful for / I was able to:

“And say, ‘My Lord,
increase me in
knowledge.’”

(Quran 20:114)



Week of



Bedtime

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Wake-up Time

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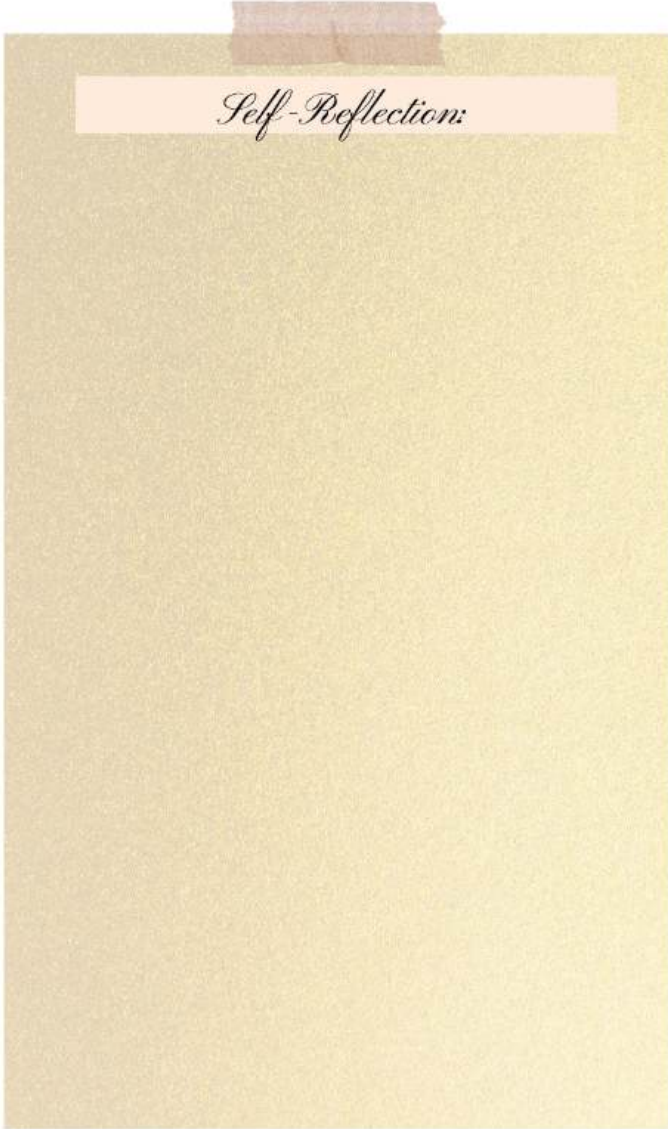
Tahajjud

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| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Sun | |

| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

I'm grateful for / I was able to:

Growth happens when you aim to be a little better every day.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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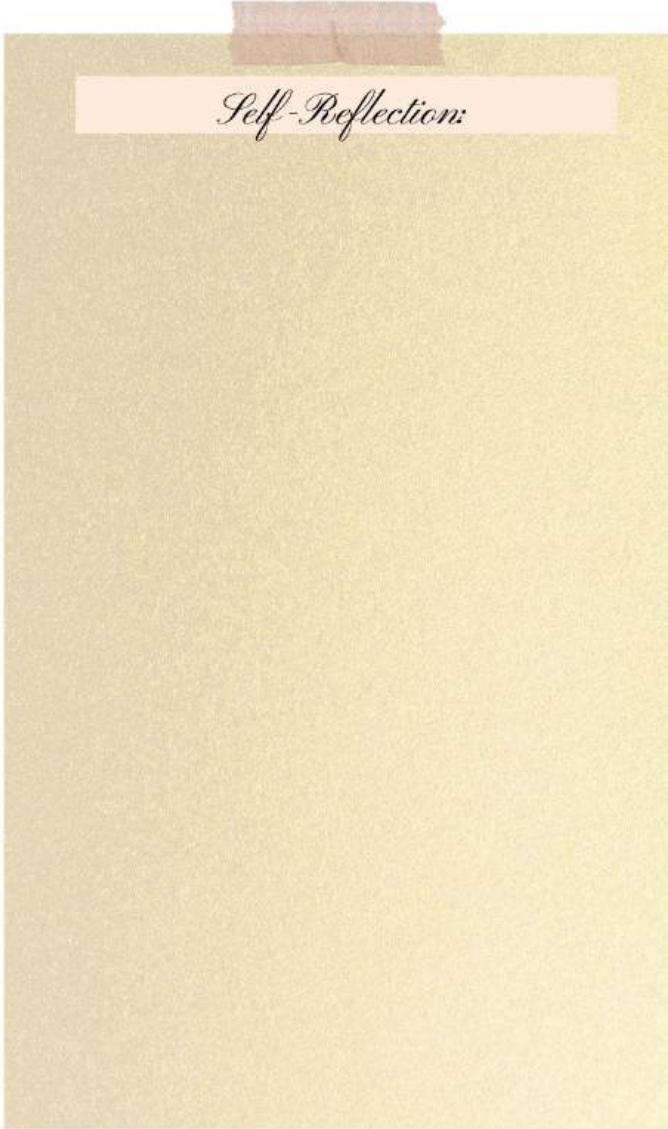
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

Area of life:

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Area of life:

Week of



Mon,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

1

2

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Me-time today was: _____

Fri,

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sat,

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

I'm grateful for / I was able to:

“Verily, in the remembrance
of Allah hearts find rest.”
(Quran 13:28)



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Area of life:

Week of



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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

The best and most beautiful way to be is to be yourself!

Monthly Motivation

Are you finding yourself holding back on your hopes and dreams because you are afraid of people's criticism? First, let's see where this thought and fear comes from... Many of us were raised with the constant reminder of: "What will people think?!"

And so, while this is playing out in the back of your mind, without you noticing, any time you are about to make a decision, you doubt yourself and you are afraid of people's criticism. If your brain's default mode is people pleasing, subconsciously, without you being aware, only when your brain senses people's agreement or approval, it marks the experience as safe.

And subconsciously, when your brain senses another person's disagreement and disapproval, it marks the situation as unsafe. SO...you might not even be aware, but you choose to do THAT, which others will approve. That decision you take or something you do might not necessarily be the RIGHT thing to do...or that which is in accordance to your values and your dreams... yet you continue to step on your own values and dreams, because you are afraid of what so-and-so will say or think.

Here is my question though: Is there really a way in this life, to do something without getting any criticism from a human being? There is no way! There will ALWAYS be someone who is not pleased with what you do or say.

And so we need to constantly remind ourselves: "If what I am doing is not displeasing to Allah(swt)...then I'm not going to worry about what people think." As scary as it might seem to you, do THAT which is the right thing, and pleasing to Allah(swt), regardless of what others might think. It is SCARY, but I promise you it'll feel extremely empowering.

After all, who do you answer to in the end? People will talk and carry on with their life. They don't continue to think about you, yet you are spending your time worrying about their opinion. It is Allah(swt) Who you will answer to, so let the pleasure of Allah(swt) be your guide in life, not people's opinions.

Month :



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Week of



Bedtime

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Wake-up Time

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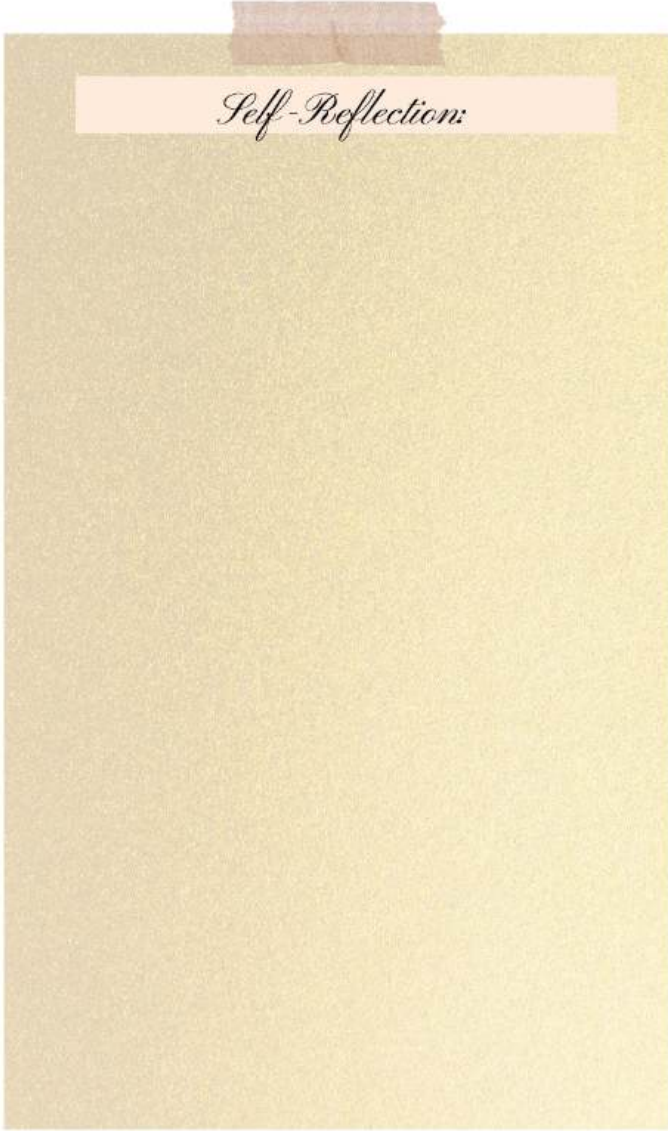
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

Area of life:

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Week of



Mon,

Salah

Quran

My Top 3 To-Do's

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3

Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

1

2

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Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Fri,

Salah Quran

My Top 3 To-Do's

- 1
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Me-time today was: _____

Sat,

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

[To the righteous it will be said],
"Oh reassured soul, Return to
your Lord, well-pleased and
pleasing [to Him]
(Quran 89:27-28)



Week of



Bedtime

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Wake-up Time

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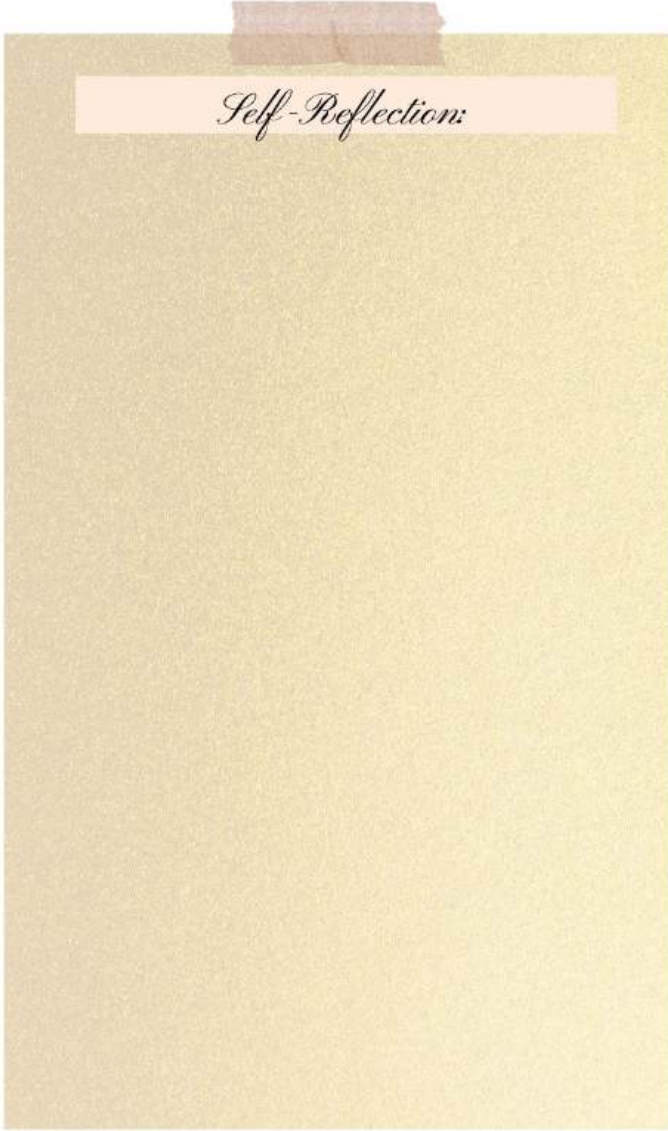
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
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I'm grateful for / I was able to:

“Dream big and dare to fail.” - Norman Vaughan



Week of



Bedtime

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Wake-up Time

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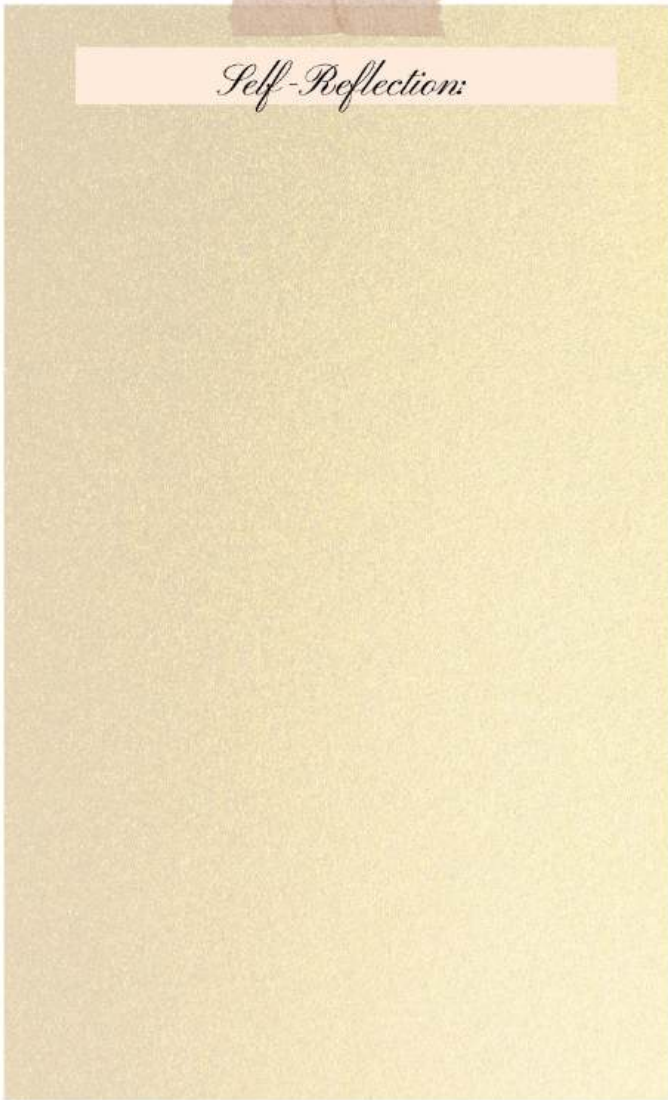
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
- 3 _____

