

A Sound Heart

وَلَا تَحْزَنْ يَوْمَ يُبْعَثُونَ (٨٧) يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ (٨٨) إِلَّا مَنْ
أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ (٨٩)

And do not disgrace me on the Day all will be resurrected—the Day when neither wealth nor children will be of any benefit, except to one who will come to Allah with a **sound heart**

[Qur'an 26:87 - 89]



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Ihsaan Inspired Ramadan Planner 1446



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Interpretation of Dreams

حَدَّثَنَا مُحَمَّدُ بْنُ رُمْحٍ، أَنبَأَنَا الثَّيْبِيُّ بْنُ سَعْدٍ، عَنِ ابْنِ الْهَادِ، عَنْ مُحَمَّدِ بْنِ إِبْرَاهِيمَ التَّيْمِيِّ، عَنْ أَبِي سَلَمَةَ بْنِ عَبْدِ الرَّحْمَنِ، عَنْ طَلْحَةَ بْنِ عُبَيْدِ اللَّهِ، أَنَّ رَجُلَيْنِ، مِنْ بَلِيٍّ قَدِمَا عَلَى رَسُولِ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - وَكَانَ إِسْلَامُهُمَا جَمِيعًا فَكَانَ أَحَدُهُمَا أَشَدَّ اجْتِهَادًا مِنَ الْآخَرِ فَعَزَا الْمُجْتَهِدُ مِنْهُمَا فَاسْتَشْهَدَ ثُمَّ مَكَثَ الْآخَرَ بَعْدَهُ سَنَةً ثُمَّ تُوْفِيَ . قَالَ طَلْحَةُ فَرَأَيْتُ فِي الْمَنَامِ بَيْنَنَا أَنَا عِنْدَ بَابِ الْجَنَّةِ إِذَا أَنَا بِهِمَا فَخَرَجَ خَارِجٌ مِنَ الْجَنَّةِ فَأَذِنَ لِلَّذِي تُوْفِيَ الْآخَرَ مِنْهُمَا ثُمَّ خَرَجَ فَأَذِنَ لِلَّذِي اسْتَشْهَدَ ثُمَّ رَجَعَ إِلَيَّ فَقَالَ ارْجِعْ فَإِنَّكَ لَمْ يَأْنِ لَكَ بَعْدُ . فَأَصْبَحَ طَلْحَةُ يُحَدِّثُ بِهِ النَّاسَ فَعَجِبُوا لِذَلِكَ فَلَبَّغَ ذَلِكَ رَسُولَ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - . وَحَدَّثَنَاهُ الْحَدِيثَ فَقَالَ " مِنْ أَى ذَلِكَ تَعْجَبُونَ " فَقَالُوا يَا رَسُولَ اللَّهِ هَذَا كَانَ أَشَدَّ الرَّجُلَيْنِ اجْتِهَادًا ثُمَّ اسْتَشْهَدَ وَدَخَلَ هَذَا الْآخَرُ الْجَنَّةَ قَبْلَهُ . فَقَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - " سَجْدَةٌ أَلَيْسَ قَدْ مَكَثَ هَذَا بَعْدَهُ سَنَةً " . قَالُوا بَلَى . قَالَ " وَأَدْرَكَ رَمَضَانَ فَصَامَهُ وَصَلَّى كَذَا وَكَذَا مِنْ فِي السَّنَةِ " . قَالُوا بَلَى قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - " فَمَا بَيْنَهُمَا أَبَعْدَ مِمَّا بَيْنَ السَّمَاءِ وَالْأَرْضِ " .

It was narrated from Talhah bin ‘Ubaidullah that two men from Bali came to the Messenger of Allah (ﷺ). They had become Muslim together, but one of them used to strive harder than the other. The one who used to strive harder went out to fight and was martyred. The other one stayed for a year longer, then he passed away. Talhah said:

“I saw in a dream that I was at the gate of Paradise and I saw them (those two men). Someone came out of Paradise and admitted the one who had died last, then he came out and admitted the one who had been martyred. Then he came back to me and said: ‘Go back, for your time has not yet come.’” The next morning, Talhah told the people of that and they were amazed. News of that reached the Messenger of Allah (ﷺ) and they told him the story. He said: “Why are you so amazed at that?” They said: “O Messenger of Allah, the first one was the one who strove harder, then he was martyred, but the other one was admitted to Paradise before him. The Messenger of Allah (ﷺ) said: “Did he not stay behind for a year?” They said: “Yes.” He said: “And did not Ramadan come and he fasted, and he offered such and such prayers during that year?” They said: “Yes.” The Messenger of Allah (ﷺ) said: “The difference between them is greater than the difference between heaven and earth.”

[Sunan Ibn Majah 3925]



Acknowledgement

All praise and thanks are due to Allah, The Creator and Sustainer of the universe. Everything in existence submits to Him, while man and jinn are given the choice. Any good is from Him, and any evil is from the nafs and Shaytaan (Satan). May Allah preserve and guide us all, purify our intentions, and accept our efforts, however insignificant. Ameen

Heartfelt appreciation to Beloved Dr Abu Zayd, Director of Quran Literacy Institute (quranliteracy.org), for providing valuable feedback that helped refine its design.

Narrated Abu Hurayrah: The Prophet (ﷺ) said:

“He who does not thank the people is not thankful to Allah.”

[Sunan Abi Dawud 4]

Grandma Fatiha and Grandpa Hassan for giving birth to me and for everything they've done for, and taught me. May Allah forgive all of our believing parents, shower their graves with His Light and Mercy, and grant them jannatul-Firdos without questioning and make us a source of continuous charity for them. Ameen.

Fatiha and Hassan, for being their awesome rightly guided selves in sha Allah. May Allah always guide them to excellence, reward them with jannatul-Firdos, and shower them with His Mercy and Protection. Ameen. Chris “Bilal”

Casimir for the opening hadith, Dr Yasser for the solid overall feedback, teachers, family, friends, and students whom we have inspired each other, and anyone else not mentioned.



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The encouragement to read and/or include any texts or prompts based on Purification of the Heart is purely for self-reflection and educational purposes. Users are encouraged to refer directly to the book for its full context and insights.

Furthermore, this planner does not serve as an endorsement or rejection of any views expressed by Hamza Yusuf. The author of this planner has not reviewed or compared all available works on this topic and makes no claim regarding the book's comprehensiveness in relation to other scholarly discussions on this topic.

