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A Step By Step Hijrah Guide & Checklist

90-Day Hijrah Checklist

Arab Country Relocation | 3-Month Execution Plan

Move with intention. Preserve dignity. Leave no loose ends.

PHASE 1: STRATEGIC ALIGNMENT (90–61 Days Out)

Objective: Lock direction. Reduce uncertainty. Establish control.

Legal & Documentation (Non-Negotiable)

- ☐ Passports (valid 18–24 months minimum)
- ☐ Birth certificates (original + 3 certified copies)
- ☐ Marriage certificate (apostilled if required)
- ☐ School records/transcripts/portfolios (sealed + digital)
- ☐ Medical records (vaccination cards, prescriptions, summaries)
- ☐ Digital scan of everything (cloud + encrypted USB)

Strong opinion: If it isn't documented, it doesn't exist.

Visa & Residency Track

- ☐ Country-specific visa requirements confirmed
- ☐ Sponsor/employer/study acceptance secured
- ☐ Police clearance certificates requested
- ☐ Passport photos (multiple sizes, neutral background)
- ☐ Embassy appointments booked
- ☐ Timeline buffer added (minimum 14 days)

Financial Positioning (Stability First)

- ☐ Target savings goal set (recommended: 6 months living + exit fund)
- ☐ Emergency cash reserve (split: local + USD)
- ☐ Notify banks of international travel
- ☐ International debit/credit cards tested
- ☐ Wise/international transfer account opened
- ☐ Subscriptions & auto-payments audited

Hijrah without margin becomes stress, not worship.



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PHASE 2: OPERATIONAL DOWNSIZING (60–31 Days Out)

Objective: Detach without chaos. Reduce physical and mental load.

Packing Up a House (The Clean Exit)

Sort by category, not room.

Sell / Donate / Store

- ☐ Furniture
- ☐ Appliances (voltage mismatch check)
- ☐ Books (replace necessary books with Kindle/pdf versions)
- ☐ Children's items (rotate sizes)
- ☐ Décor

Storage

- ☐ Climate-controlled storage reserved
- ☐ Inventory list created
- ☐ Storage access plan documented (trusted contact)

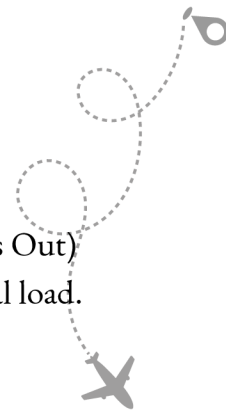
Luggage Decision

- ☐ Airline baggage limits confirmed
- ☐ Excess baggage cost

Rule: If it can be replaced locally, don't bring it.

Buy Luggage (Do This Early)

- ☐ Hard-shell suitcases (durable wheels, TSA locks)
- ☐ Carry-on backpacks (documents + essentials only)
- ☐ Packing cubes (by person + category)
- ☐ Digital luggage scale
- ☐ Name tags (inside + outside)



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PHASE 3: FINALIZATION & TRANSITION (30-0 Days)

Objective: Travel light. Arrive prepared. Land grounded.

Women's Essentials Checklist (Often Overlooked)

Pack for dignity, continuity, and comfort.

Clothing

- ☐ Abayas/jilbabs (climate-appropriate fabrics)
- ☐ Underscarves (cotton + breathable)
- ☐ Comfortable walking shoes (broken in)
- ☐ Modest sleepwear
- ☐ Layering pieces (indoor AC is aggressive)

Personal Care

- ☐ Preferred feminine hygiene products
- ☐ Skincare staples (harder to find exact brands)
- ☐ Hair care for covered hair
- ☐ Prescription meds (90-day supply)

Faith & Daily Life

- ☐ Prayer garments
- ☐ Travel prayer mat
- ☐ Qur'an (physical + app)
- ☐ Du'a list for travel & transition
- ☐ Simple home scents (for emotional grounding)