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1 _____
- 2 _____
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I'm grateful for / I was able to:

"And We will ease you toward ease."
(Quran 87:8)



Week of



Bedtime

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Wake-up Time

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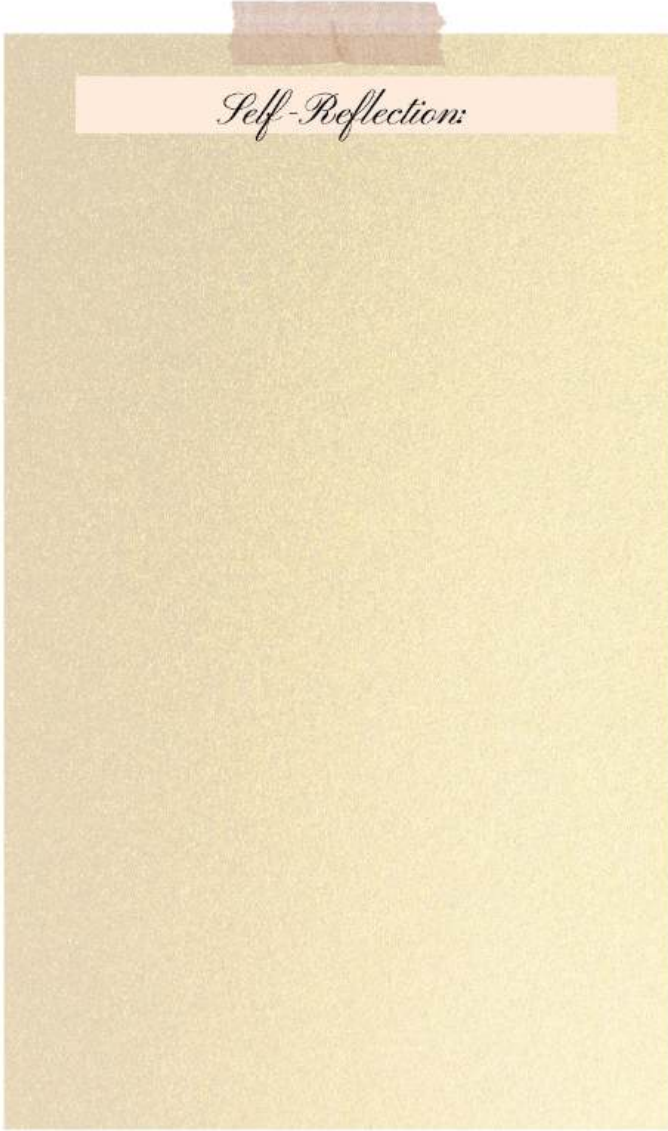
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 2
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Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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Sun,

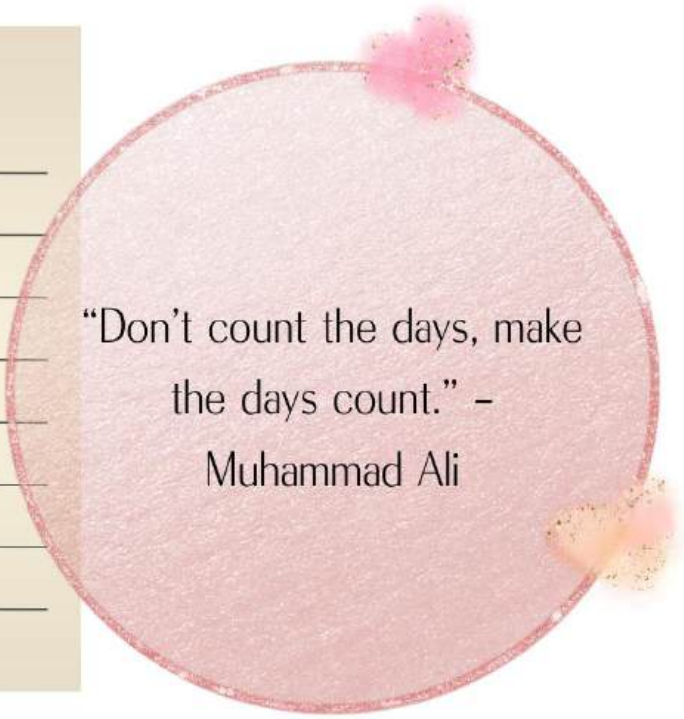
Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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I'm grateful for / I was able to:





Week of



Bedtime

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Wake-up Time

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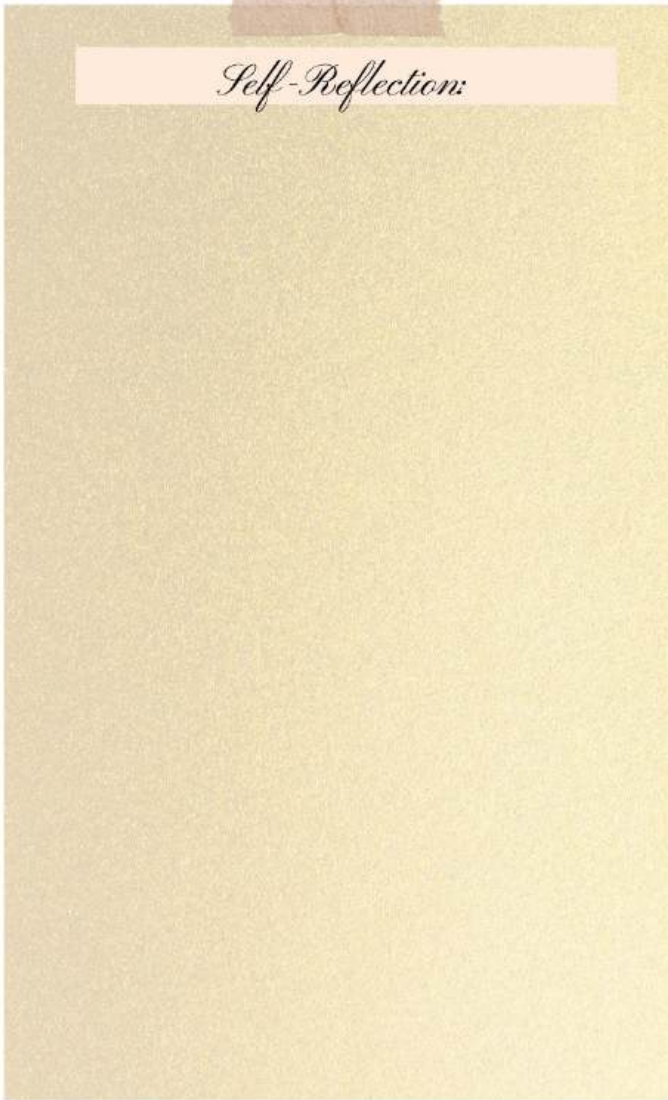
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 2
- 3

Sun,

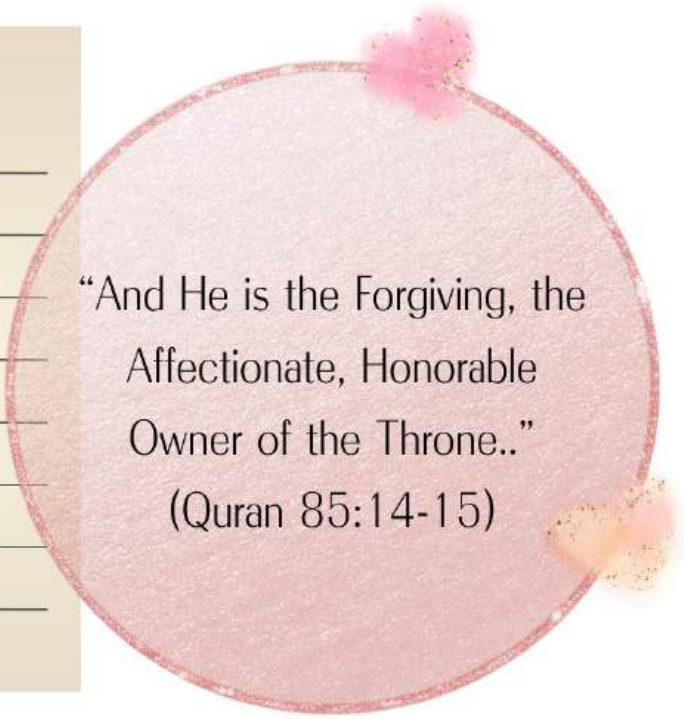
Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
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I'm grateful for / I was able to:



“And He is the Forgiving, the Affectionate, Honorable Owner of the Throne..”
(Quran 85:14-15)

Monthly Motivation

The term 'mindfulness' is used quite often these days when it comes to mental health. Mindfulness is being aware of the 'moment'. The present. Many times as humans, we suffer mentally, because we constantly have regrets about the past. Or we have worries about the future. We are either stuck in the past or in the future, and forget the 'right now'. As a result of that, we miss out on so many opportunities for being grateful to Allah(swt). We miss out on progress and growth opportunities. We miss out on enjoying the blessings we have been given.

Mindfulness is learned by 'training' our mind to come back to the present, when it wanders away to the past or the future. What a blessing as Muslims, that we have the chance to train our mind to do JUST that, five times a day, during salah. Alhamdulillah!

While I understand that this can be harder for some than others, here's how you can train your mind to be present in salah...it then will translate to other areas of your life as well, because training your mind is like training a muscle. The more you practice not letting your mind wander away, the more it will be able to stay present, whether it's during salah, in your interactions with your family or while being at work.

1. Keep your gaze at the place where you make sajdah. And every time that you notice you are looking away, bring your gaze back.
2. Every time you notice your MIND wandering away, tell yourself in your head: "Allahu Akbar. Allah is greater than ANYTHING! Greater than the thoughts that come in my my head, greater than the worries I have, greater than the thinking I do about my to-do list, greater than ANYTHING!"

Insha Allah this will help you stay more and more present, first in salah, then in other areas of your life.

Month :



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Week of



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Wake-up Time

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Tue,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Wed,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

“The journey of a thousand miles begins with one step.”

Lao Tzu



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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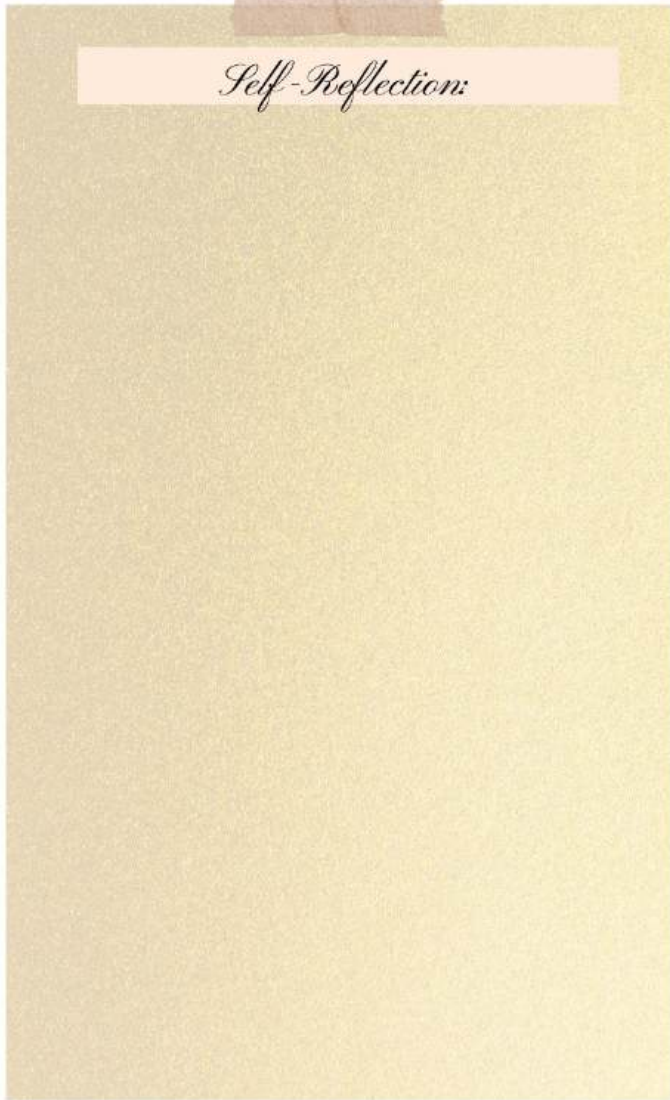
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Area of life:

Area of life:

Week of



Mon,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

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- 3

I'm grateful for / I was able to:

“Indeed, the righteous will be in pleasure. On adorned couches, observing.