May this resource serve as a means of personal growth, reflection, and spiritual development. Ameen

May Allah forgive us for our shortcomings, purify our intentions, and accept our efforts. May Allah grant us the full rewards of fasting and praying in Ramadan, and facilitate for us to take advantage of Lailatul Qadr, The Night of Power. Ameen

We advise to consult with your local imam for official dates. This calendar is primarily for personal development and self management planning purposes. This is not meant to determine or predict when important islamic dates will fall upon.

Dates were taken from Islamic Finder



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Pre-Work / Reading

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12TH NIGHT

13TH NIGHT

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15TH NIGHT

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19TH NIGHT

20TH NIGHT

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22ND NIGHT

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24TH NIGHT

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27TH NIGHT

28TH NIGHT

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Appendix I: Methodology

Appendix II: Photo credits



The Ramadan Fasts

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ۝١٨٣
أَيَّامًا مَّعْدُودَاتٍ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ
يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ ، وَإِنْ صُومُوا جِدًّا لَّكُمْ إِن
كُنْتُمْ تَعْلَمُونَ ۝١٨٤ سَهْرَ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْءَانُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى
وَالْمُرْقَانِ فَمَن شَهِدَ مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ
أُخَرَ يَرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِيُكْمَلُوا الْعِدَّةَ وَلِيُكَبِّرُوا اللَّهَ عَلَى مَا هَدَيْكُم
وَلَعَلَّكُمْ تَشْكُرُونَ ۝١٨٥ وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ
فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْسُدُونَ ۝١٨٦

O believers! Fasting is prescribed for you—as it was for those before you—so perhaps you will become mindful of Allah. Fast a prescribed number of days.¹ But whoever of you is ill or on a journey, then let them fast an equal number of days after Ramaḍān. For those who can only fast with extreme difficulty,² compensation can be made by feeding a needy person for every day not fasted. But whoever volunteers to give more, it is better for them.

And to fast is better for you, if only you knew. Ramaḍān is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the decisive authority. So whoever is present this month, let them fast. But whoever is ill or on a journey, then let them fast an equal number of days after Ramaḍān. Allah intends ease for you, not hardship, so that you may complete the prescribed period and proclaim the greatness of Allah for guiding you, and perhaps you will be grateful. When My servants ask you O Prophet about Me: I am truly near. I respond to one's prayer when they call upon Me. So let them respond with obedience to Me and believe in Me, perhaps they will be guided to the Right Way.

[Qur'an 2:183-186]



The Opening Chapter

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ١
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٢
الرَّحْمَنِ الرَّحِيمِ ٣
مَلِكِ يَوْمِ الدِّينِ ٤
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ٥
اهْدِنَا الصِّرَاطَ الْمَسْتَقِيمَ ٦
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ٧

In the name of Allāh, the Entirely Merciful, the Especially Merciful.

[All] praise is [due] to Allāh, Lord of the worlds -

The Entirely Merciful, the Especially Merciful,

Sovereign of the Day of Recompense.

It is You we worship and You we ask for help.

Guide us to the straight path - The path of those upon whom You have bestowed favor, not of those who have earned [Your] anger or of those who are astray

[Quran 1].



Prayers upon the Prophet صلى الله عليه وسلم

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

- Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious
- Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



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Ramadan 1447

You who believe, fasting is prescribed for you, as it was prescribed for those before you, so that you may be mindful of God.

[Quran 2:183]

Ramadan 1446

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1st Mar
2	3	4	5	6	7	8
2	3	4	5	6	7	8
9	10	11	12	13	14	15
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
23	24	25	26	27	28	29



Systemized Goals for Ramadan

Goal

When is my deadline for this goal and why?

How would achieving this goal make me feel?

Why is this goal important?

Who will this goal benefit?

What might possibly delay or block this goal (risks) and how can these risks be mitigated?

What are the daily steps to achieve this goal?

What systems and/or habits will facilitate this goal?

- Spiritual Health
- Mental Health
- Financial Health
- Physical Health
- Relational Health



Systemized Goals for Ramadan

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What are the daily steps to achieve this goal?

What systems and/or habits will facilitate this goal?

- Spiritual Health
- Mental Health
- Financial Health
- Physical Health
- Relational Health



Weekly Intentions + Goals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



Weekly Accomplishments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



1ST NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

1ST NIGHT



الَّذِينَ يَبْخُلُونَ وَيَأْمُرُونَ النَّاسَ بِالْبُخْلِ وَيَكْتُمُونَ مَا آتَاهُمُ اللَّهُ مِنْ فَضْلِهِ وَأَعْتَدْنَا
لِلْكَافِرِينَ عَذَابًا مُهِمًا (٣٧) وَالَّذِينَ يَمْتَمِرُونَ بِأَمْوَالِهِمْ رِئَاءَ النَّاسِ وَلَا يُؤْمِنُونَ بِاللَّهِ وَلَا بِالْيَوْمِ
الْآخِرِ وَمَنْ يَكُنِ الشَّيْطَانُ لَهُ قَرِينًا فَسَاءَ قَرِينًا (٣٨)



Those who are stingy and encourage people to be stingy and hide what Allah has bestowed upon them of His bounties. And We have prepared for the disbelievers a disgraceful torment

[An-Nisa': 37 - 38]



Day 1: Miserliness

Purification of the Heart pages 10 - 14

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



2ND NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision





Q: What disease is this verse/hadith apparently discussing?

2ND NIGHT



وَأَطِيعُوا اللَّهَ وَرَسُولَهُ، وَلَا تَنَازَعُوا فَتَفْشَلُوا وَتَذْهَبَ رِيحُكُمْ وَأَصْبِرُوا إِنَّ اللَّهَ مَعَ
الصَّابِرِينَ
وَلَا تَكُونُوا كَالَّذِينَ هَرَجُوا مِنْ دِيَارِهِمْ بِطَرَاٍ وَرَبَاءِ النَّاسِ وَيَصُدُّونَ عَنْ سَبِيلِ اللَّهِ وَاللَّهُ
بِمَا يَعْمَلُونَ مُجِيبٌ ٤٧



Obey Allah and His Messenger and do not dispute with one another, or you would be discouraged and weakened. Persevere! Surely Allah is with those who persevere. Do not be like those 'pagans' who left their homes arrogantly, only to be seen by people and to hinder others from Allah's Path. And Allah is Fully Aware of what they do.