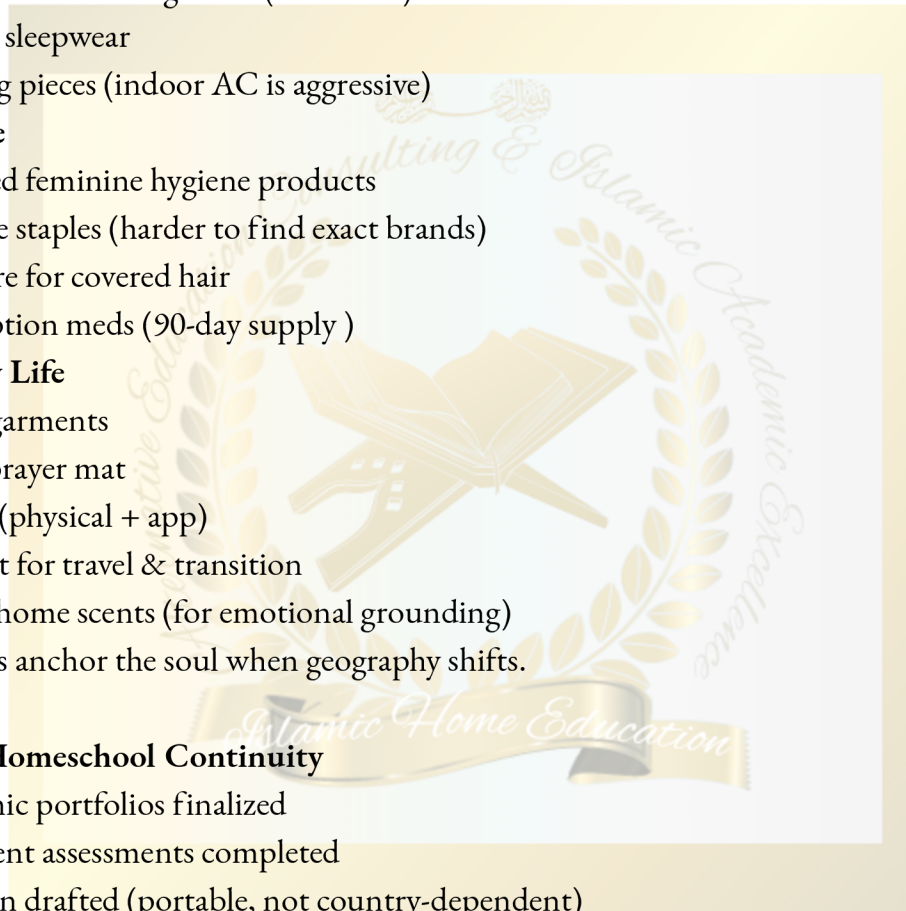
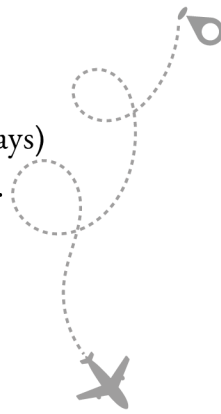
Familiar rituals anchor the soul when geography shifts.

Children & Homeschool Continuity

- ☐ Academic portfolios finalized
- ☐ Placement assessments completed
- ☐ Year plan drafted (portable, not country-dependent)
- ☐ Learning tools packed (minimal but intentional)
- ☐ Digital backups of all school records

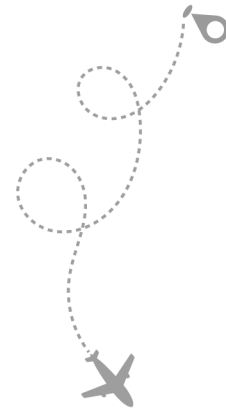
Final Week Checklist

- ☐ Cancel utilities & leases
- ☐ Mail forwarding set
- ☐ Trusted contact left with power of attorney (if needed)
- ☐ Airport transportation confirmed
- ☐ Arrival housing confirmed (temporary counts)
- ☐ First 14-day survival plan written (food, transport, SIM)



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The First 30 Days After Hijrah **A Women-Only Soft Landing Checklist** *Arrival is not the finish line. Stability is.*



WEEK 1: ORIENTATION & SAFETY

Objective: Regain control. Reduce cognitive overload. Anchor routines.