(Quran 83:22-23)



Week of



Bedtime

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Wake-up Time

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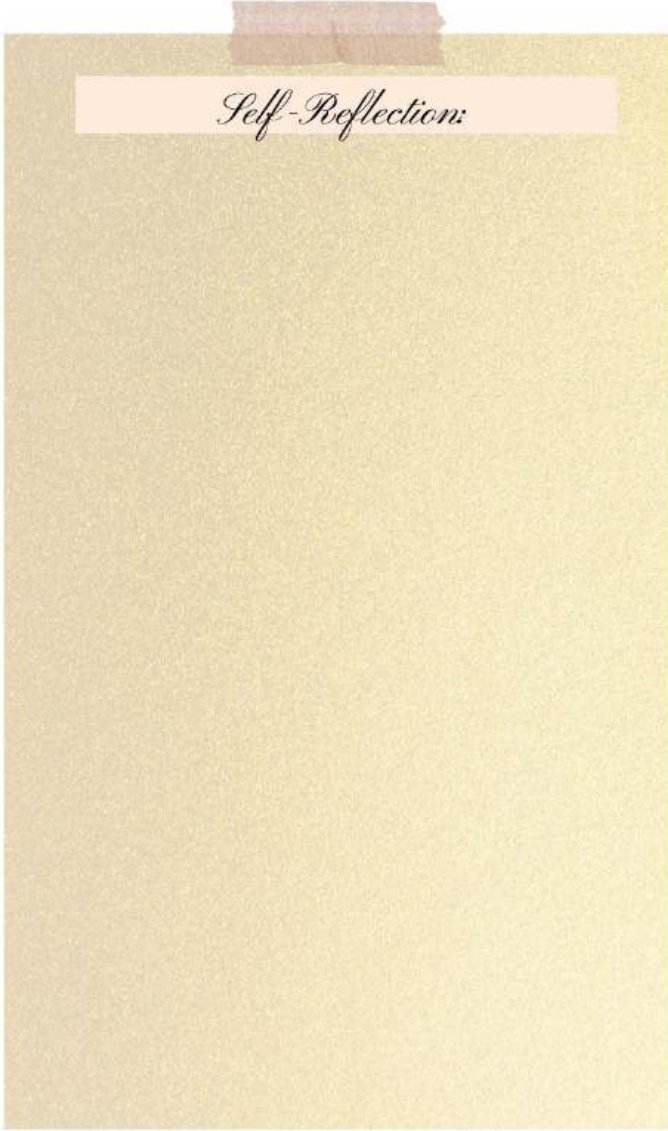
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| <p>Wed,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Salah

Quran

My Top 3 To-Do's

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3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

If you are barely surviving today, it's ok. You get to have those kinds of days too.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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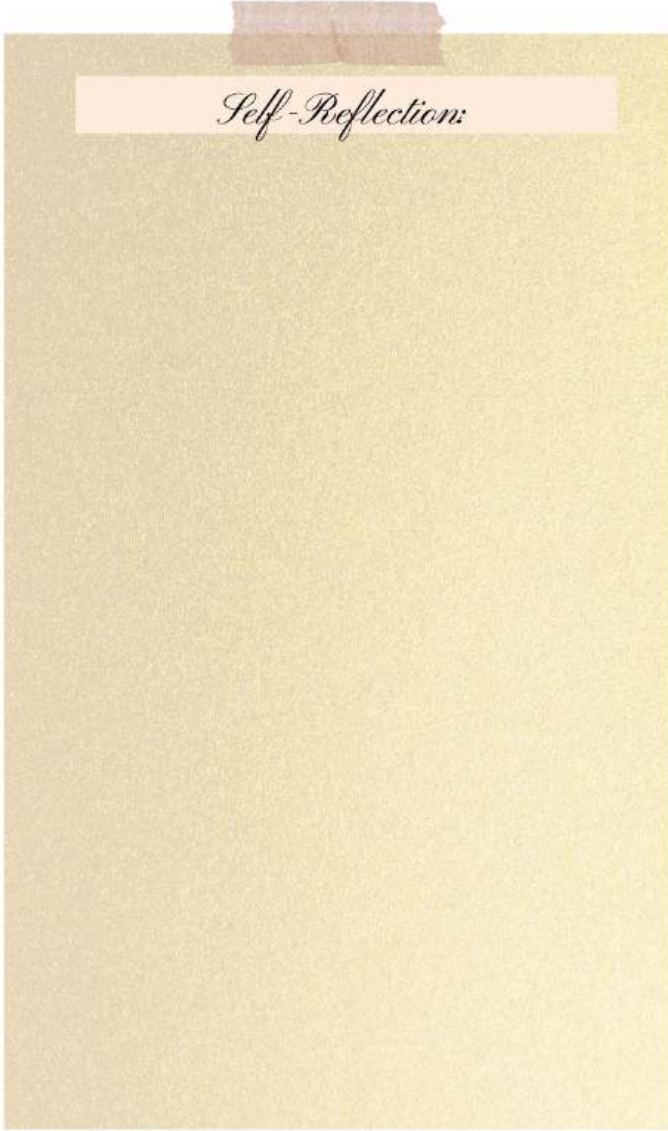
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



Mon,

Salah

Quran

My Top 3 To-Do's

1

2

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Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Fri,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

"My mercy
encompasses all things."
(Quran 7:156)



Week of



Bedtime

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Wake-up Time

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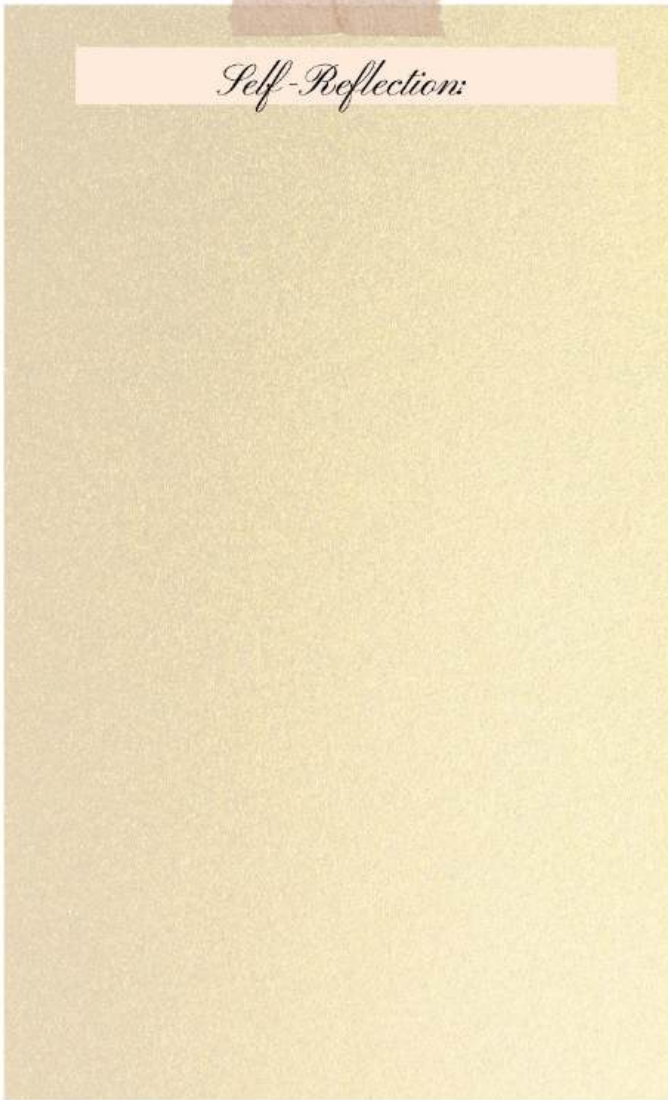
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Sat | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sat,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

Sun,

Me-time today was: _____

Salah Quran

My Top 3 To-Do's

- 1
- 2
- 3

I'm grateful for / I was able to:

The most important person to speak gently, kindly, and encouraging to, is you!

Monthly Motivation

When your mind is cluttered with background noises you lose sight of what matters to you in life and what you need to focus on.

What I mean with background noises is unhelpful thinking, unproductive thinking patterns that just keep you busy with nothing... And just keep you stuck. And these stem from worries about the future... regrets about the past... what will people think of me... fears... assumptions...

And while it's really normal as human beings that we experience these thoughts and fears... if we think that these background noises are just going to clear on their own...let me tell you, dear sis, they're really not going to!

Too much background noise, will prevent you from listening to what matters and focusing on your growth. It will keep you stuck and prevent you from growth.

We have to set time aside intentionally and work on them and through them with our mindset, our bodies, and through establishing a strong connection with Allah(swt).

Work on your mindset, take care of your physical body, and most importantly, take care of your soul by having a strong connection with Allah(swt) and you will notice less and less background noises, insha Allah!

Month :



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Week of



Bedtime

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Wake-up Time

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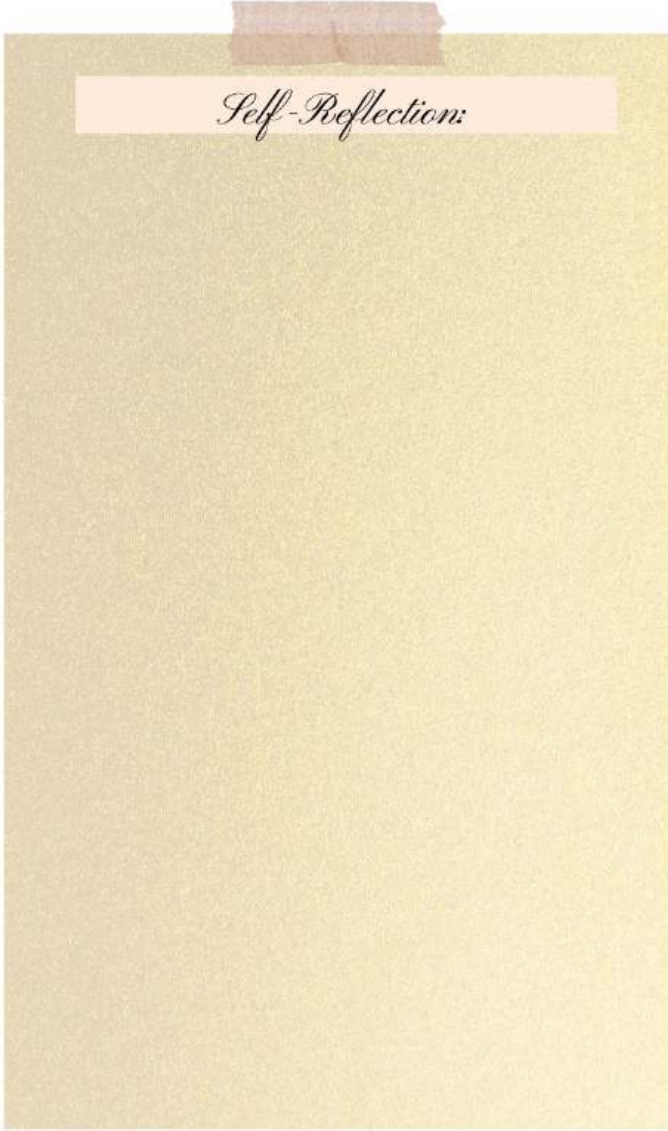
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Tue, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Wed, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Thu, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |

Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“Call upon Me, I will respond to you.”
(Quran 40:60)



Week of



Bedtime

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Wake-up Time

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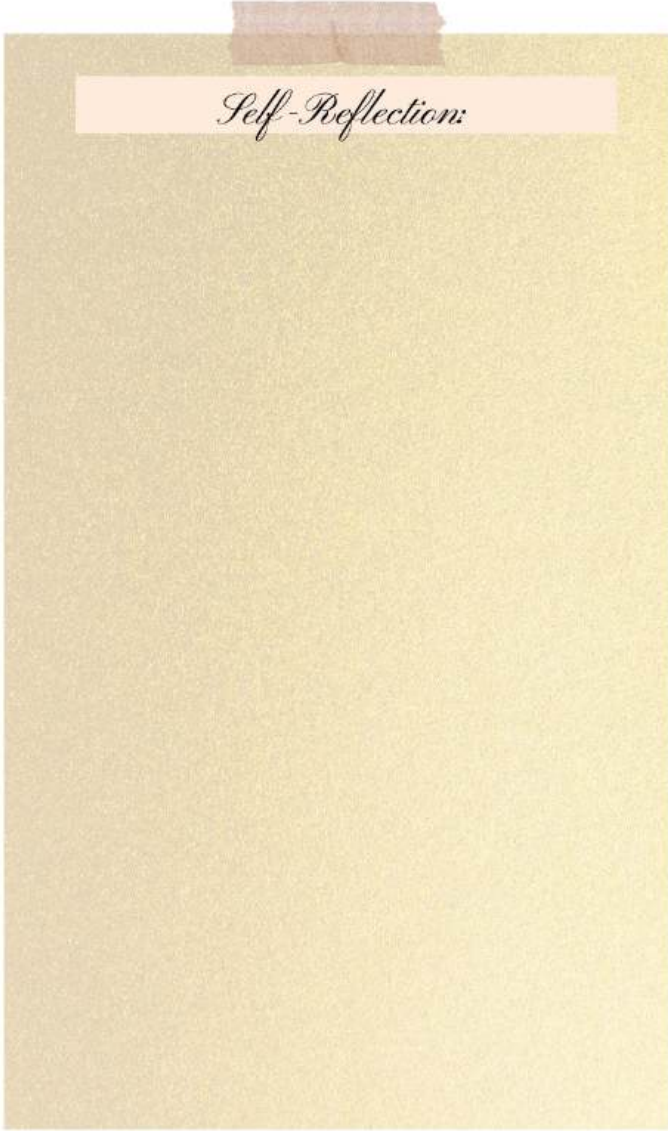
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



Mon,

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My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

When overwhelm hits you,
take a quiet moment, feel
your body, and talk to Allah.