[Qur'an 8:46-47]



Day 2: Wantonness

Purification of the Heart pages 15 - 17

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



3RD NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

3RD NIGHT



هَآئِنَّمِ أَوْلَآءِ يُحِبُّوهُمْ وَلَا يُحِبُّوكُمْ وَيَوْمِنَا بِالْكِتَابِ كُلِّهِ وَإِذَا لَمُوكُمْ قَالُوا ءَامَنَّا وَإِذَا
حَلَوْنَا عَصَوْنَا عَلَيْكُمِ الْأَنَامِلَ مِنَ الْعَيْطِ فَلِمْ مَوِينُوا بِعَيْطِكُمْ لِيَن اللَّهُ عَلِيمٌ بِذَاتِ الصُّدُورِ ١١٩
إِن تَمَسَّسَكُمْ حَسَبُهُ نَسُوهُمْ وَإِن يَهْبِكُمْ سَبِيهُ يَفْرَحُوا بِهَا وَإِن تَصْبِرُوا وَتَتَّقُوا لَا يَصْرُكُمْ
كَيْدُهُمْ سِيَا إِنْ اللَّهُ بِمَا يَعْمَلُونَ مُحِيطٌ ١٢٠



This is how it is: here you are, you love them, but they do not love you; you believe in all the Scriptures and when they meet you, they say, 'We believe,' but when they are alone, they bite their fingertips in rage at you. [Prophet], say, 'Die of rage [if you wish]!' God knows exactly what is in everyone's hearts. They grieve at any good that befalls you [believers] and rejoice at your misfortunes. But if you are steadfast and conscious of God, their scheming will not harm you in the least: God encircles everything they do.

[Qur'an 3:119-120]



Day 3: Hatred

Purification of the Heart pages 18 - 19

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



4TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

4TH NIGHT



فَلَمَّا أَجَبَهُمْ إِذَا هُمْ يَبْعُونَ فِيهِ الْأَرْضَ يَغِيرُ الْحَقَّ بِأَيِّهَا النَّاسُ إِنَّمَا بَعِيكُمْ عَلَى أَنْفُسِكُمْ
مَعَ الْحَيَاةِ الدُّنْيَا ثُمَّ إِلَيْنَا مَرْجِعُكُمْ فَسَبِّحْكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ۲۳



But as soon as He rescues them, they transgress in the land unjustly. O humanity! Your transgression is only against your own souls. "There is only" brief enjoyment in this worldly life, then to Us is your return, and then We will inform you of what you used to do.

[Qur'an 10:23]



Day 4: Iniquity

Purification of the Heart pages 20 - 23

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



5TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

5TH NIGHT



حَدَّثَنَا عَبْدُ الرَّحْمَنِ بْنُ إِبْرَاهِيمَ الدَّمَشَقِيُّ، حَدَّثَنَا يَسْرُ بْنُ يَكْرِ، حَدَّثَنَا ابْنُ جَابِرٍ، حَدَّثَنِي أَبُو عَبْدِ السَّلَامِ، عَنِ يُوبَانَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " يَوْمَئِذٍ يُدَاعَى عَلَيْكُمْ كَمَا يُدَاعَى الْأَكْلَةَ إِلَى قَصْعِهَا " . فَقَالَ قَائِلٌ وَمِنْ قَلْبِهِ نَحْرٌ يَوْمَئِذٍ قَالَ " بَلْ أَنْتُمْ يَوْمَئِذٍ كَبِيرٌ وَلَكُمْ عَمَاءُ كَعَمَاءِ السَّبِيلِ وَلَيُذْعِنَنَّ اللَّهُ مِنْ صُدُورِ عَدُوِّكُمْ الْمَهَابَةَ مِنْكُمْ وَلَيَمْدَفَنَّ اللَّهُ فِي قُلُوبِكُمُ الْوَهْءَ " . فَقَالَ قَائِلٌ يَا رَسُولَ اللَّهِ وَمَا الْوَهْءُ قَالَ " حُبُّ الدُّنْيَا وَكَرَاهِيَةُ الْمَوْتِ "



Narrated Thawban:

The Prophet (ﷺ) said: The people will soon summon one another to attack you as people when eating invite others to share their dish. Someone asked: Will that be because of our small numbers at that time? He replied: No, you will be numerous at that time: but you will be scum and rubbish like that carried down by a torrent, and Allah will take fear of you from the breasts of your enemy and last enervation into your hearts. Someone asked: What is wahn (enervation). Messenger of Allah (ﷺ): He replied: Love of the world and dislike of death.

[Sunan Abi Dawud 4297]



Day 5: Love of the World

Purification of the Heart pages 24 - 26

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

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[Riyad as-Salihin 1397]

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O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



6TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

6TH NIGHT



وَقَالُوا لَوْلَا نُزِّلَ هَذَا الْقُرْآنُ عَلَى رَجُلٍ مِّنَ الْغَرَبِيِّينَ عَظِيمٍ ۚ ۳۱ أَمْ يَسْمَعُونَ رَحْمَتَ رَبِّكَ
نَحْنُ فَسَمَّا بَيْنَهُمْ مَعْبُوسُهُمْ فِي الْحَيَاةِ الدُّنْيَا وَرَفَعْنَا بَعْضَهُمْ فَوْقَ بَعْضٍ دَرَجَاتٍ لِّيَجِدَ
بَعْضُهُمْ بَعْضًا سَحَرِيًّا وَرَحْمَتَ رَبِّكَ خَيْرٌ مِّمَّا يَجْمَعُونَ ۚ ۳۲



and they said, ‘Why was this Quran not sent down to a distinguished man, from either of the two cities?’ Are they the ones who share out your Lord’s grace? We are the ones who give them their share of livelihood in this world and We have raised some of them above others in rank, so that some may take others into service: your Lord’s grace is better than anything they accumulate.

[Qur’an 43:31-32]



Day 6: Envy

Purification of the Heart pages 27 - 35

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



7TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

7TH NIGHT



يَا أَيُّهَا الَّذِينَ آمَنُوا مَنْ يَرْتَدَّ مِنْكُمْ عَنْ دِينِهِ فَسَوْفَ يَأْتِي اللَّهَ بِعَوْمٍ يُحِبُّهُمْ وَيُحِبُّوهُ أَذِلَّةٍ
عَلَى الْمُؤْمِنِينَ أَعْرَهُ عَلَى الْكُفْرِيِّينَ يَجْهَدُونَ فِي سَبِيلِ اللَّهِ وَلَا يَحَافُونَ لَوْمَةَ لَائِمٍ ذَلِكَ
فَضْلُ اللَّهِ يُؤْتِيهِ مَنْ يَشَاءُ وَاللَّهُ وَسِعَ عَلِيمٌ ٥٤



You who believe, if any of you go back on your faith, God will soon replace you with people He loves and who love Him, people who are humble towards the believers, hard on the disbelievers, and who strive in God's way without fearing anyone's reproach. Such is God's favour. He grants it to whoever He will. God has endless bounty and knowledge.