Personal Grounding (Day 1–3)

- ☐ Unpack one suitcase only (daily essentials first)
- ☐ Establish a prayer corner immediately (even temporary)
- ☐ Re-establish salah times aligned to local adhan
- ☐ Set a gentle daily rhythm (sleep, meals, prayer)
- ☐ Limit decision-making to necessities only

Strong opinion: Emotional stability comes from routine, not motivation.

Immediate Infrastructure

- ☐ Local SIM card activated
- ☐ WhatsApp functioning (primary communication tool)
- ☐ Maps app downloaded offline
- ☐ Ride-hailing app installed
- ☐ Emergency contacts saved (local + home country)

Personal Safety & Comfort

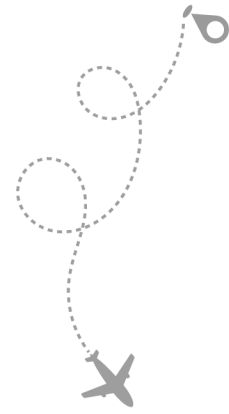
- ☐ Learn neighborhood walking boundaries
- ☐ Identify nearest pharmacy
- ☐ Identify nearest masjid
- ☐ Learn local dress norms (observe before adjusting)
- ☐ Keep a small daily-carry pouch (ID, cash, phone)



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WEEK 2: FUNCTIONAL SETUP

Objective: Move from survival to basic flow.



Home Systems (Keep It Simple)

- ☐ Grocery store identified (walking distance if possible)
- ☐ Basic pantry staples stocked
- ☐ Laundry system understood (machine, service, or hand)
- ☐ Trash & recycling norms learned
- ☐ Cleaning cadence established (light + sustainable)

A calm home is a woman's first line of defense.

Personal Care & Dignity

- ☐ Local pharmacy products tested
- ☐ Backup feminine care options sourced
- ☐ Hair care routine adapted to climate
- ☐ Skincare adjusted for water + weather
- ☐ Comfortable "at-home" clothing rotation set

Emotional Load Management

- ☐ Journal daily (even 5 minutes)
- ☐ Expect emotional swings—don't narrate them
- ☐ Limit social media comparison
- ☐ One trusted check-in person designated
- ☐ Rest without guilt



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WEEK 3: COMMUNITY & NAVIGATION

Objective: Build quiet familiarity without over-exposure.

Social Soft Entry

- ☐ Observe local women before engaging deeply
- ☐ Identify women-only spaces (classes, masjid programs)
- ☐ One low-pressure social interaction per week max
- ☐ Learn basic phrases (if language differs)
- ☐ Resist over-sharing personal history

Strong opinion: Trust is earned slowly—especially abroad.

Mobility Confidence

- ☐ Practice solo outings during daylight
- ☐ Learn public transport norms (if applicable)
- ☐ Establish “safe routes”
- ☐ Learn local market etiquette
- ☐ Understand pricing norms (especially for women)



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WEEK 4: RHYTHM & OWNERSHIP

Objective: Transition from guest to resident.