Week of



Bedtime

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Wake-up Time

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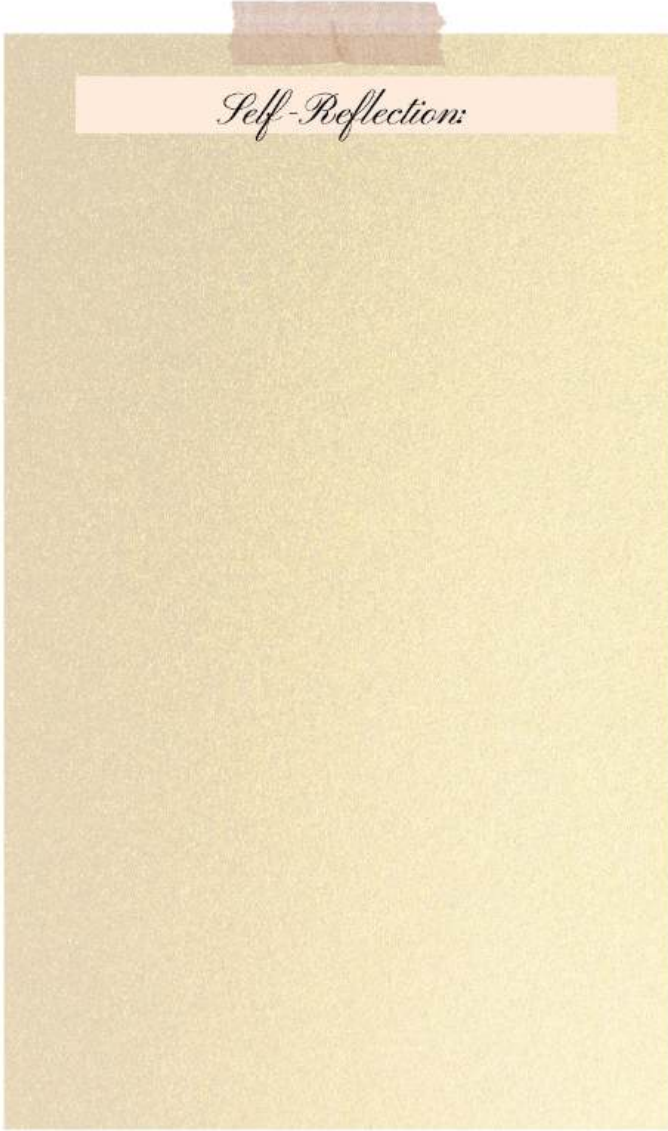
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

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| Tue, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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| Thu, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |

Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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- 3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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- 3

Me-time today was: _____

I'm grateful for / I was able to:

“Do not lose hope,
nor be sad”
(Quran 3:139)



Week of



Bedtime

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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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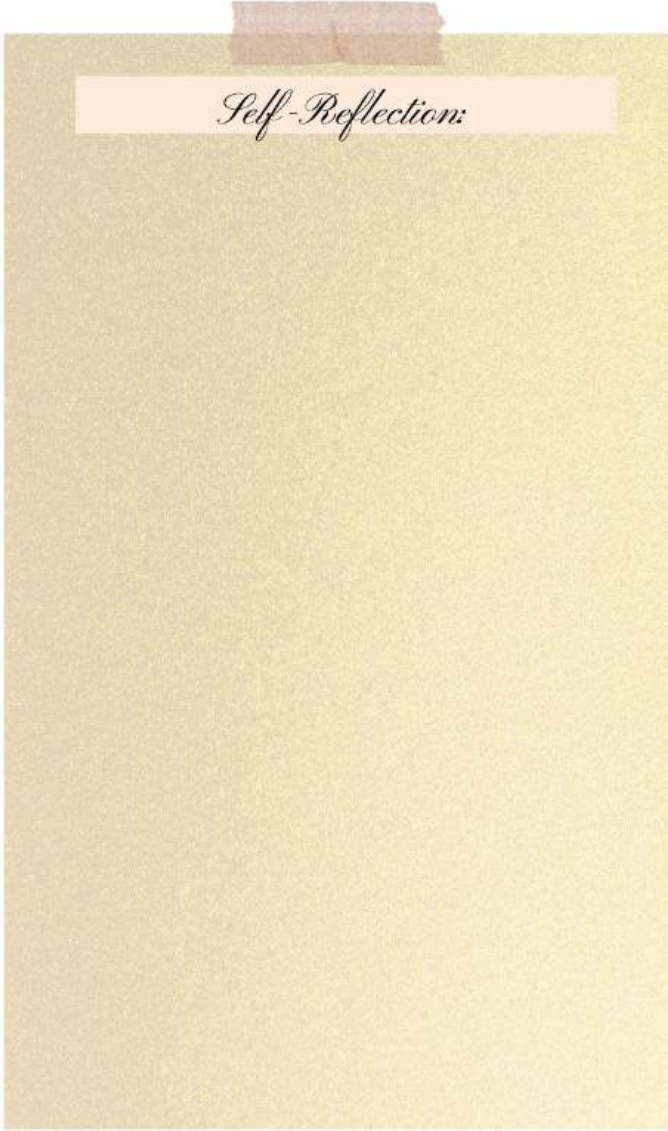
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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Brain Dump

Area of life:

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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Tue, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Wed, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Thu, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |

Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

Your akhirah is not too far in the distance. Don't forget to prepare for it.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

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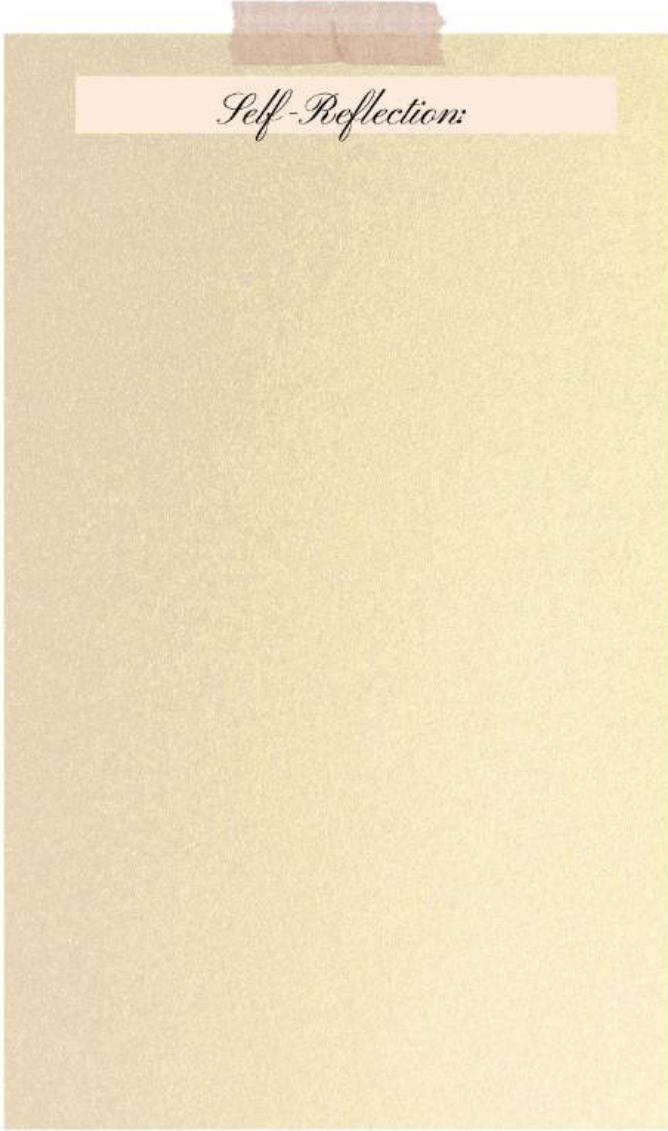
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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2

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

“If Allah should aid you, no one can overcome you”
(Quran 3:160)

Monthly Motivation

If you wonder: “Why is Allah(swt) testing ME?”.... Here is something to bring ease into your heart, dear sis... You are not alone in being tested by Allah(swt). Allah(swt) with His infinite wisdom, tests each one of us in a different way. Allah(swt) NEVER allows something to happen in our life for no reason. He(swt) is beyond that. Nothing from Allah(swt) is unplanned and uncalculated. He knows the hikmah behind everything.

We, on the other hand, will never be able to fully understand the hikmah (wisdom) behind His decisions. But we know this: Your test is perfect for you! And mine are perfect for me. In fact, when passed in a grateful attitude, an attitude pleasing to Allah(swt), it can be our way to Jannah!

Have you ever thought...that if it wasn't THIS test, it would be a different test? Allah picked you for this specific test, because He(swt) knows that you are perfectly capable of getting out of this successfully. It is for that reason that Allah(swt) tells us in the Quran that He(swt) will not burden a soul more than it can handle.

So... Part of going through our tests in life is accepting the Qadr of Allah(swt). Please also remember that you play the BIGGEST role in going through your tests.

Equip yourself with the right mindset, care for yourself in a way that is pleasing to Allah (after all, you are caring for His Amanah) and learn tools and strategies for life that will help you go through difficulties.

Month :



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Week of



Bedtime

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Wake-up Time

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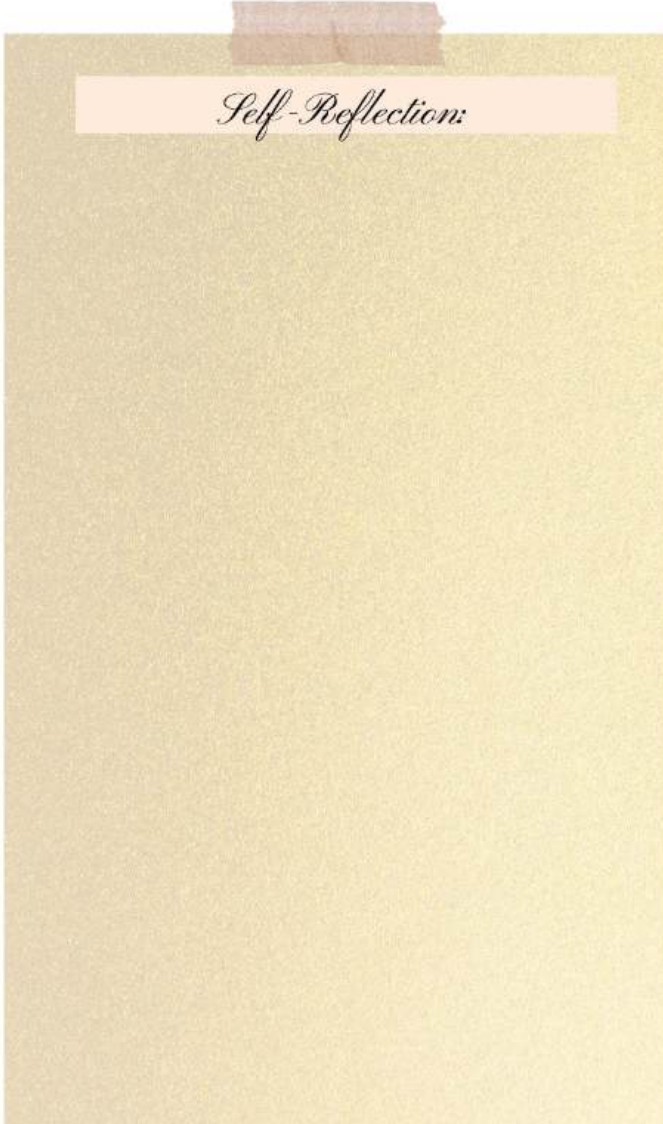
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

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Me-time today was: _____

I'm grateful for / I was able to:

Any beautiful outcome
requires time, effort, and
patience.



Week of



Bedtime

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Wake-up Time

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Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“And indeed Allah is with the doers of good.” (Quran 29:69)



Week of



Bedtime

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Wake-up Time

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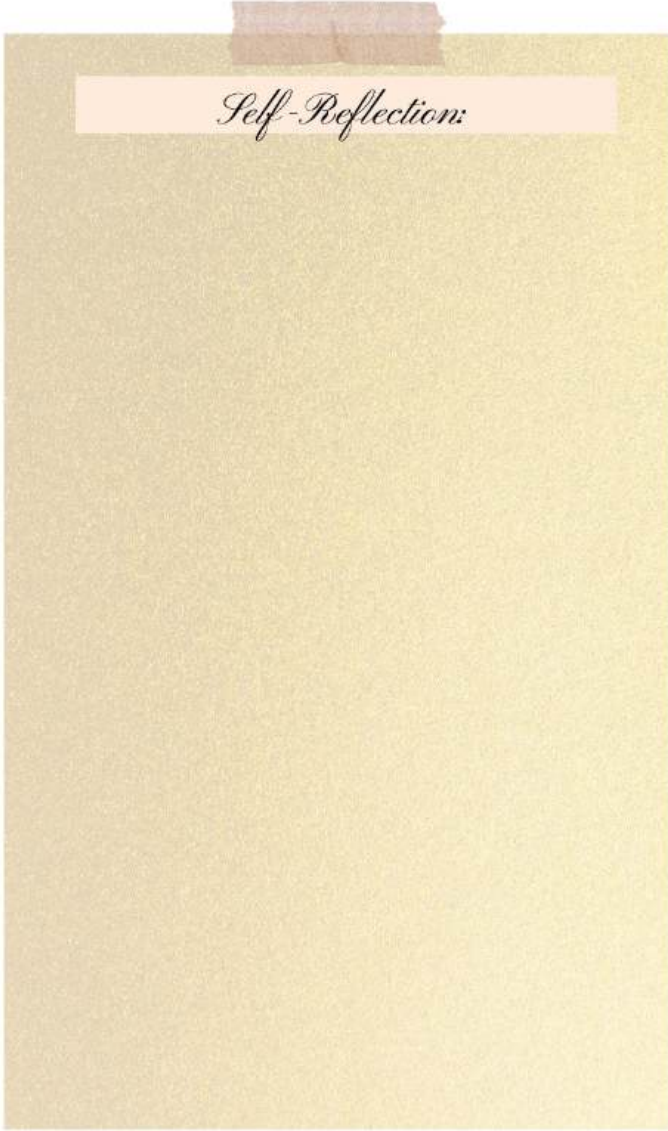
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

Get comfortable with uncomfortable feelings. They are a window to your inner world.



Week of



Bedtime

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Wake-up Time

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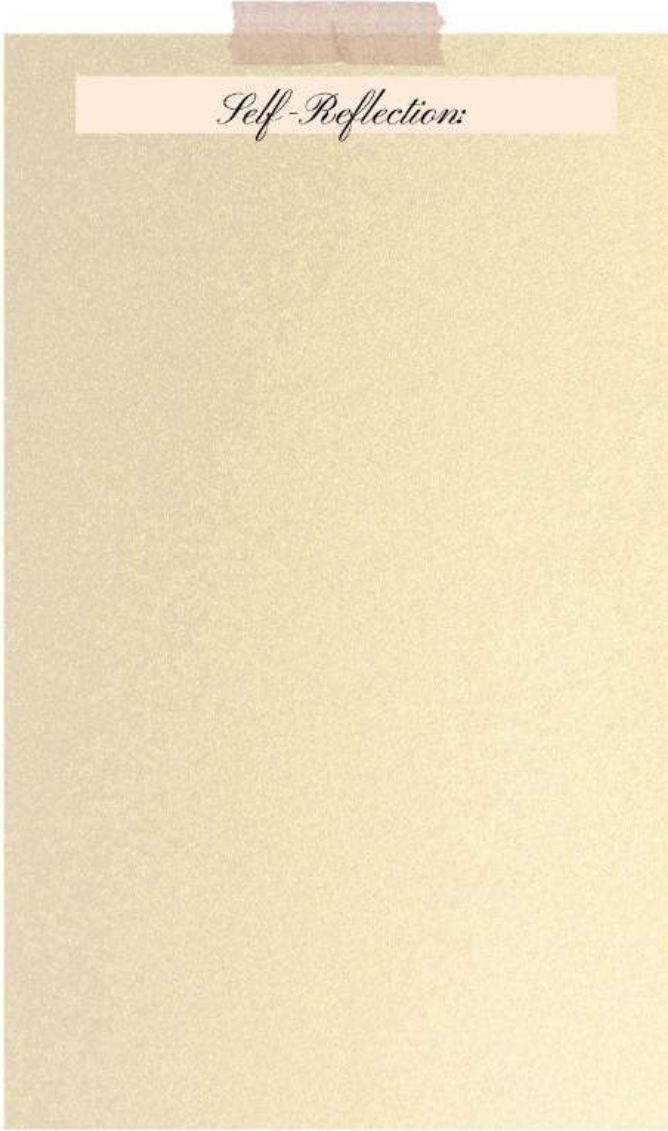
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