[Qur'an 5:54]



Day 7: Blameworthy Modesty

Purification of the Heart pages 36 - 38

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

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O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



Weekly Gratitude + Reflections

“If you are grateful, I will surely increase you...”

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

“Hold yourself accountable before you are held accountable...”



Weekly Wellness Debrief

Spiritual Health

Mental Health

Financial Health

Physical Health

Relational Health



Weekly Intentions + Goals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



Weekly Accomplishments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

8TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

8TH NIGHT



إِنَّ الَّذِينَ جَاءُوا بِالْإِفْكِ عُصْبَةٌ مِّنكُمْ لَا نَحْسِبُوهُ سَرًّا لَّكُمْ بَلْ هُوَ خَبِيرٌ لَّكُمْ لِكُلِّ أُمَّةٍ مِّنْهُمْ
مَا أَكْتَسَبَ مِنَ الْإِنْمَاءِ وَالَّذِي تَوَلَّى كِبْرَهُ مِنْهُمْ لَهُ عَذَابٌ عَظِيمٌ ١١ لَوْلَا إِذْ سَمِعْتُمُوهُ ظَنَّ
الْمُؤْمِنُونَ وَالْمُؤْمِنَاتُ بِنَفْسِهِمْ خَبْرًا وَقَالُوا هَذَا إِفْكٌ مُّبِينٌ ١٢ لَوْلَا جَاءُوا عَلَيْهِ بِأَرْبَعَةِ
شُهَدَاءَ فَإِذْ لَمْ يَأْتُوا بِالشُّهَدَاءِ فَقَوْلُكَ عِنْدَ اللَّهِ هُمْ الْكَاذِبُونَ ١٣ وَلَوْلَا فَضْلُ اللَّهِ عَلَيْكُمْ
وَرَحْمَتُهُ فِي الدُّنْيَا وَالْآخِرَةِ لَمَسَّكُمْ فِي مَا أَفَضْتُمْ فِيهِ عَذَابٌ عَظِيمٌ ١٤ إِذْ يَقُولُ
بِالنَّسِيئَةِ وَمَقُولُونَ بَأْفَوَاهِكُمْ مَا لَيْسَ لَكُمْ بِهِ عِلْمٌ وَنَحْسَبُونَهُ هَيِّبًا وَهُوَ عِنْدَ اللَّهِ عَظِيمٌ

١٥



Indeed, those who came up with that ‘outrageous’ slander are a group of you.

Do not think this is bad for you. Rather, it is good for you.¹ They will be punished, each according to their share of the sin. As for their mastermind,² he will suffer a tremendous punishment. If only the believing men and women had thought well of one another, when you heard this ‘rumour’, and said, “This is clearly ‘an outrageous’ slander!” Why did they not produce four witnesses? Now, since they have failed to produce witnesses, they are ‘truly’ liars in the sight of Allah. Had it not been for Allah’s grace and mercy upon you in this world and the Hereafter, you would have certainly been touched with a tremendous punishment for what you plunged into— when you passed it from one tongue to the other, and said with your mouths what you had no knowledge of, taking it lightly while it is ‘extremely’ serious in the sight of Allah.

[Qur’an 24:11-15]



Day 8: Fantasizing

Purification of the Heart pages 39 - 40

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



9TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

9TH NIGHT



وَلَا تَقْتُلُوا أَوْلَادَكُمْ حَسِيَةً إِمْلَاقًا نَحْنُ نَرْزُقُهُمْ وَإِيَّاكُمْ إِنَّ قَتْلَهُمْ كَانَ خِطْئًا كَبِيرًا ۝ ٣١



Do not kill your children for fear of poverty. We provide for them and for you.
Surely killing them is a heinous sin.

[Qur'an 17:31]



Day 9: Fear of Poverty

Purification of the Heart pages 41 - 43

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



10TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

10TH NIGHT



إِنَّ الْمُؤَفِّقِينَ يَجِدَعُونَ اللَّهُ وَهُوَ حُدِّعَهُمْ وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كَسَالٍ يُرَاءُونَ
الْبَاسَ وَلَا يَذْكُرُونَ اللَّهَ إِلَّا قَلِيلًا ۝ ١٤٢ مَدْبِذِينَ بَيْنَ ذَلِكَ لَا إِلَى هَؤُلَاءِ وَلَا إِلَى هَؤُلَاءِ وَمَنْ
يَضِلَّ اللَّهُ فَلَنْ يَجِدَ لَهُ سَبِيلًا ۝ ١٤٣ يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا تَجِدُوا الْكَافِرِينَ أَوْلِيَاءَ مِنْ دُونِ
الْمُؤْمِنِينَ أَنْ يَرِيدُوا أَنْ جَعَلُوا لِلَّهِ عَلَيْكُمْ سُلْطَانًا مُبِينًا ۝ ١٤٤



Surely the hypocrites seek to deceive Allah, but He outwits them. When they stand up for prayer, they do it half-heartedly only to be seen by people—hardly remembering Allah at all. Torn between belief and disbelief—belonging neither to these ‘believers’ nor those ‘disbelievers’. And whoever Allah leaves to stray, you will never find for them a way. O believers! Do not take disbelievers as allies instead of the believers. Would you like to give Allah solid proof against yourselves?

[Qur’an 4:142-144]



Day 10: Ostentation

Purification of the Heart pages 44 - 55

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



11TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

11TH NIGHT



وَمِنَ النَّاسِ مَن يَتَّخِذُ مِن دُونِ اللَّهِ أَندَادًا يُحِبُّونَهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ ءَامَنُوا أَشَدُّ حُبًّا لِلَّهِ وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرُونَ الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ جَمِيعًا وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ ١٦٥ إِذْ تَبَرَأَ الَّذِينَ اتَّبَعُوا مِنَ الَّذِينَ اتَّبَعُوا ورَأَوْا الْعَذَابَ وَتَقَطَّعَتْ بِهِمُ الْأَسْبَابُ ١٦٦ وَقَالَ الَّذِينَ اتَّبَعُوا لَوْ أَنَّا كُنَّا نَدْرِكُهُمْ لَسَخَرْنَا مِنْهُم كَمَا تَبَرَّءُوا مِنَّا كَذَلِكَ يُرِيهِمُ اللَّهُ أَعْمَلَهُمْ حَسْرَتٍ عَلَيْهِمْ وَمَا هُمْ بِخَارِجِينَ مِنَ النَّارِ ١٦٧



Still there are some who take others as Allah’s equal—they love them as they should love Allah—but the ‘true’ believers love Allah even more. If only the wrongdoers could see the ‘horrible’ punishment ‘awaiting them’, they would certainly realize that all power belongs to Allah and that Allah is indeed severe in punishment. ‘Consider the Day’ when those who misled others will disown their followers—when they face the torment—and the bonds that united them will be cut off. The ‘misled’ followers will cry, “If only we could have a second chance, we would disown them as they disowned us.” And so Allah will make them remorseful of their misdeeds. And they will never ‘be able to’ leave the Fire.