Personal Identity Reset

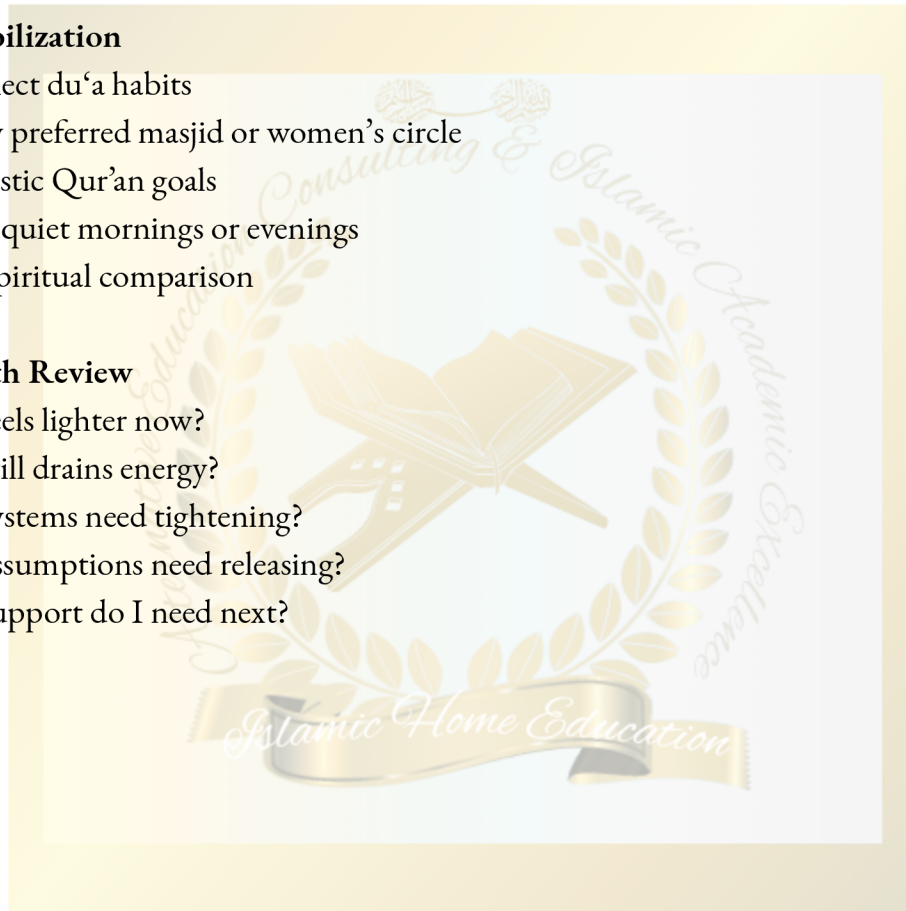
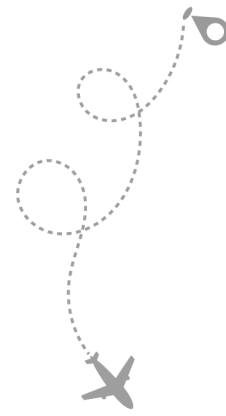
- ☐ Redefine productivity (not Western pace)
- ☐ Adjust expectations of self
- ☐ Identify what can wait 90 days
- ☐ Establish a weekly anchor (class, halaqah, walk)
- ☐ Create a personal “non-negotiables” list

Spiritual Stabilization

- ☐ Reconnect du‘a habits
- ☐ Identify preferred masjid or women’s circle
- ☐ Set realistic Qur’an goals
- ☐ Protect quiet mornings or evenings
- ☐ Avoid spiritual comparison

End-of-Month Review

- ☐ What feels lighter now?
- ☐ What still drains energy?
- ☐ What systems need tightening?
- ☐ What assumptions need releasing?
- ☐ What support do I need next?



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Hijrah Move Checklist

For Girls Ages 15–19

You are not “starting over.” You are carrying your values forward.

PHASE 1: BEFORE THE MOVE (FOUNDATION & CONFIDENCE)

Objective: Reduce fear. Build clarity. Establish emotional footing.

Mental & Emotional Readiness

- ☐ Understand why the family is making hijrah (age-appropriate honesty)
- ☐ Space to express worries without being corrected
- ☐ Learn that mixed emotions ≠ lack of iman
- ☐ Set realistic expectations (not aesthetic, not instant peace)

Strong opinion: Suppressed emotions resurface later—always.

Academic Continuity (Critical at This Age)

- ☐ School records secured (transcripts, course descriptions)
- ☐ Current grade level clearly defined
- ☐ Placement assessments completed (math + literacy minimum)
- ☐ Graduation pathway clarified (US diploma, international, portfolio)
- ☐ Academic goals written for the next 12 months

Ambiguity at 15–19 creates stress that lasts years.

Personal Documents (Her Responsibility—With Support)

- ☐ Passport valid 18+ months
- ☐ Copies of ID stored digitally
- ☐ Emergency contact list written and saved
- ☐ Medical info summarized (allergies, meds)



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PHASE 2: PACKING WITH INTENTION (OWNERSHIP & DIGNITY)

Objective: Pack light—but thoughtfully.