“Indeed, I am near.”
(Quran 2:186)



Week of



Bedtime

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Wake-up Time

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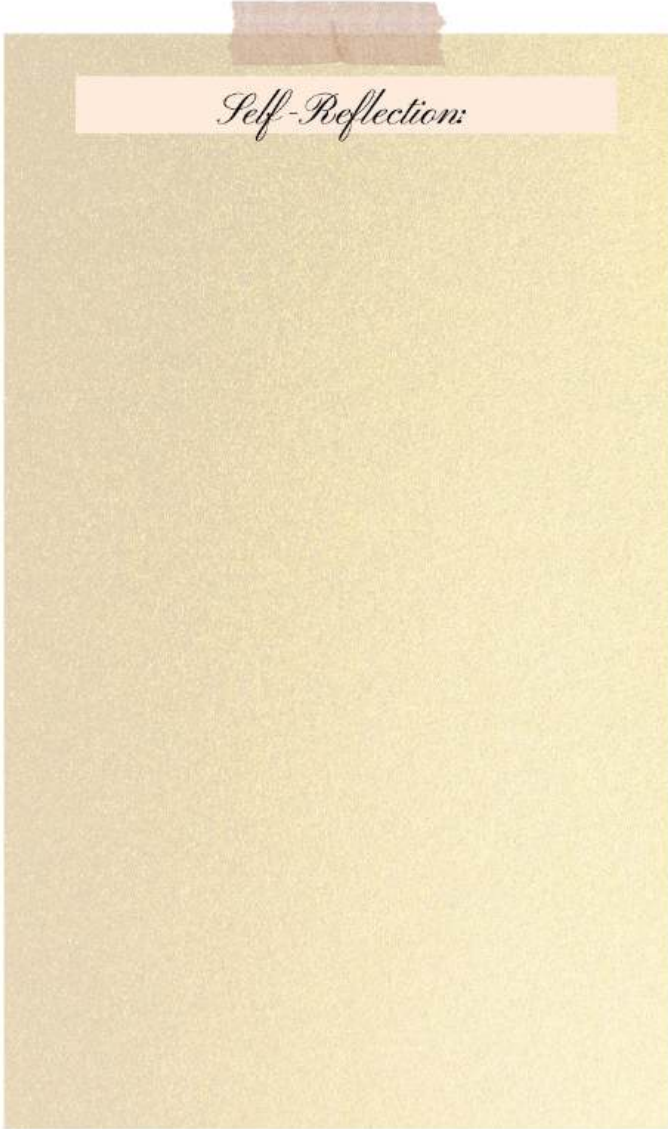
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

Creating momentum for your brain is like igniting a fire. Once the fire is on, it's hard to stop it.

Monthly Motivation

In order to get the maximum benefit from your sleep, try to take advantage of the “power hours” of sleep. This is the sleep your body gets between 10pm and 2am. These are the hours when the optimal amount of hormones are secreted in your body that is needed for healing and recovery of all cells in your body. If you stay up very late (even when you then sleep in), you might get the right number of hours of sleep, but they won't give you the optimal benefit for your mind and your body.

So...as much as you might want to spend the late-night-hours for catching up on your shows, scrolling through social media, or even watching Islamic lectures... I invite you to reconsider your priority. While you might enjoy the later hours of the night, it will most likely come with a cost. For example, you might not be able to wake up early in the morning to connect to Allah(swt), work on your mindset and benefit from the barakah of the early morning.

When you get the maximum benefit of the bodily functions that are going on during the “power hours” of sleep, you will, insha Allah, have better health and better mood. This will translate into your parenting, your marriage, your health, your productivity, your career, and much more, insha Allah!

But please keep in mind: when you are starting to change your sleep patterns, it'll take time. Move your bedtime up 15 minutes each day, until you reach your desired bedtime and see the magic happen from there...insha Allah!

Month :



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Week of



Bedtime

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Wake-up Time

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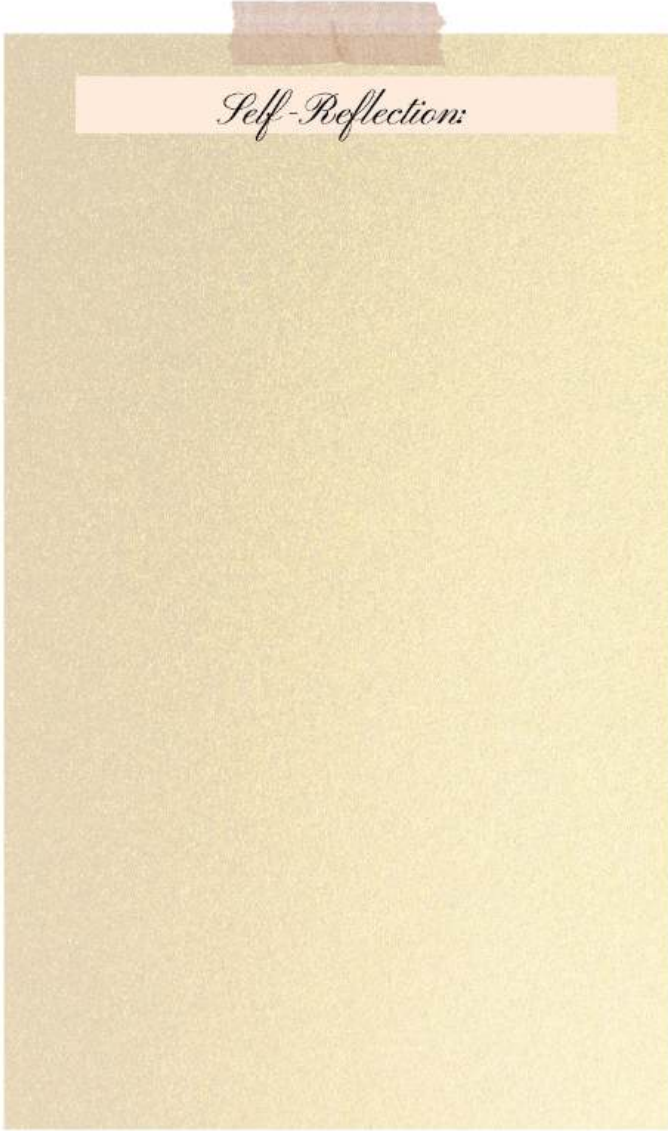
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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Brain Dump

Area of life:

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Week of



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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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| Wed, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“So whoever does an atom's weight of good will see it”
(Quran 99:7)



Week of



Bedtime

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Wake-up Time

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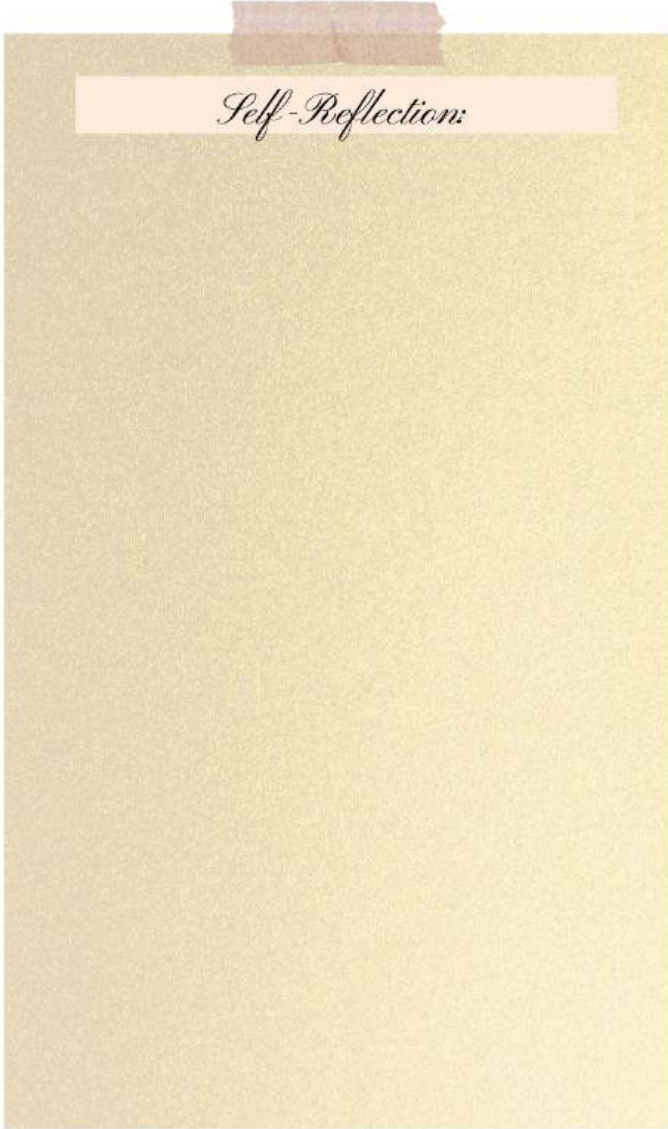
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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Brain Dump

Area of life:

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Week of



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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

Ya Allah, never take away
our ability to make sajda to
You.



Week of



Bedtime

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Wake-up Time

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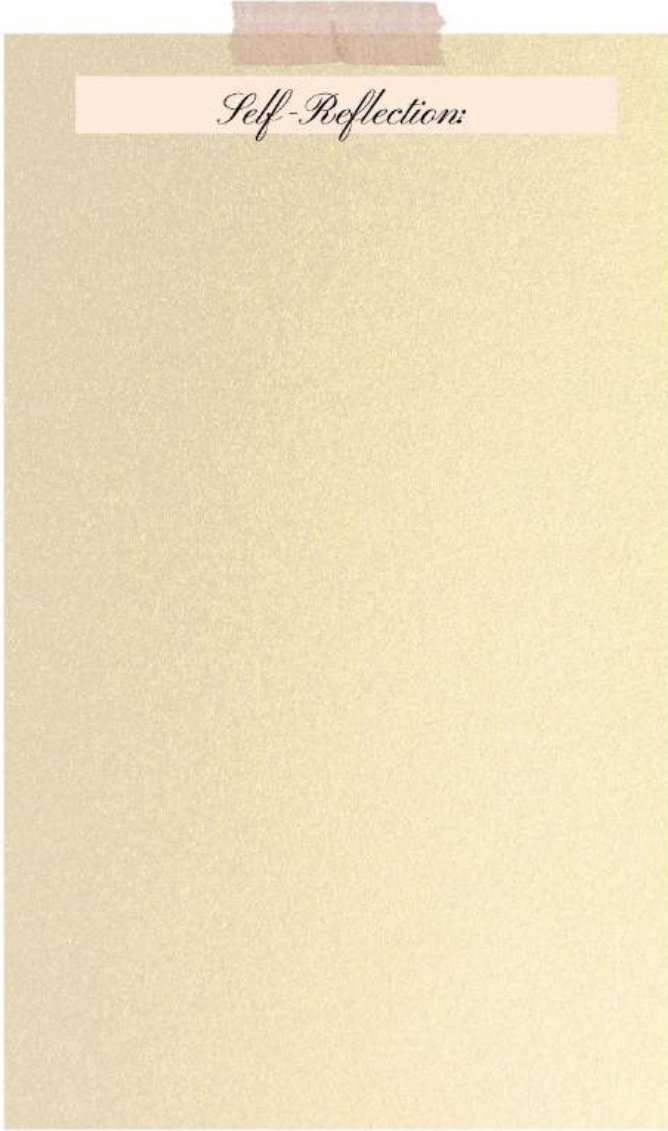
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Self-Reflection:



My Dream Dua'a:



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Brain Dump

Area of life:

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Week of



Mon,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Tue,

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Quran

My Top 3 To-Do's

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My Top 3 To-Do's

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My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Sat,

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My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“Indeed, Allah is with those who fear Him and those who are doers of good.”
(Quran 16:128)



Week of



Bedtime

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Wake-up Time

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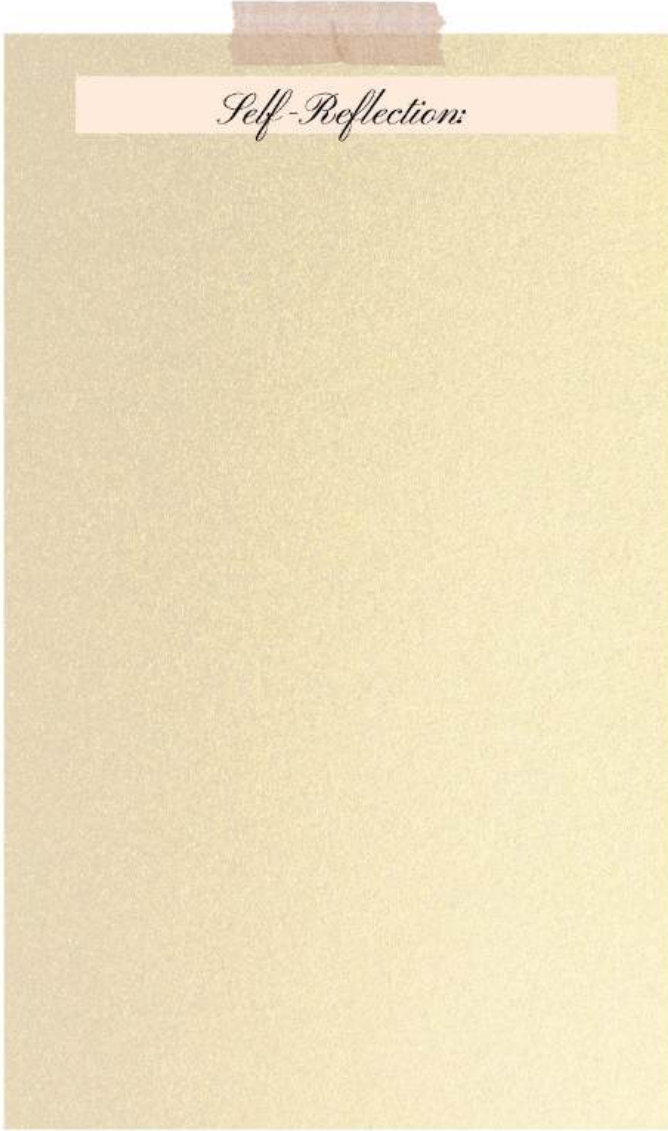
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

We can't control others.
All that's in our control are
our own thoughts and
actions.