[Qur’an 2:165-167]



Day 11: Relying on Other Than God

Purification of the Heart pages 56 - 57

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



12TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

12TH NIGHT



ذَلِكَ بِأَنَّهُمْ كَرَهُوا مَا أَنْزَلَ اللَّهُ فَأَحْبَطَ أَعْمَالَهُمْ ۙ



That is because they detest what Allah has revealed, so He has rendered their deeds void.

[Qur'an 47:9]



Day 12: Displeasure with the Divine Decree

Purification of the Heart pages 58 - 62

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]

13TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

13TH NIGHT



مَنْ كَانَ يُرِيدُ الْعِزَّةَ فَلِلَّهِ الْعِزَّةُ جَمِيعًا إِلَيْهِ يَصْعَدُ الْكَلِمُ الطَّيِّبُ وَالْعَمَلُ الصَّالِحُ يَرْفَعُهُ
وَالَّذِينَ يَمْكُرُونَ السَّيِّئَاتِ لَهُمْ عَذَابٌ شَدِيدٌ وَمَكْرُ أُولَئِكَ هُوَ يُبْورُ ۝ ١٠



Whoever seeks honour and power, then 'let them know that' all honour and power belongs to Allah. To Him 'alone' good words ascend, and righteous deeds are raised up by Him. As for those who plot evil, they will suffer a severe punishment. And the plotting of such 'people' is doomed 'to fail'.

[Qur'an 35:10]



Day 13: Seeking Reputation

Purification of the Heart pages 63 - 68

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]

14TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

14TH NIGHT



وَالَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ سُدَجِلْهِمْ مِن تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا
أَبَدًا وَعْدَ اللَّهِ حَقًّا وَمَنْ أَصْدَقُ مِنَ اللَّهِ فَبَلَا لَيْسَ بِأَمَانِيكُمْ وَلَا أَمَانِي أَهْلِ الْكِتَابِ مَنْ
يَعْمَلْ سُوءًا يُجْر بِهِ وَلَا يَجِدْ لَهُ مِنْ دُونِ اللَّهِ وَلِيًّا وَلَا يُصِيرَ ۙ ۱۲۳ لَيْسَ بِأَمَانِيكُمْ وَلَا
أَمَانِي أَهْلِ الْكِتَابِ مَنْ يَعْمَلْ سُوءًا يُجْر بِهِ وَلَا يَجِدْ لَهُ مِنْ دُونِ اللَّهِ وَلِيًّا وَلَا يُصِيرَ ۙ ۱۲۳



And those who believe and do good, We will soon admit them into Gardens under which rivers flow, to stay there forever and ever. Allah's promise is 'always' true. And whose word is more truthful than Allah's? 'Divine grace is' neither by your wishes nor those of the People of the Book! Whoever commits evil will be rewarded accordingly, and they will find no protector or helper besides Allah. But those who do good—whether male or female—and have faith will enter Paradise and will never be wronged 'even as much as' the speck on a date stone.

[Qur'an 4:122-124]



Day 14: False Hopes

Purification of the Heart pages 69 - 80

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



Weekly Gratitude + Reflections

“If you are grateful, I will surely increase you...”

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

“Hold yourself accountable before you are held accountable...”



Weekly Wellness Debrief

Spiritual Health

Mental Health

Financial Health

Physical Health

Relational Health



Weekly Intentions + Goals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



Weekly Accomplishments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



15TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

15TH NIGHT



سَيَقُولُ لَكَ الْمُحَلَّفُونَ مِنَ الْأَعْرَابِ شَغَلْنَا أَمْوَالَنَا وَأَهْلِيَّائِنَا فَاسْتَعْفِرْنَا يَا قَوْلِ مَنْ يَأْتِيهِمْ مَا لَيْسَ فِي قُلُوبِهِمْ فَلَِمَّنْ يَمْلِكُ لَكُمْ مِنَ اللَّهِ شَيْئًا إِنْ أَرَادَ بِكُمْ ضَرًّا أَوْ أَرَادَ بِكُمْ نِعْمًا بَلْ كَارَ اللَّهُ بِمَا تَعْمَلُونَ حَبِيرًا ۝۱۱ بَلْ طَسَبْتُمْ أَنْ لَيَّ يَهْلِيئِ الرَّسُولَ وَالْمُؤْمِنِينَ إِلَىٰ أَهْلِيهِمْ أَبَدًا وَرَبِّهِ دَلِكُ فِي قُلُوبِكُمْ وَطَسَبْتُمْ طَرِ السُّوءِ وَكُنْتُمْ قَوْمًا بُورًا ۝۱۲ ... سَيَقُولُ الْمُحَلَّفُونَ إِذَا انْطَلَقْتُمْ إِلَىٰ مَعَانِمِ لِتَأْخُذُوهَا ذُرُوبًا تَبِعْتُمْ يُرِيدُونَ أَنْ يُبَدِّلُوا كَلِمَ اللَّهِ قُلْ لَنْ تَتَّبِعُونَا كَذَلِكُمْ قَالَ اللَّهُ مِنْ قَبْلُ فَسَيَقُولُونَ بَلْ نَحْسَدُونَكَ بَلْ كَانُوا لَا يَفْقَهُونَ إِلَّا قَلِيلًا ۝۱۵



The nomadic Arabs, who stayed behind, will say to you ‘O Prophet’, “We were preoccupied with our wealth and families, so ask for forgiveness for us.” They say with their tongues what is not in their hearts. Say, “Who then can stand between you and Allah in any way, if He intends harm or benefit for you? In fact, Allah is All-Aware of what you do. The truth is: you thought that the Messenger and the believers would never return to their families again. And that was made appealing in your hearts. You harboured evil thoughts ‘about Allah’, and ‘so’ became a doomed people.”...Those who stayed behind will say, when you ‘believers’ set out to take the spoils of war, “Let us accompany you.” They wish to change Allah’s promise.1 Say, ‘O Prophet’, “You will not accompany us. This is what Allah has said before.” They will then say, “In fact, you are driven by jealousy against us!”2 The truth is: they can hardly comprehend.