Clothing & Personal Items

- ☐ Modest everyday outfits (climate-appropriate)
- ☐ Comfortable walking shoes
- ☐ One “familiar comfort outfit.”
- ☐ Undergarments & basics she prefers
- ☐ Sleepwear she feels comfortable in
- ☐ Light outer layers (AC is real)

Comfort = confidence, especially during transition.

Personal Care & Essentials

- ☐ Preferred hygiene products (trial period supply)
- ☐ Skincare adapted to climate
- ☐ Hair care for covered hair
- ☐ Period care essentials
- ☐ Small self-care kit (lip balm, lotion, scent)

Personal Carry-On (Non-Negotiable)

- ☐ Journal or notebook
- ☐ Headphones
- ☐ Phone + charger
- ☐ Comfort item (book, du‘a card, small keepsake)
- ☐ Refillable water bottle



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PHASE 3: FIRST 30 DAYS AFTER ARRIVAL (SOFT LANDING)

Objective: Safety, routine, belonging.

Daily Life Orientation

- ☐ Learn neighborhood boundaries
- ☐ Identify nearby shops & masjid
- ☐ Understand dress norms (observe before adapting)
- ☐ Learn basic cultural etiquette
- ☐ Practice short solo outings (daytime)

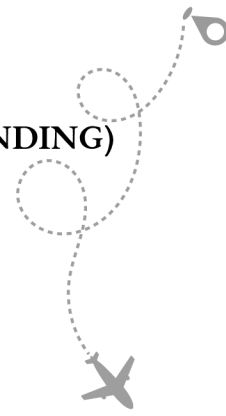
Digital & Social Boundaries

- ☐ Local SIM set up
- ☐ Time limits on social media (comparison is brutal)
- ☐ One trusted person to message regularly
- ☐ Avoid oversharing personal history
- ☐ Online spaces aligned with values

Strong opinion: Social media during hijrah needs supervision—not freedom.

Emotional Regulation & Support

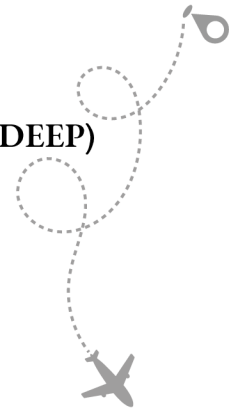
- ☐ Journal or voice-note feelings weekly
- ☐ Keep a sleep routine
- ☐ Light movement daily (walks count)
- ☐ Permission to rest without guilt



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PHASE 4: IDENTITY, FAITH & FUTURE (ROOTING DEEP)

Objective: Strengthen self—not just adapt.