Week of



Bedtime

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Wake-up Time

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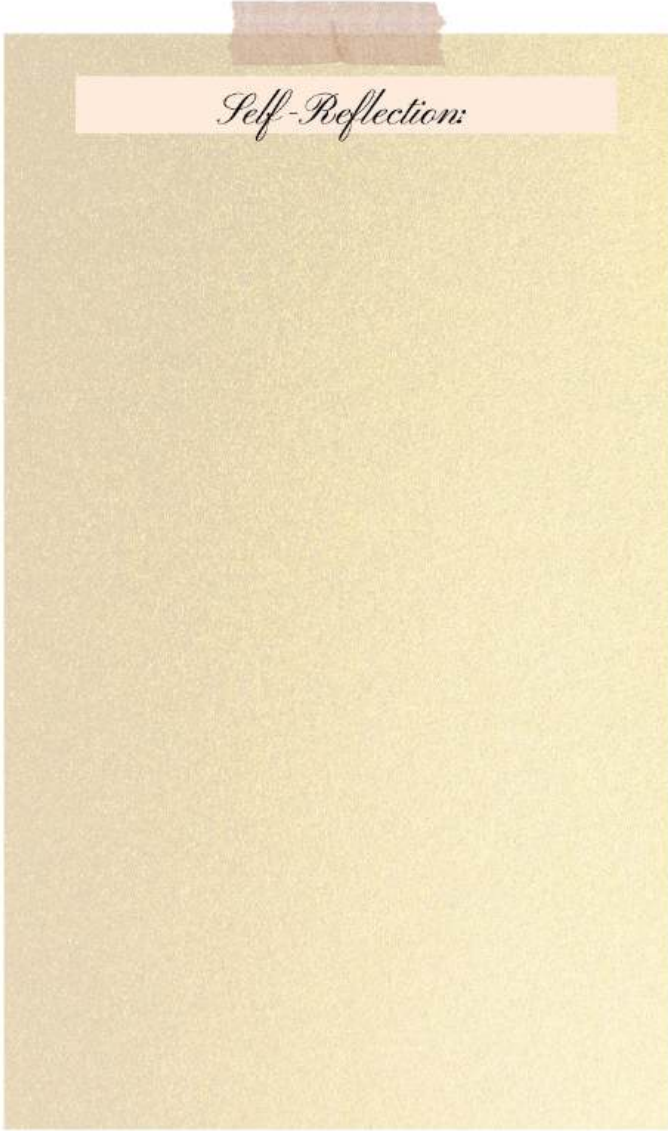
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

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Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

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My Top 3 To-Do's

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Me-time today was: _____

Sun,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“So which of the favors of your Lord would you deny?”
(Quran 55:13)

Monthly Motivation

Do you feel like you lose SO MUCH time in your day and at the end of the day you can't even recall WHAT you exactly did? Or you feel like you lose time, doing absolutely nothing.... As a result of these feelings, you might feel defeated.

The main reason is because you don't have clarity. The mind can be so powerful, yet so weak... It can be so easily pumped up and motivated, yet it can so easily lose hope... The more time passes where your brain does not experience achievement, the more it loses hope....

Here is what you can do...

Pick up your planner the night before... picture the next day... In your mind go through your day and decide which things are most important and need to get done first... decide which of your to-dos are your priority... then write 3 of those things down in the section "My Top 3 To-Dos".

As soon as your next day starts, start working on your Top 3 To-Dos and get them done as soon as your day allows you to. This way you create clarity and momentum, intentionally, in your day...and your mind LOVES that!

And as soon as you get just a tiny task done, that is a BIG score to your brain! As a result, it will just push you to do more! And that is exactly what we are doing here: creating momentum.

Because once you create momentum, your brain is unstoppable.

Your goal is to create momentum in your day, as soon as possible!

Month :



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Week of



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Wake-up Time

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Tahajjud

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Self-Reflection:



My Dream Dua 's:



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Brain Dump

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| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
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Fri,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

If you want something really bad, pray tahajjud for it!



Week of



Bedtime

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Wake-up Time

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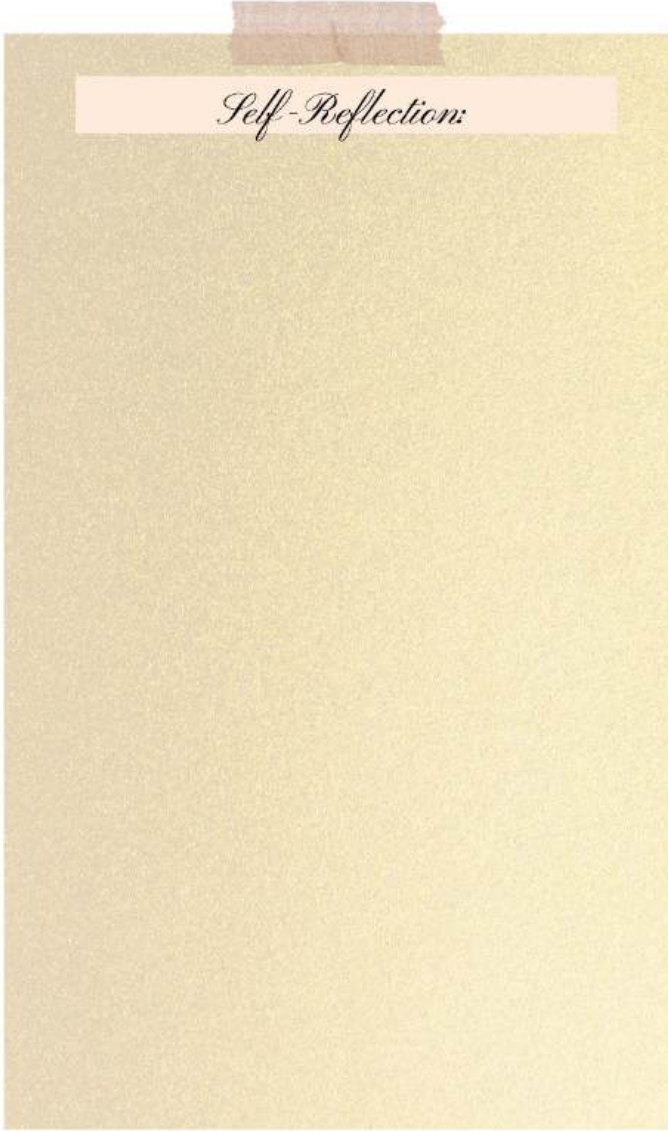
Tahajjud

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Self-Reflection:



My Dream Dua 's:



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Brain Dump

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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

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My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“And when I am ill, it is
He who cures me”
(Quran 26:80)



Week of



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Wake-up Time

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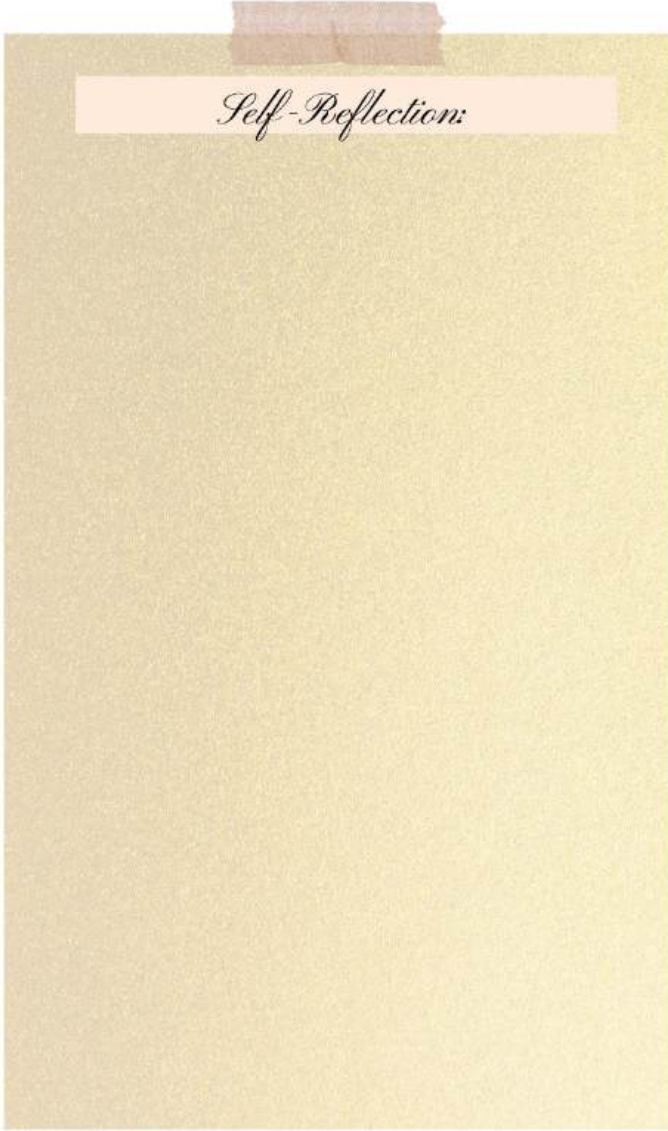
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Self-Reflection:



My Dream Dua'a:



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Brain Dump

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Fri,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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2

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Me-time today was: _____

I'm grateful for / I was able to:

While trying to bring change, be an inner coach to yourself, rather than an inner critic.



Week of



Bedtime

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Wake-up Time

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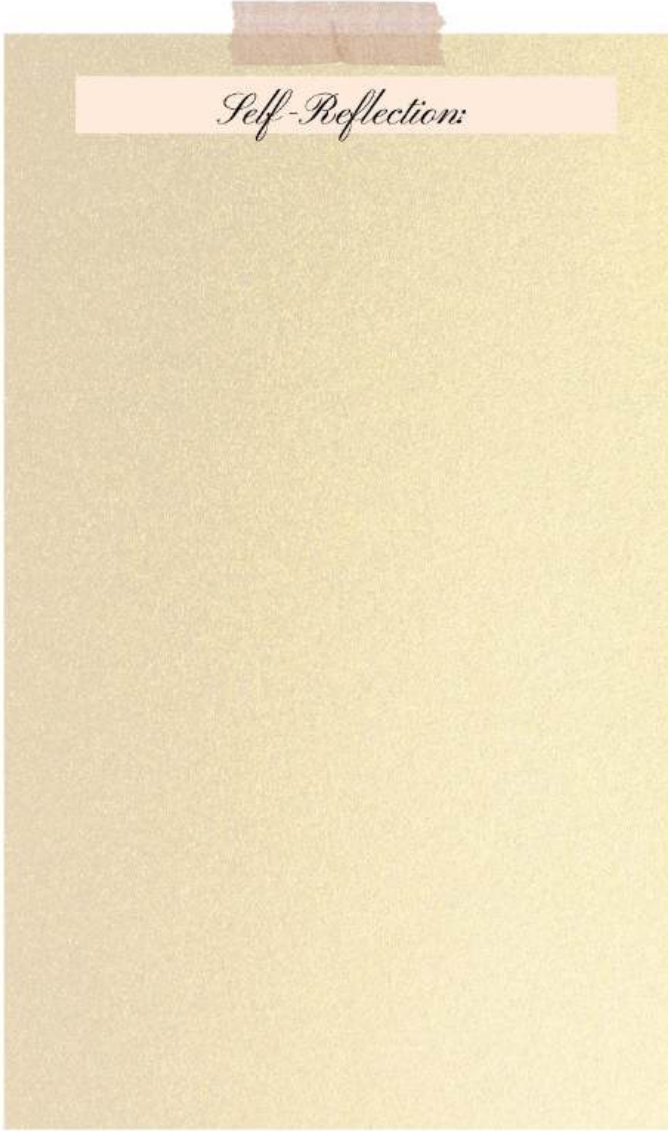
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

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Week of



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Fri,

Salah

Quran

My Top 3 To-Do's

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- 2
- 3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
- 3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

- 1
- 2
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Me-time today was: _____

I'm grateful for / I was able to:

“And whoever holds firmly to Allah has [indeed] been guided to a straight path.
(Quran 3:101)



Week of



Bedtime

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Wake-up Time

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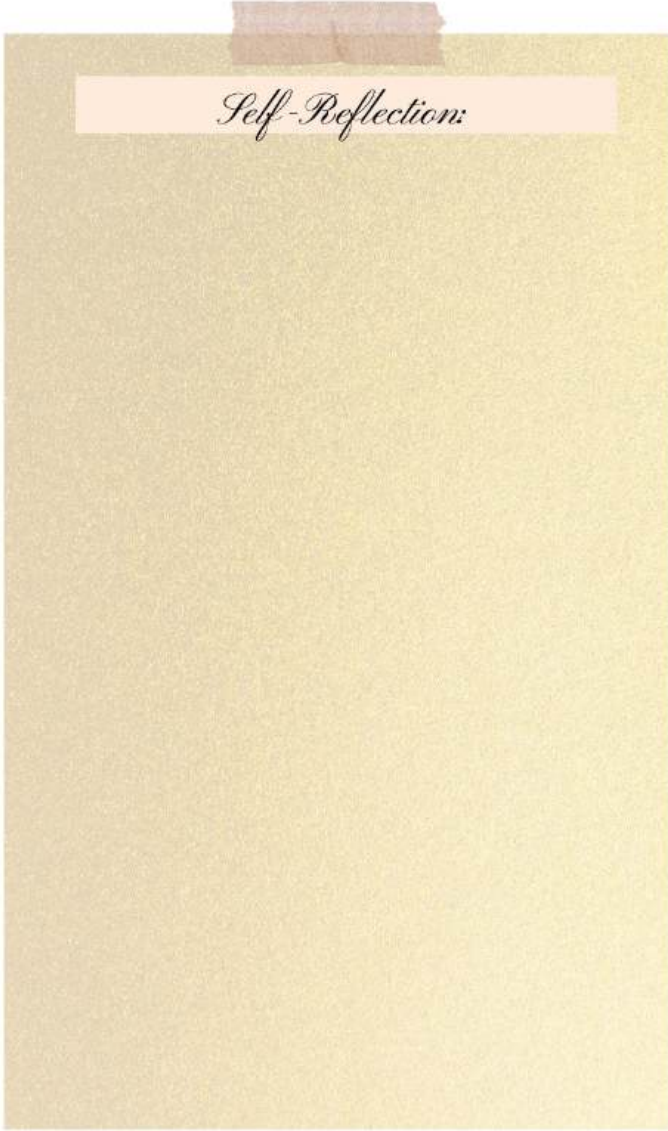
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Week of



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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

Your growth is YOUR journey.
No one else's. So why
compare yourself to others?