[Qur’an 48:11-15]



Day 15: Negative Thoughts

Purification of the Heart pages 81 - 83

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]

16TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

16TH NIGHT



أَعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُمْ وُزْنٌ وَبَيْنَهُمْ وَبَيْنَكُمُ وَبَكَانِ فِي الْأَمْوَالِ وَالْأَوْلَادِ
كَمَلِّ عَيْبٍ أَعْجَبَ الْكُفَّارَ بَيَانَهُ ، ثُمَّ يَهْبِجُ فَيُرِيهِ مَصْفَرًّا ثُمَّ يَكُونُ حُطَمًا وَفِي الْأَجْرَةِ
عَذَابٌ سَدِيدٌ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَعَ الْعُرُورِ ۚ ۲۰



Know that this worldly life is no more than play, amusement, luxury, mutual boasting, and competition in wealth and children. This is like rain that causes plants to grow, to the delight of the planters. But later the plants dry up and you see them wither, then they are reduced to chaff. And in the Hereafter there will be either severe punishment or forgiveness and pleasure of Allah, whereas the life of this world is no more than the delusion of enjoyment.

[Qur'an 57:20]



Day 16: Vanity

Purification of the Heart pages 84 - 86

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



17TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

17TH NIGHT



وَمَا كَانَ لِنَبِيٍّ أَنْ يَغُلَّ وَمَنْ يَغُلْ يَأْتِ بِمَا عَلَّ يَوْمَ الْقِيَامَةِ ثُمَّ تُوَفَّى كُلُّ نَفْسٍ مَا كَسَبَتْ
وَهُمْ لَا يُظْلَمُونَ ۝ ١٦١



It is not appropriate for a prophet to illegally withhold spoils of war. And whoever does so, it will be held against them on the Day of Judgment. Then every soul will be paid in full for what it has done, and none will be wronged.

[Qur'an 3:161]



Day 17: Fraud

Purification of the Heart pags 87

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



18TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

18TH NIGHT



حَدَّثَنَا أَحْمَدُ بْنُ يُونُسَ، قَالَ: حَدَّثَنَا أَبُو شَيْهَابٍ عَبْدُ رَبِّهِ، عَنْ يُونُسَ، عَنِ الْحَسَنِ، عَنِ ابْنِ عُمَرَ قَالَ: مَا مِنْ جُرْعَةٍ أَكْبَرَ عِنْدَ اللَّهِ أَجْرًا مِنْ جُرْعَةٍ غَبِطَ كَطَمَهَا عَبْدٌ ابْتِغَاءَ وَجْهِ اللَّهِ.



Ibn 'Umar said, "There is nothing that is swallowed greater with Allah in reward than a slave of Allah who swallows and contains his rancour out of desire for the pleasure of Allah."

[Al-Adab Al-Mufrad 1318]



Day 18: Anger

Purification of the Heart pages 88 - 100

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



THE LAST THIRD & THE NIGHT OF QADR

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۚ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۚ لَيْلَةُ الْقَدْرِ حَبِيرٌ ۚ مِنَ الْفِي سَهْرٍ ۓ تَنْزِيلِ
الْمَلَكِ وَالرُّوحِ فِيهَا يُأْتِي رُبَّهُمْ ۚ مِنْ كُلِّ أَمْرٍ ۚ سَلَّمَ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۝

Indeed, "it is" We "Who" sent this "Quran" down on the Night of Glory. And what will make you realize what the Night of Glory is? The Night of Glory is better than a thousand months. That night the angels and the "holy" spirit descend, by the permission of their Lord, for every "decreed" matter. It is all peace until the break of dawn.

[Qur'an 97]



حَدَّثَنِي مُحَمَّدٌ، أَخْبَرَنَا عَبْدُهُ، عَنْ هِشَامِ بْنِ عُرْوَةَ، عَنْ أَبِيهِ، عَنْ عَائِشَةَ، قَالَتْ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَجُورُ فِي الْعَسْرِ الْوَاحِدِ مِنْ رَمَضَانَ، وَيَقُولُ " تَحْرُوا لَيْلَهُ الْعَدْرِ فِي الْعَسْرِ الْوَاحِدِ مِنْ رَمَضَانَ "

Narrated `Aisha:

Allah's Messenger (ﷺ) used to practice I'tikaf in the last ten nights of Ramadan and used to say, "Look for the Night of Qadr in the last ten nights of the month of Ramadan."

[Sahih al-Bukhari 2020]

حَدَّثَنَا مُحَمَّدُ بْنُ الْمُبَارَكِ، حَدَّثَنَا حَالِدُ بْنُ الْحَارِثِ، حَدَّثَنَا حَمِيدُ بْنُ أَبِي أُمَيَّةٍ، عَنْ عِبَادَةَ بْنِ الصَّامِتِ، قَالَ جَرِحَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِجَحْرِ بَلِيلِهِ الْعَدْرِ، فَيَلْحَقِي رَجُلَانِ مِنَ الْمُسْلِمِينَ، فَيَقَالُ " جَرِحَ لَجَحْرِكُمْ بَلِيلَهُ الْعَدْرِ، فَيَلْحَقِي فَلَانِ وَفَلَانِ، فَيَرْفَعُ، وَعَسَى أَنْ يَكُونَ حَيْرًا لَكُمْ، فَاتَمَسُّوْهَا فِي النَّاسِعَةِ وَالسَّابِعَةِ وَالْحَامِسَةِ "

Narrated 'Ubada bin As-Samit:

The Prophet (ﷺ) came out to inform us about the Night of Qadr but two Muslims were quarreling with each other. So, the Prophet (ﷺ) said, "I came out to inform you about the Night of Qadr but such-and-such persons were quarreling, so the news about it had been taken away; yet that might be for your own good, so search for it on the 29th, 27th and 25th (of Ramadan)

[Sahih al-Bukhari 2023]

وعن معاذ رضي الله عنه أن رسول الله صلى الله عليه وسلم أخذ بيديه وقال: "يا معاذ والله إنني لأحبك" فقال: "أوصيك يا معاذ لا تدع في دبر كل صلاة تقول: اللهم أعني على ذكرك، وسكرتك، وحسن عبادتك". رواه أبو داود بإسناد صحيح.

Mu'adh (May Allah be pleased with him) reported:

The Messenger of Allah (ﷺ) took hold of my hand and said, "O Mu'adh! By Allah I love you, so I advise you to never forget to recite after every prayer: "Allahumma a'inni ala dhikrika, wa shukrika, wa husni 'ibadatika (O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner)."