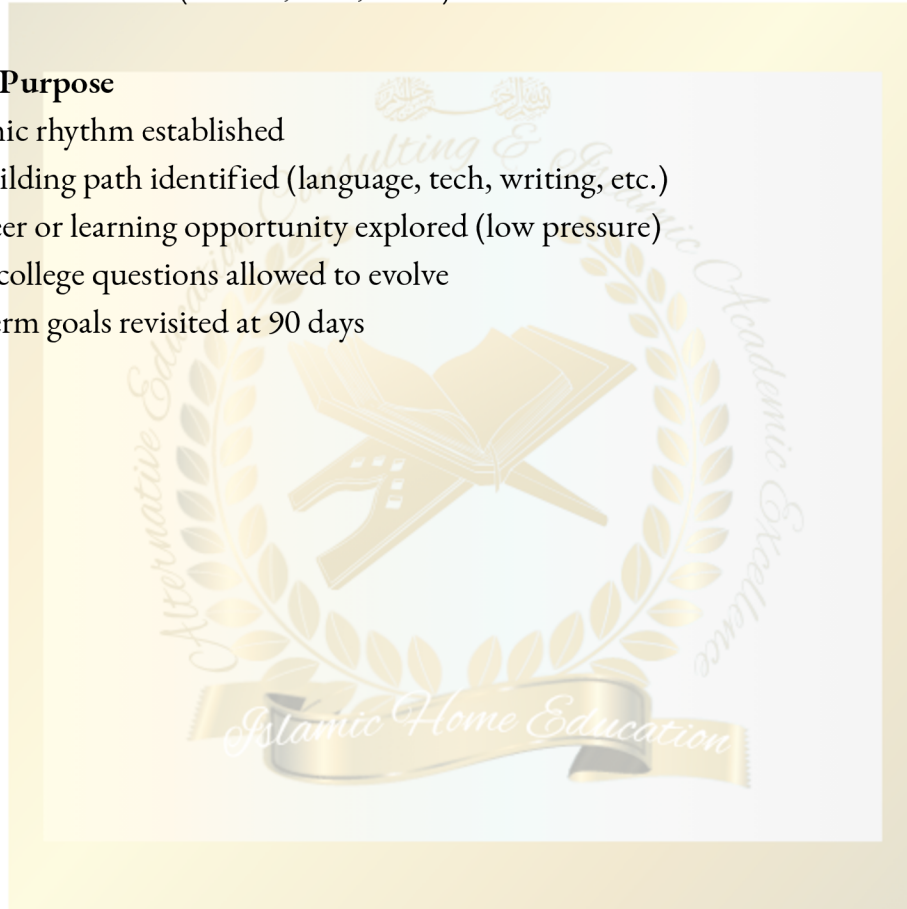


Faith & Spiritual Stability

- ☐ Personal prayer routine (not performative)
- ☐ Quiet du'a time protected
- ☐ Qur'an goals kept realistic
- ☐ Avoid comparing emaan journeys
- ☐ One spiritual anchor (teacher, class, habit)

Education & Purpose

- ☐ Academic rhythm established
- ☐ Skill-building path identified (language, tech, writing, etc.)
- ☐ Volunteer or learning opportunity explored (low pressure)
- ☐ Career/college questions allowed to evolve
- ☐ Long-term goals revisited at 90 days



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Mother–Daughter Transition Guide

This is the Mother–Daughter Transition Guide for Hijrah—designed specifically for girls ages 15–19 and their mothers. It’s a relationship-first framework: stabilizing trust, preserving dignity, and preventing silent fractures during relocation. This is not therapy talk. This is intergenerational leadership. Navigating Hijrah Together (Ages 15–19). Hijrah reshapes geography. If unmanaged, it can also reshape trust.

PART I: BEFORE THE MOVE

Reframing Roles Without Breaking the Bond

What the Mother Must Anchor

- ☐ Acknowledge that her daughter is losing more than packing
- ☐ Accept that obedience ≠ emotional agreement
- ☐ Separate family vision from teen identity
- ☐ Resist spiritualizing discomfort prematurely
- ☐ Prepare to lead calmly, not defensively

Strong opinion: A daughter who feels unheard will disengage quietly.

What the Daughter Needs to Hear (Explicitly)

- ☐ “Your feelings are allowed—even the messy ones.”
- ☐ “You are not being replaced by a ‘new version’ of yourself.”
- ☐ “Hijrah is a family decision, not a personal test.”
- ☐ “You don’t have to perform gratitude.”
- ☐ “We will figure this out together.”

Pre-Move Conversation Framework (Use This Once)

Have one intentional conversation, not many reactive ones.

Cover only these points:

1. What she’s most afraid of losing
2. What she hopes might be better
3. What she needs from you emotionally
4. What she does not want pressured
5. How you’ll check in after arrival

Then stop revisiting it unless she initiates.



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PART II: DURING THE MOVE

Containment, Not Correction

Travel-Day Emotional Protocol

- ☐ Mother stays regulated first (tone > words)
- ☐ No lectures, no comparisons, no pep talks
- ☐ Silence is allowed; tears are not emergencies
- ☐ Familiar snacks, scents, or routines maintained
- ☐ Avoid public commentary about hijrah “rewards”

Regulation transfers. Anxiety does too.