Monthly Motivation

Does a cluttered and messy home bother you and mess with your concentration? Here are two tips:

1. Set a timer for 10 minutes and pick an area in the house that's bothering you the most. Start organizing and cleaning that area. 10 minutes only! Get as much done as you can and leave it after that! This way you won't feel overwhelmed by all the things that you have to do and you'll be surprised how much you can get done in 10 minutes!
2. This one is a mindset tip... Can you really get your home clean and organized and then KEEP it that way ALL the time?

Probably not!

Especially when you have kids, because then ALL you will be doing is go around and pick up after them. You would be cleaning and organizing ALL day long. So tell yourself: "I am OK! I'll get as much done as I can and then leave the rest for next time insha Allah!"

This approach creates peace and rest in your mind. And instead of always feeling helpless and restless, you will feel in control and at peace.

Month :



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Week of



Bedtime

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Wake-up Time

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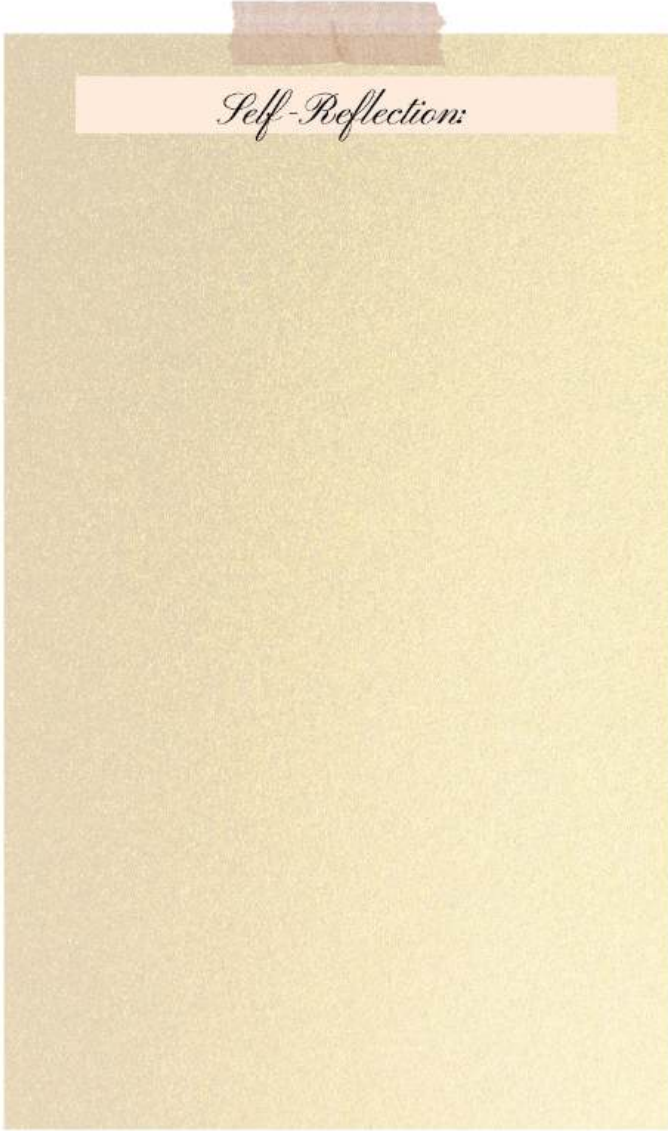
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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“Say, “He is Allah, [who is] One, Allah, the Eternal Refuge.”
(Quran 112:1-2)



Week of



Bedtime

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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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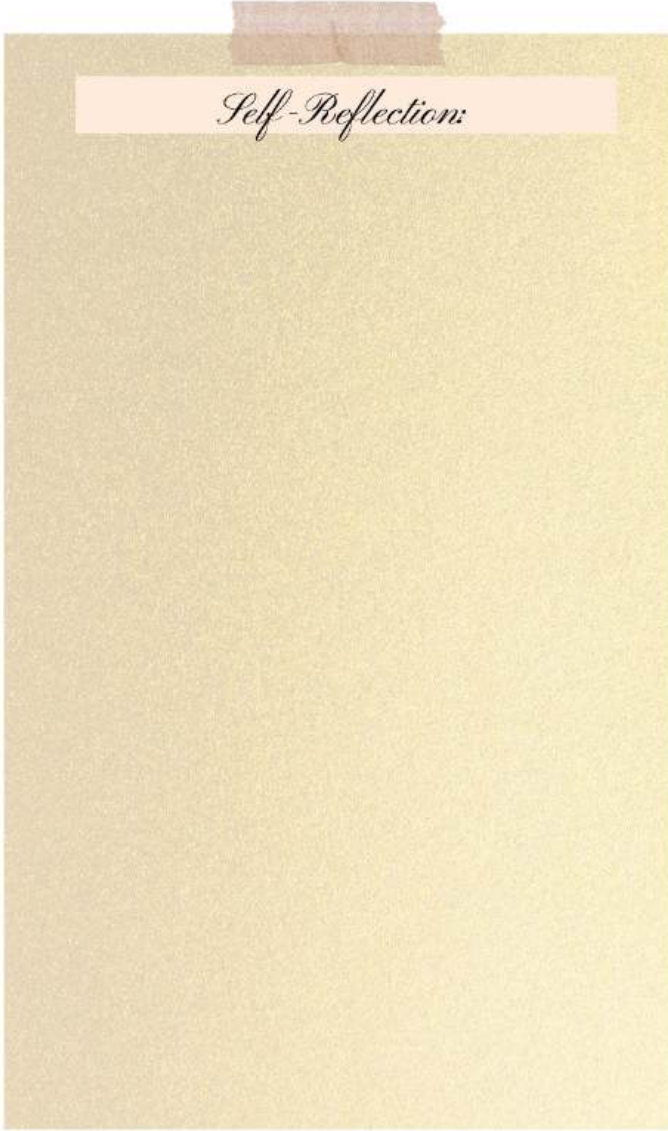
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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

Area of life:

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Week of



Mon,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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- 2
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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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- 2
- 3

Me-time today was: _____

I'm grateful for / I was able to:

The most valuable investment
you can make is investment in
self-growth.



Week of



Bedtime

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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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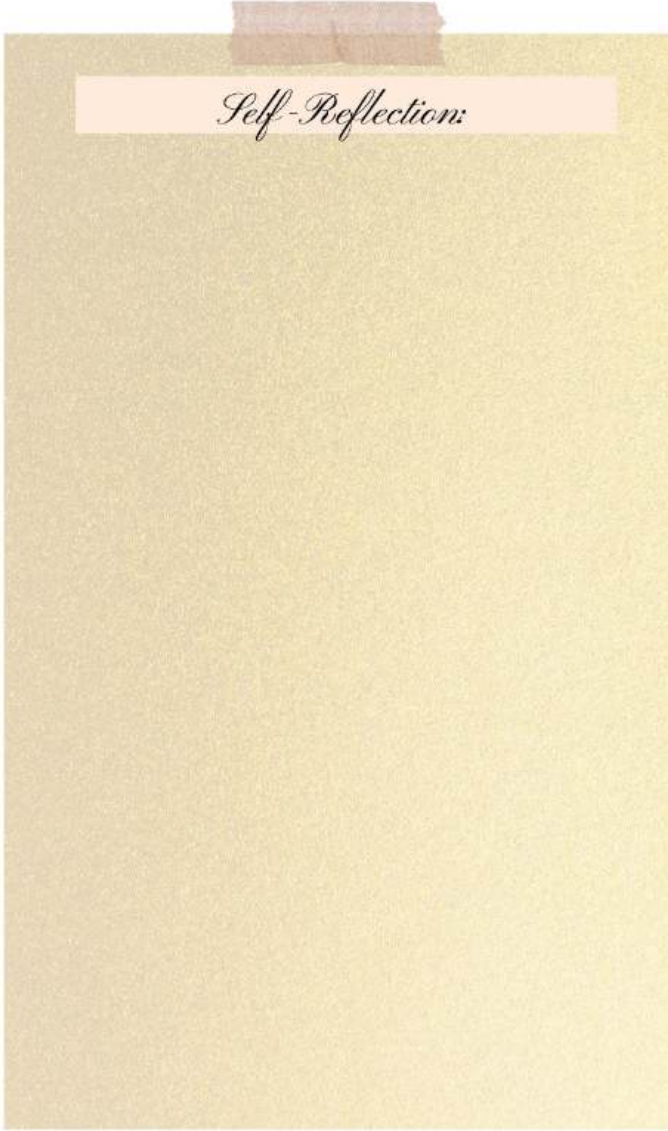
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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Brain Dump

Area of life:

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Week of



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Quran

My Top 3 To-Do's

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Me-time today was: _____

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Quran

My Top 3 To-Do's

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My Top 3 To-Do's

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My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“And seek help through
patience and prayer”

(Quran 2:45)



Week of



Bedtime

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Wake-up Time

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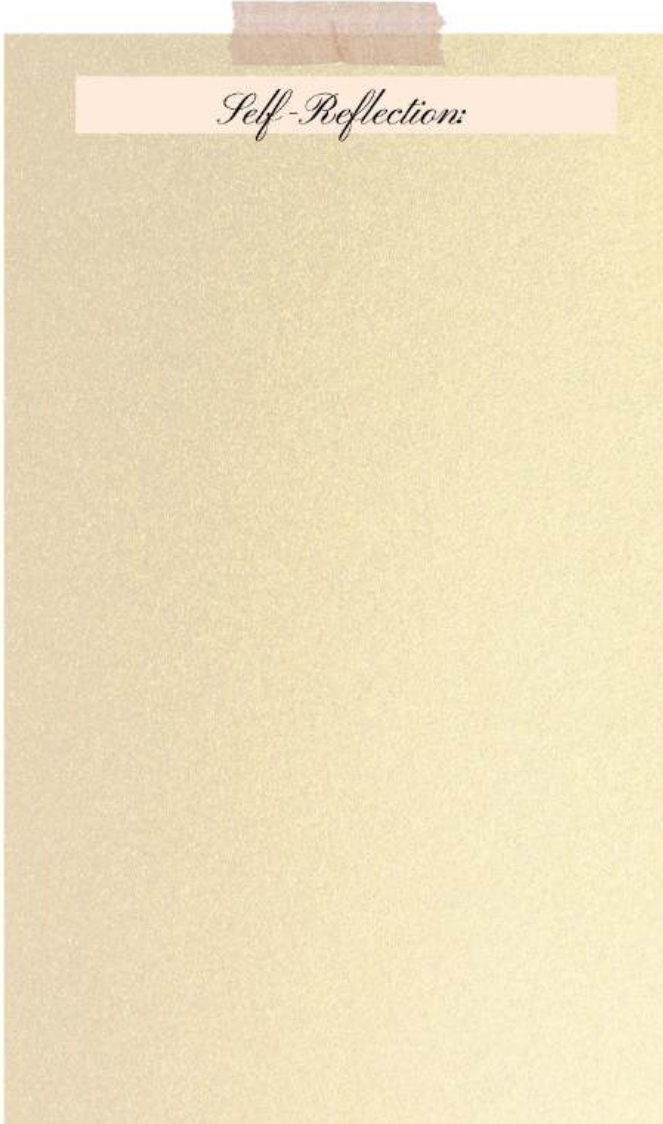
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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Brain Dump

Area of life:

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Area of life:

Week of



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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

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- 2
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Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

Surround yourself with nature.
It will nourish your mind,
body, and soul.



Week of



Bedtime

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Wake-up Time

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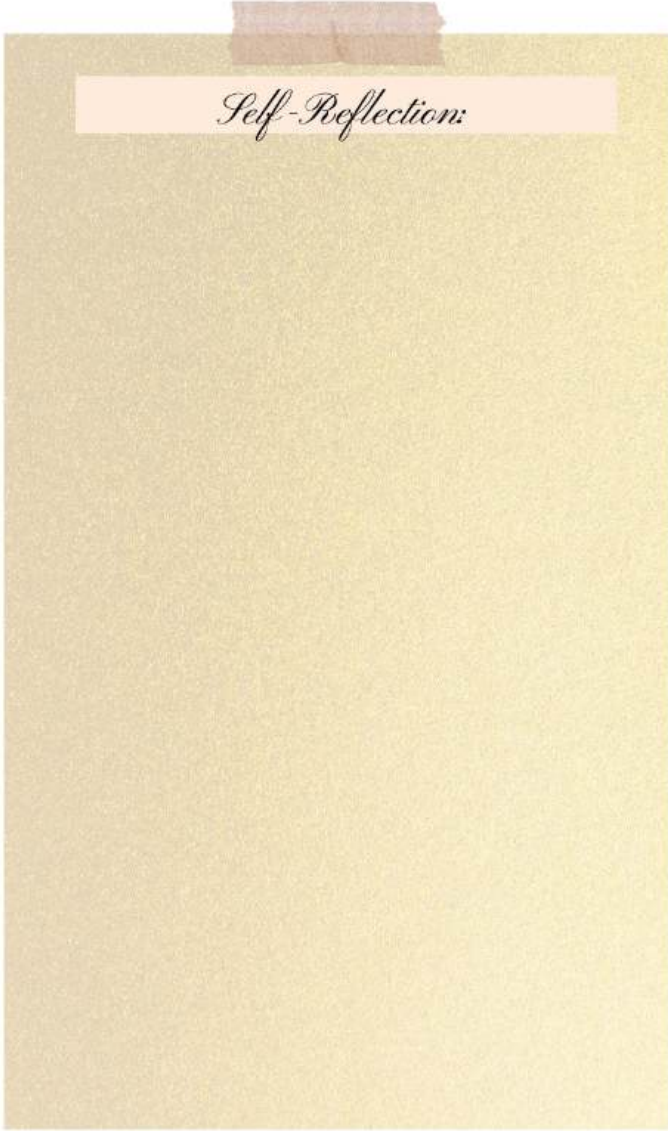
Tahajjud

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Exercise

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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
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Brain Dump

Area of life:

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Fri,

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Quran

My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Me-time today was: _____

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Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

“And hold firmly to the rope of Allah all together and do not become divided.