[Riyad as-Salihin 1422] [Abu Dawud]

19TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

19TH NIGHT



وَكَبَبْنَا لَهُ فِي الْأَلْوَاحِ مِنْ كُلِّ شَيْءٍ مَوْعِظَةً وَتَفْصِيلًا لِكُلِّ شَيْءٍ فَحَدَّثَهَا بِمَوْعِدٍ وَأَمْرٍ قَوْمَكَ
يَأْخُذُوا بِأَحْسَنِهَا سَأَوْرِيكُمْ دَارَ الْفَيْصِمِينَ ۚ ١٤٥ سَأَصْرَفُ عَنْ آيِي الَّذِينَ يَتَكَبَّرُونَ فِي
الْأَرْضِ بِغَيْرِ الْحَقِّ وَإِن يَرَوْا كُلَّ آيَةٍ لَا يُؤْمِنُوا بِهَا وَإِن يَرَوْا سَبِيلَ الرِّسَالِ لَا يَتَّخِذُوهُ
سَبِيلًا وَإِن يَرَوْا سَبِيلَ الْعِزِّ يُعْرِضُونَ ۚ ١٤٦



We wrote for him on the Tablets 'the fundamentals' of everything; commandments and explanations of all things. 'We commanded,' "Hold to this firmly and ask your people to take the best of it. I will soon show 'all of you the home of the rebellious. I will turn away from My signs those who act unjustly with arrogance in the land. And even if they were to see every sign, they still would not believe in them. If they see the Right Path, they will not take it. But if they see a crooked path, they will follow it. This is because they denied Our signs and were heedless of them.

[Qur'an 7:145-146]



Day 19: Heedlessness

Purification of the Heart pages 101 - 107

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]

20TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

20TH NIGHT



وَالَّذِينَ جَاءُوا مِنْ بَعْدِهِمْ يَقُولُونَ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ
فِي قُلُوبِنَا غِلًا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ ١٠



And those who come after them will pray, “Our Lord! Forgive us and our fellow believers who preceded us in faith, and do not allow bitterness into our hearts towards those who believe. Our Lord! Indeed, You are Ever Gracious, Most Merciful.”

[Qur'an 59:10]



Day 20: Rancor

Purification of the Heart pages 108 - 109

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]

21ST NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

21ST NIGHT



وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا إِنَّ اللَّهَ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ۝ ١٨



“And do not turn your nose up to people, nor walk pridefully upon the earth.
Surely Allah does not like whoever is arrogant, boastful.

[Qur'an 31:18]



Day 21: Boasting & Arrogance

Purification of the Heart pages 110 - 116

Definition	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



Weekly Gratitude + Reflections

“If you are grateful, I will surely increase you...”

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

“Hold yourself accountable before you are held accountable...”



Weekly Wellness Debrief

Spiritual Health

Mental Health

Financial Health

Physical Health

Relational Health



Weekly Intentions + Goals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



Weekly Accomplishments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



22ND NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

22ND NIGHT



وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حُسْبًا وَإِن جَهَدَاكَ لِتُشْرَكَ بِمَا لَيْسَ لَكَ بِهِ عِلْمٌ فَلَا تُطِعْهُمَا
إِلَىٰ مَرْجِعِكُمْ فَأُنَبِّئُكُم بِمَا كُنتُمْ تَعْمَلُونَ ٨ وَالَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ لَنُدْخِلَنَّهُمْ فِي
الصَّالِحِينَ ٩ وَمِنَ النَّاسِ مَن يَقُولُ ءَامَنَّا بِاللَّهِ فَإِذَا أُوذِيَ فِي اللَّهِ جَعَلَ فِتْنَةَ النَّاسِ كَعَذَابِ
اللَّهِ وَلَئِن جَاءَ نَصْرٌ مِّن رَّبِّكَ لَيَقُولُنَّ إِنَّا كُنَّا مَعَكُمْ أُولَئِكَ سَاءَ لِمَن يَدْعُونَ ١٠
وَلِيَعْلَمَنَّ اللَّهُ الَّذِينَ ءَامَنُوا وَلِيَعْلَمَنَّ الْمُنَافِقِينَ ١١



We have commanded people to honour their parents. But if they urge you to associate with Me what you have no knowledge of,1 then do not obey them. To Me you will `all` return, and then I will inform you of what you used to do. Those who believe and do good will surely be admitted by Us into `the company of` the righteous. There are some who say, “We believe in Allah,” but when they suffer in the cause of Allah, they mistake `this` persecution at the hands of people for the punishment of Allah. But when victory comes from your Lord, they surely say `to the believers`, “We have always been with you.” Does Allah not know best what is in the hearts of all beings? Allah will certainly distinguish between those who have `sure` faith and the hypocrites.

[Qur'an 29:8-11]



Day 22: Displeasure with Blame

Purification of the Heart pages 117 - 119

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



23RD NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

23RD NIGHT



فُلْ يَأْتِيهَا الَّذِينَ هَادُوا إِنْ زَعَمْتُمْ أَنْكُمْ أَوْلِيَاءُ لِلَّهِ مِنْ دُونِ النَّاسِ فَتَمَنَّوْا الْمَوْتَ إِنْ كُنْتُمْ صَادِقِينَ ٦ وَلَا
يَمَمْنُونَهُ أَبَدًا بِمَا قَدَّمْتُمْ أَيْدِيهِمْ ٧ وَاللَّهُ عَلِيمٌ بِالظَّالِمِينَ ٧ فُلْ إِنْ الْمَوْتَ الَّذِي تَفِرُّونَ مِنْهُ فَإِنَّهُ مُلَاقِيكُمْ ٨ ثُمَّ
تُرَدُّونَ إِلَىٰ عِلْمِ الْغَيْبِ وَالشَّهَادَةِ فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ٨



Say, "O Prophet," "O Jews! If you claim to be Allah's chosen 'people' out of all humanity, then wish for death, if what you say is true." But they will never wish for that because of what their hands have done.¹ And Allah has 'perfect' knowledge of the wrongdoers. Say, "The death you are running away from will inevitably come to you. Then you will be returned to the Knower of the seen and unseen, and He will inform you of what you used to do."

[Qur'an 62:6-8]



Pre (Day 23: Antipathy Toward Death)

What I know about antipathy toward death and how can I fight it in myself and/or protect myself from it with Allah’s Help? What do I wish to learn about the disease in and how will that make me a better servant of Allah regarding my relation to Him, myself, and/or His creation?



Day 23: Antipathy Toward Death

Purification of the Heart pages 120 - 122

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O



Prayer





Ref. (Day 23: Antipathy Toward Death)

What are some actions that I have taken or plan to take to fight this disease?
What are/were their observable effects? Do/Did I notice an improvement
with my relationship to Allah, myself, and/or His creation?