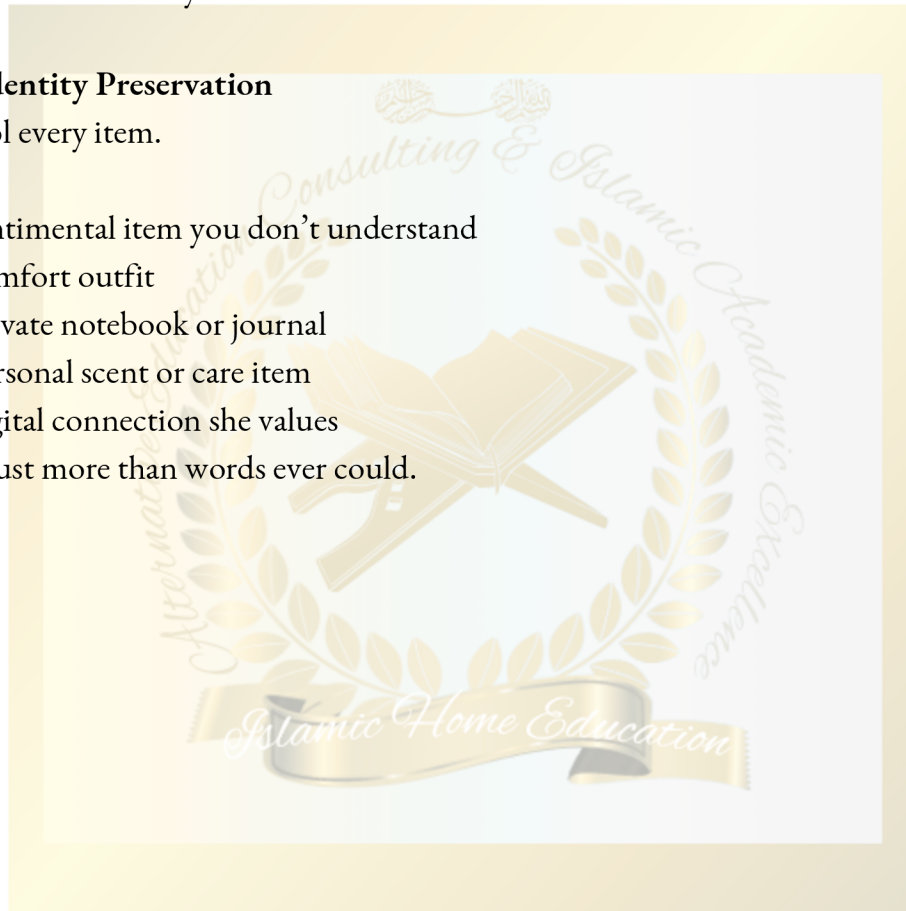
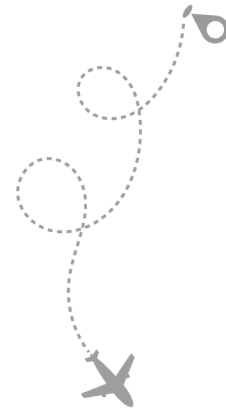
Packing as Identity Preservation

Do not control every item.

Let her pack:

- ☐ One sentimental item you don't understand
- ☐ One comfort outfit
- ☐ One private notebook or journal
- ☐ One personal scent or care item
- ☐ One digital connection she values

This signals trust more than words ever could.



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PART III: FIRST 30 DAYS AFTER ARRIVAL

Protecting the Relationship While Everything Else Is New



Mother's Operating Principles

- ☐ Observe before advising
- ☐ Ask before correcting
- ☐ Normalize awkwardness
- ☐ Avoid public spiritual framing of her struggle
- ☐ Hold boundaries without emotional withdrawal

Daughter's Internal Experience (Assume This Is Happening)

- Identity disorientation
- Social comparison (online + local)
- Fear of regression or “falling behind”
- Relief mixed with guilt
- Quiet resentment followed by shame

None of this is rebellion. It's transition.