(Quran 3:103)

Monthly Motivation

If you are stuck in a cycle of negativity and you don't know how to get yourself out of it, here are some tips:

1. First of all, the answer is given to us in Islam. Allah(swt) says through the Prophet(saw): "I am the way my slave thinks of Me." So...if we want goodness from Allah(swt), we have to have good expectations and positive thinking about Allah(swt).

2. The same thing translates into your own life. Any time you say something with a drag... "I have to work out!" or "I have to cook dinner now!" or "I HAVE to be with the children again."... Say all these things, but replace the "I have to" part with "I GET to..."

Do you see the mindshift?

"I GET to workout!"

"I GET to cook dinner now."

"I GET to be with my children again."

It's a shift of going from worry and dread to being grateful. And Allah(swt) says: "If you are grateful, I will increase you." So how do you get out of negativity and into positivity?

By saying "I get to".... Counting Allah's blessings. And that's the recipe to success!

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Wake-up Time

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Tahajjud

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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
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| Grocery List | | |
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Brain Dump

Area of life:

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Fri,

Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

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My Top 3 To-Do's

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Me-time today was: _____

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Salah

Quran

My Top 3 To-Do's

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Me-time today was: _____

I'm grateful for / I was able to:

When setting goals, don't forget the ones that will bring you closer to Allah.



Week of



Bedtime

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Wake-up Time

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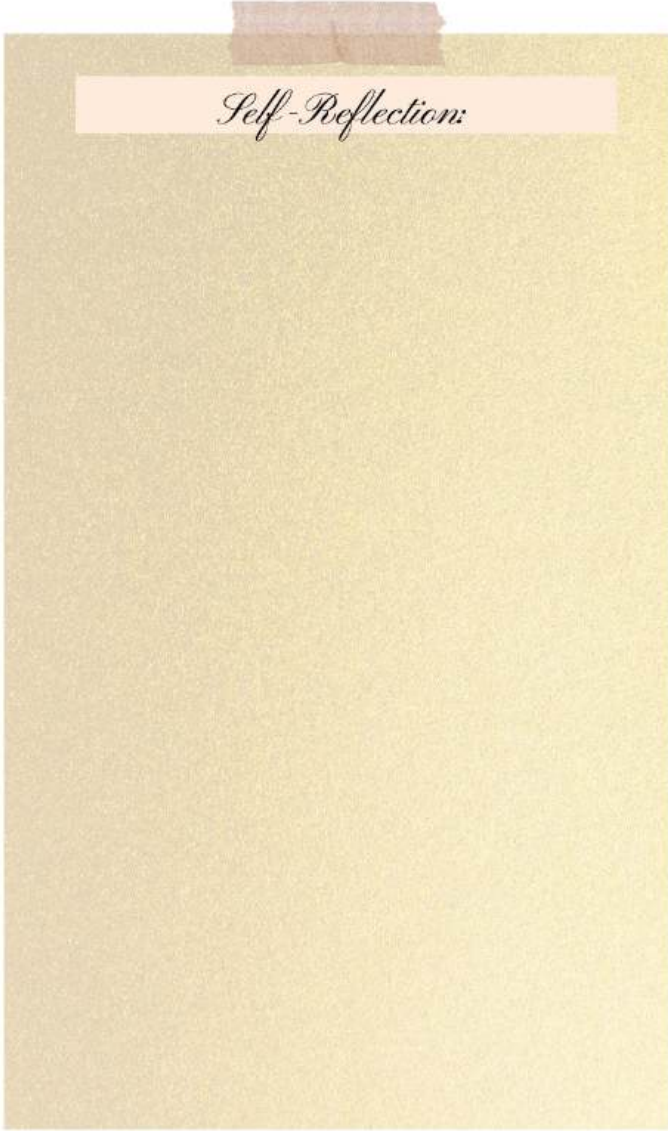
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
|-----------|--|
| Mon | |
| Tue | |
| Wed | |
| Thu | |
| Fri | |
| Sat | |
| Sun | |

| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



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| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Tue,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Wed,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
| <p>Thu,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |

Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

“And seek forgiveness of Allah. Indeed, Allah is ever Forgiving and Merciful.”

(Quran 4:106)



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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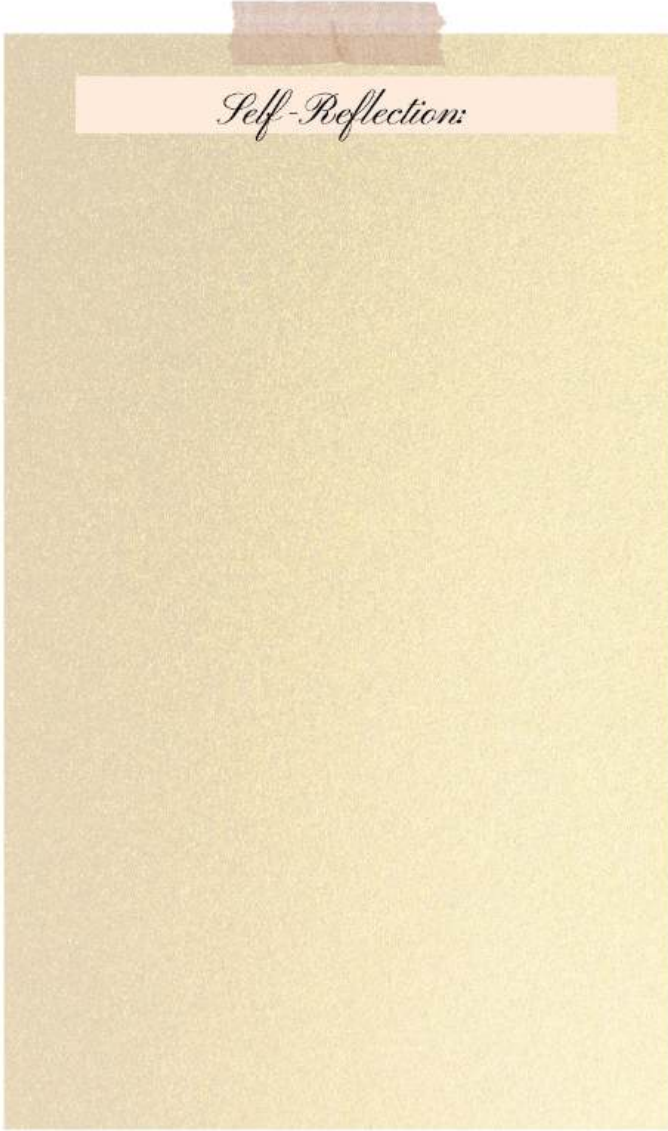
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua 's:



| Meal Plan | |
|-----------|--|
| Mon | |
| Tue | |
| Wed | |
| Thu | |
| Fri | |
| Sat | |
| Sun | |

| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



| | |
|---|--|
| <p>Mon,</p> <p>Me-time today was: _____</p> | <p>Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/></p> <p>My Top 3 To-Do's</p> <p>1 <input type="text"/></p> <p>2 <input type="text"/></p> <p>3 <input type="text"/></p> |
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Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

Successful days start the night before. Prioritize your sleep.



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
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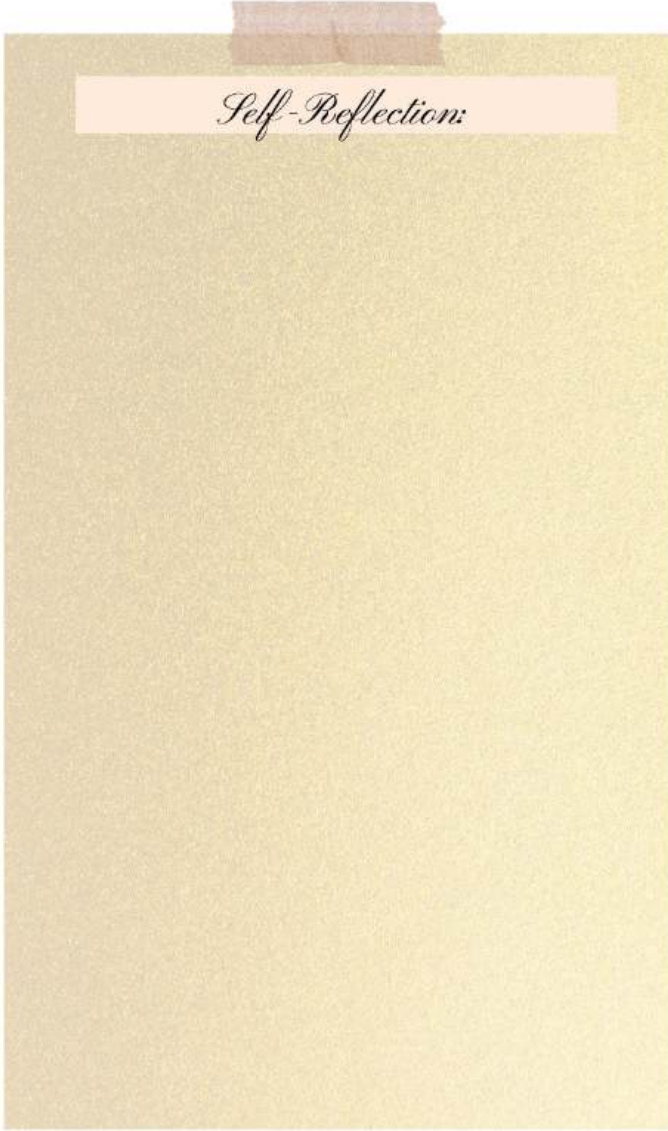
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
|-----------|--|
| Mon | |
| Tue | |
| Wed | |
| Thu | |
| Fri | |
| Sat | |
| Sun | |

| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



Mon,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Tue,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Wed,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Thu,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

I'm grateful for / I was able to:

“And Allah multiplies [His reward] for whom He wills. And Allah is all-Encompassing and Knowing.”
(Quran 2:261)



Week of



Bedtime

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

Wake-up Time

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
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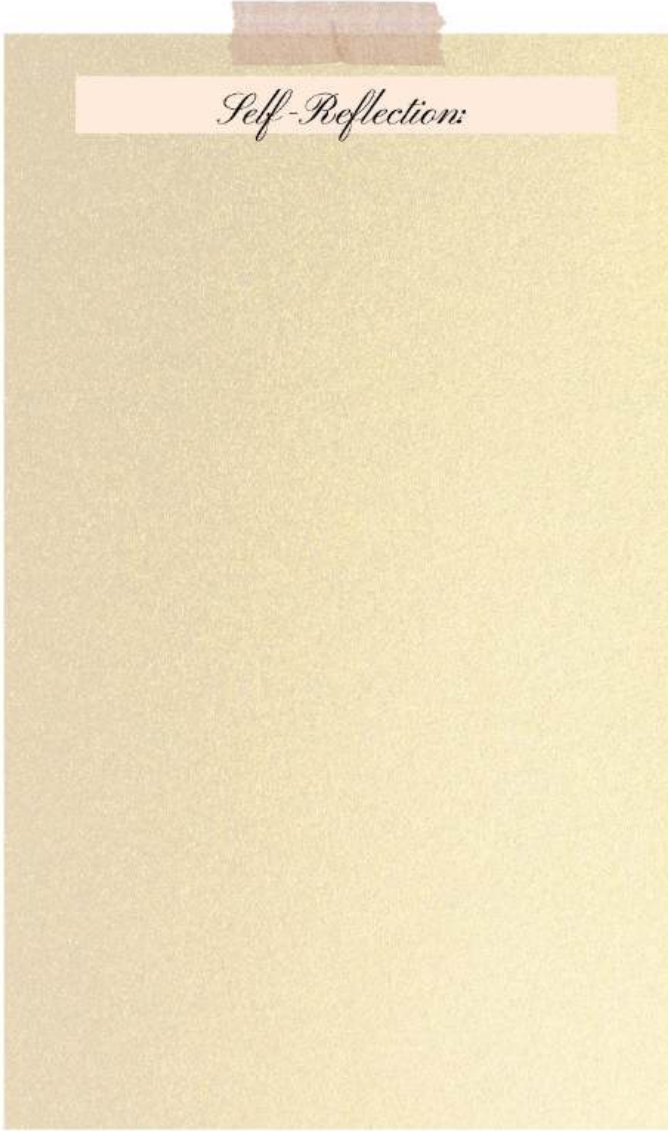
Tahajjud

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

Exercise

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

Self-Reflection:



My Dream Dua'a:



| Meal Plan | |
|-----------|--|
| Mon | |
| Tue | |
| Wed | |
| Thu | |
| Fri | |
| Sat | |
| Sun | |

| Grocery List | | |
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Brain Dump

Area of life:

Area of life:

Area of life:

Area of life:

Week of



| | |
|--|--|
| Mon, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Tue, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Wed, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |
| Thu, Me-time today was: _____ | Salah <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quran <input type="checkbox"/> My Top 3 To-Do's 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> |

Fri,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sat,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

Sun,

Salah

Quran

My Top 3 To-Do's

1

2

3

Me-time today was: _____

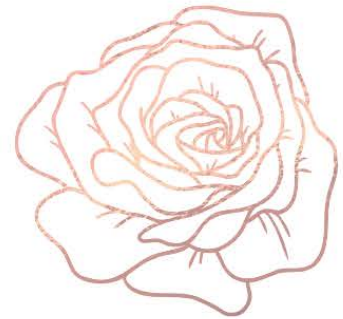
I'm grateful for / I was able to:

Feelings are not forever... they
come and go.

Ramadan

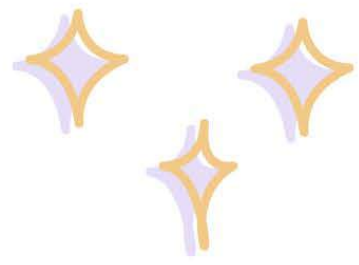


"Ramadan is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and criterion...."
(Quran 2:185)



"The Night of Decree is better than a thousand months." (Quran 97:3)





My Ramadan Goals

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My Top 10 Ramadan Dua'as

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| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |





Ramadan With Kids Planning

Last 10 Nights Donations

| | <u>To</u> | <u>Amount</u> |
|---------------|-----------|---------------|
| Night of 20th | | |
| Night of 21st | | |
| Night of 22nd | | |
| Night of 23rd | | |
| Night of 24th | | |
| Night of 25th | | |
| Night of 26th | | |
| Night of 27th | | |
| Night of 28th | | |
| Night of 29th | | |
| Night of 30th | | |





Ramadan Meal Planning

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Ramadan Goals Tracker

| Ramad. Day | Date | | | | | |
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