



Self-Care

CHECKLIST

for Young
Muslimahs



Bismillah...

Welcome to your Self-Care Checklist, specially designed for young Muslimahs like you! Growing up in today's world can be exciting, but it can also feel overwhelming at times. That's why taking care of yourself, both inside and out, is so important.

Self-care isn't just about looking after your body; it's about nurturing your heart, mind, and soul too. By taking time for prayer, reflection, healthy habits, and relaxation, you're not only caring for yourself but also strengthening your relationship with Allah (SWT).

You can use this checklist as a guide to help you balance school, family, friends, and spirituality while making time for yourself in a healthy, positive way. Print it out and hang it where it can be a frequent reminder. Let's get started on this journey to becoming a stronger, more confident you!

Love & hugs,

Dr. Laura & Dr. Nikita



Daily Spiritual Connection

☐ **Pray Your Five Daily Prayers**

- Perform each Salah on time and with focus. Spend a few extra moments in Sujood (prostration), making dua for yourself and your loved ones.

☐ **Recite Morning & Evening Duas**

- Read the morning and evening remembrances (adhkar) to protect yourself and stay close to Allah. Choose one favorite dua to memorize each week and reflect on its meaning.

☐ **Qur'an Time**

- Read at least 5-10 verses of the Qur'an every day, and reflect on their meaning. Try to listen to your favorite reciter when you can't read the Qur'an.



Mental & Emotional Well-Being

☐ **Gratitude Journaling**

- Write down three things you're grateful for each day, thanking Allah for His blessings.

☐ **Take Time for Yourself**

- Schedule time each day to do something that makes you happy—whether that's reading, crafting, or spending time in nature. Remember that it's okay to rest and take breaks to recharge.

☐ **Positive Friendships**

- Surround yourself with friends who remind you of Allah and encourage you to do good. Talk to a trusted adult or friend when you're feeling down or overwhelmed

Physical Well-Being

☐ **Stay Active**

- Spend 20-30 minutes each day doing something active & fun, like walking, stretching, or playing sports.

☐ **Eat Nutritiously**

- Follow the Sunnah of eating healthy, balanced meals. Include fruits, vegetables, whole foods, and plenty of water.

☐ **Sleep Early & Rest Well**

- Follow the Sunnah of sleeping early and waking up for Fajr.
- Say the bedtime duas and Ayat al-Kursi before sleeping to have a peaceful night's rest.



Knowledge & Personal Growth

☐ **Help Your Family**

- Offer to help with daily chores at home, remembering that small acts of service are acts of worship in Islam.
- Say kind words to others, show patience, and ask Allah to make your home a place of peace.

☐ **Give to Others**

- Set aside a small amount of money each week to give in charity (even a little bit counts!).
- Perform small acts of kindness, like smiling at others, helping a classmate, or holding the door for someone.

☐ **Learn Something New**

- Spend 10-15 minutes daily learning something new about your faith, or participate in Islamic classes or online communities that help you grow closer to Allah.