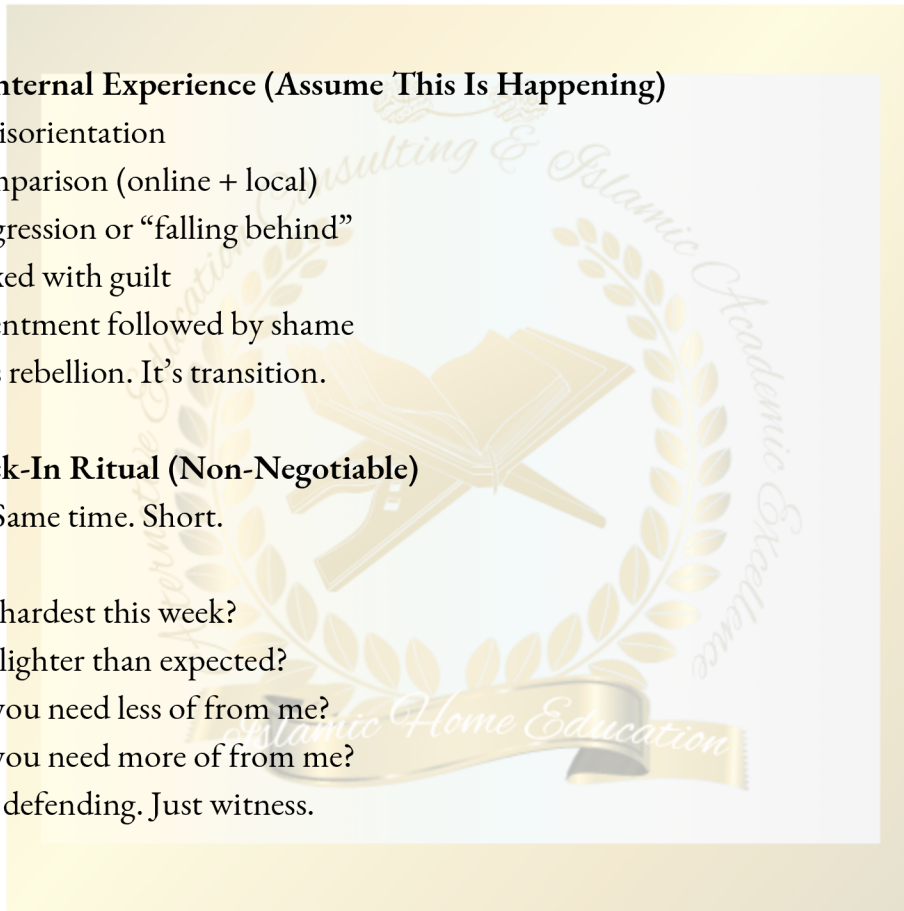
Weekly Check-In Ritual (Non-Negotiable)

Once a week. Same time. Short.

Ask only:

1. What felt hardest this week?
2. What felt lighter than expected?
3. What do you need less of from me?
4. What do you need more of from me?

No fixing. No defending. Just witness.



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PART IV: BOUNDARIES, AUTONOMY & RESPECT

Especially Critical for Ages 15–19

Autonomy That Builds Trust

Allow her control over:

- ☐ Clothing combinations within modesty
- ☐ Study rhythm (within structure)
- ☐ Journal privacy
- ☐ Social pacing
- ☐ Emotional disclosure timing

Control everything, and she will control nothing—by shutting down.

What Breaks the Bond (Avoid These)

- ✗ “When I was your age...”
- ✗ “You should be grateful.”
- ✗ “This is better for your iman.”
- ✗ Comparing her to local girls
- ✗ Discussing her struggles publicly

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PART V: REDEFINING SUCCESS TOGETHER

The First 90 Days Are Not for Evaluation

Reset Expectations

Success in the first 3 months looks like:

- Sleeping regularly
- Eating consistently
- Maintaining salah
- Completing basic academics
- Speaking honestly with you

Anything beyond this is a bonus.

For the Mother (Quiet Reminder)

Your daughter does not need:

- A stronger argument
- A better justification
- A spiritual lecture

She needs:

- Emotional safety
- Predictable presence
- Respect for her process

A secure bond now protects her future far more than pressure ever will. Hijrah done right strengthens women across generations. Hijrah rushed or unmanaged creates silent distance that takes years to undo. This guide is about preserving the amanah between her & daughter.

