

THE BUSY MUSLIMAH

Self-Care Workbook

A faith-centered workbook for rest, renewal, rhythm, and realistic planning

Begin with intention. Continue with gentleness. Build systems that serve your deen, your body, your home, and your peace.

Inside this workbook:

- Spiritual reset pages for dhikr, du'a, quiet time, and breathing exercises
- Planning tools for errands, shopping, chores, meal planning, and weekly flow



Welcome

This workbook is designed for the Muslim woman who is carrying a full plate and still wants her days to feel anchored, intentional, and calm. It is not a workbook for perfection. It is a workbook for steadiness.

Use one page at a time. Some pages are for reflection. Some are for practical planning. Some are for emotional reset. Return to the sections you need most in each season.

Your gentle framework

Start with worship and sincerity before strategy.

Choose small, repeatable habits instead of heavy all-or-nothing plans.

Let planning reduce mental clutter instead of becoming another burden.

Build routines that support your body, your home, and your responsibilities.

Your self-care anchors

Healthy self-care is not just pampering. It is the wise stewardship of your heart, mind, body, time, and responsibilities. Use these five anchors as a simple lens for your week.

Anchor	What fills me	What drains me	One small support I need

Part I - Spiritual reset

When life becomes noisy, spiritual care brings order back to the soul. Use these pages to return to remembrance. Du'a, stillness, and regulated breathing.

Daily dhikr reset

Choose brief words of remembrance you already know and love. Keep this page simple. The goal is constancy, not performance.

Time of day	Dhikr or phrase	How many minutes	How it settled me

Du'a page

Write du'as for your heart, your home, your children, your work, and the burdens that feel heavy. Return to this page often.

Area of concern	My du'a	What I am asking Allah to open, soften, protect, or guide

Quiet time with Allah

Quiet time can be ten undistracted minutes. It can be after salah, before the house wakes up, or while the day is winding down. The point is presence.



Ideas for quiet time

Sit without your phone for a set number of minutes.

Read a small portion and reflect on one phrase or lesson.

Make istighfar slowly and breathe deeply.

Write one fear you are handing back to Allah today.

My quiet time plan

Best time	What I will do	What gets in the way	My backup plan

Breathing exercises and calm-body reset

Breathing exercises do not replace the aorta. They simply help settle the body so the heart can focus again. Use them as gentle tools when stress spikes.

Exercise	How to do it	When to use it	Afterward I felt
Box breathing	Inhale 4, hold 4, exhale 4, hold 4	Before a hard task	
Long exhale	Inhale 4, exhale 6 to 8	When overwhelmed	
Shoulder release	Breathe in, lift shoulders; breathe out, release	After tension	
Hand on heart	One hand on chest, one on stomach, slow breaths	When emotions rise	

Part II - Emotional & Physical Care

Self-care includes honest awareness. You cannot care for yourself well if you are always working beyond your real capacity.

My energy and capacity audit

Circle, highlight, or rewrite these in your own words. This page helps you notice patterns before exhaustion turns into resentment or shutdown.

This week I feel most drained by...	This week I feel most restored by...

What I need more of / less of

More of	Less of	What I can change this week

Boundaries that protect my peace

Boundaries are not cruelty. They are a form of responsibility. They help you preserve energy for what matters most.

Boundary I need	What I will say	What I will do if the pattern continues

Rest is part of stewardship

A better definition of rest

Rest can mean sleep, but it can also mean reducing noise, limiting decision fatigue, sitting down before collapse, or planning for recovery after demanding days.

You do not need to earn your humanity. You do need rhythms that keep you functional and soft-hearted.

My realistic rest plan

Type of rest	What it looks like for me	Where it fits in my week

Part III - Planning the life that keeps moving

Planning is self-care when it reduces confusion, protects your time, and lowers the emotional cost of daily living. Use these pages to think ahead without overbuilding.

Weekly Overview

This week's top priorities	Appointments and deadlines	What must not be forgotten

Errands Planner

Errand	Location	Best day/time	Need to take	Done

Shopping list chart

Category	Items needed	Budget / notes

Part IV - Home systems that lighten the load

Simple home systems prevent repeated decision fatigue. These pages are here to support the flow of your week, not To create another standard you must perform.

Chores list chart

Task	Daily / Weekly	Who handles it	When it gets done	Notes

Meal plan

Day	Breakfast	Lunch	Dinner	Prep note

Meal prep map

What can be washed, chopped, cooked, or portioned ahead	What day I will prep it	Tools or containers I need

A simple reset routine for the home

When the house feels heavy

Pick one visible space to reset first.

Set a short timer instead of waiting for a perfect uninterrupted block.

Finish the task that removes the biggest point of friction for the next prayer or the next morning.

Let done be better than elaborate.

Part V - Rebuilding confidence and softness

Some weeks require more than planning. They require a return to mercy, perspective, and truthful self-talk.

When I feel behind

What triggered the feeling	What is actually true	What I will release	My next faithful step

My non-negotiables

List the few practices that keep you grounded. These are the anchors that preserve your peace when the schedule becomes crowded.

Spiritual	Physical	Home	Relational

A 30-day gentle reset

Choose one or two practices only

Examples: ten quiet minutes after Fajr, one written du'a each night, one errand day, one meal-prep block, one evening reset basket, or one weekly boundary conversation.

Consistency builds dignity. Tiny rhythms often rescue the entire week.

Practice	Why it matters	What will make it easier	How I will track it

Monthly reflection

Use this page at the end of the month to notice what helped, what weighed you down, and what you want to carry forward.

This month I handled well	This month I need to simplify	Something I am grateful for

What I am learning about care

Prompt	My reflection
What helps me feel close to Allah when life is busy?	
What kind of schedule makes me harsher instead of calmer?	
Which tasks can be simplified, delegated, or rotated?	
What usually signals that I need rest before I admit it?	
What one shift would make next month lighter?	

Closing page

Remember
Self-care is not selfish when it helps you show up with more sabr, steadiness, and clarity.
A soft heart still needs structure.
A productive life still needs rest.

A busy woman still deserves care.

My next three commitments

Commitment	When I will do it	Support I need