PEACE & BLESSINGS UPON THE PROPHET

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:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



24TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

24TH NIGHT



وَمَا بِكُمْ مِّنْ نَّعْمَةٍ مِّنْ اللَّهِ ^طفِيمَا إِذَا مَسَّكُمْ أَلْصُرُ فَإِلَيْهِ تَجْرُونَ ٥٣



Whatever blessings you have are from Allah. Then whenever hardship touches you, to Him 'alone' you cry 'for help'.

[Qur'an 16:53]



Day 24: Obliviousness to Blessings

Purification of the Heart pages 123 - 126

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



25TH NIGHT

DUAS:



QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

25TH NIGHT



يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْجُرَ فَوْقَ مَن فَوْقَ عَسَىٰ أَن يَكُونُوا حَيْرًا مِّمَّهُمْ وَلَا يَسَاءَ مِن سِئَاءِ
عَسَىٰ أَن يَكُن حَيْرًا مِّنْهُمْ وَلَا يَلْمِزُوا أَنفُسَكُمْ وَلَا يَلَابِرُوا بِأَلْفَبٍ بِسِئِ أَلْسِمِ الْفَسُوقِ
بَعْدَ الْإِيمَانِ وَمَن لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ ۝۱۱



Believers, no one group of men should jeer at another, who may after all be better than them; no one group of women should jeer at another, who may after all be better than them; do not speak ill of one another; do not use offensive nicknames for one another. How bad it is to be called a mischief-maker after accepting faith! Those who do not repent of this behaviour are evildoers.

[Qur'an 49:11]

Pre (Day 25: Derision)

What I know about derision and how can I fight it in myself and/or protect myself from it with Allah’s Help? What do I wish to learn about the disease in and how will that make me a better servant of Allah regarding my relation to Him, myself, and/or His creation?



Day 25: Derision

Purification of the Heart pages 127 - 129

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



26TH NIGHT

DUAS:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ وَسَلَّمَ وَصَلِّ عَلَى اللَّهِ الْعَظِيمِ

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

26TH NIGHT



وَأَصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْعَدْوَىٰ وَالْعَيْشِ يُرِيدُونَ وَجْهَهُ ۗ وَلَا تَبْغِ عَيْنَاكَ
عَنَّهُمْ تَرِيدَ زِينَةَ الْحَيَاةِ الدُّنْيَا وَلَا تَطِعْ مَنِ اعْتَلَىٰ قَلْبَهُ عَن ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ
فُرْطَانًا ۚ ۲۸



Content yourself with those who pray to their Lord morning and evening, seeking His approval, and do not let your eyes turn away from them out of desire for the attractions of this worldly life: do not yield to those whose hearts We have made heedless of Our Quran, those who follow their own low desires, those whose ways are unbridled.

[Qur'an 18:28]



Day 26: Compr Treatment for the Heart

Purification of the Heart pages 130 - 139

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



27TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me



Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

27TH NIGHT



تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ۝ ١٦



Their sides shun their beds in order to pray to their Lord in fear and hope;
they give to others some of what We have given them.

[Qur'an 32:16]



Day 27: Beneficial Actions for Purifying Heart

Purification of the Heart pages 140 - 145

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O         

Prayer        



PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



28TH NIGHT

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

28TH NIGHT



يَوْمَ تَرَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ يَسْعَى بُرُوقُهُمْ بَيْنَ أَيْدِيهِمْ وَإِيمَانِهِمْ بِسَرِيحٍ الْيَوْمِ حَبِيبٍ
يَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ جُلُودٌ فِيهَا دَرَاهِقٌ الْمَوْتُونَ فِيهَا خَالِدُونَ ۚ أُولَئِكَ رِجَالُ الْمَقْصُورِ
وَالْمَقْفُورِ الَّذِينَ أَمْسُوا أَنْظُرُوا بِغَيْبٍ مِنْ بُرُوقِهِمْ فَبِمَا رَزَقُوا مِنَ اللَّهِ الْمَقْفُورِ
فَصُوبُوا بَيْنَهُمْ يَسْأَلُهُمْ رَبُّهُمْ يَوْمَئِذٍ عَنْ تَرَكَيْهِمْ فِي سُدُورِهِمْ أَتَرَكَيْتُمْ أَزْوَاجَهُمْ
وَالْأَوْلَادَ الَّذِينَ بَدَأْتُمْ فِيهِمْ أَنْ تَبْغُوا ۚ وَالَّذِينَ آمَنُوا وَبَدَأُوا فِي حُبِّ اللَّهِ وَرَزَقْنَا مِنْهُ
مَالًا كَثِيرًا سَلَفُوا أَنْ يَأْكُلُوا مِمَّا رَزَقْنَا مِنْهُ حَتَّى يَصِلُوا إِلَى اللَّهِ ۚ إِنَّ اللَّهَ سَبِيحٌ
مُسْتَغْنٍ ۚ ۱۲
يَوْمَ تَرَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ يَسْعَى بُرُوقُهُمْ بَيْنَ أَيْدِيهِمْ وَإِيمَانِهِمْ بِسَرِيحٍ الْيَوْمِ حَبِيبٍ
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مُسْتَغْنٍ ۚ ۱۳
يَوْمَ تَرَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ يَسْعَى بُرُوقُهُمْ بَيْنَ أَيْدِيهِمْ وَإِيمَانِهِمْ بِسَرِيحٍ الْيَوْمِ حَبِيبٍ
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مُسْتَغْنٍ ۚ ۱۴
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مُسْتَغْنٍ ۚ ۱۵



On the Day when you [Prophet] see the believers, both men and women, with their light streaming out ahead of them and to their right, [they will be told], ‘The good news for you today is that there are Gardens graced with flowing streams where you will stay: that is truly the supreme triumph!’ On the same Day, the hypocrites, both men and women, will say to the believers, ‘Wait for us! Let us have some of your light!’ They will be told, ‘Go back and look for a light.’ A wall with a door will be erected between them: inside it lies mercy, outside lies torment. The hypocrites will call out to the believers, ‘Were we not with you?’ They will reply, ‘Yes. But you allowed yourselves to be tempted, you were hesitant, doubtful, deceived by false hopes until God’s command came- the Deceiver tricked you about God. Today no ransom will be accepted from you or from the disbelievers: your home is the Fire- that is where you belong--a miserable destination!’

[Qur’an 57:12-15]



Day 28: The Root of All Diseases of the Heart

Purification of the Heart pages 146 - 160

Definition	Theoretical Treatment	Practical Treatment

<p>Keystone Habits</p>	
<p>Gratitude</p>	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



Weekly Intentions + Goals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



Weekly Accomplishments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

29TH-30TH NIGHT(S)

DUAS:

QUR'AN:

Tadabbur: Lessons learned / Allah's message to me

Arabic vocabulary

Memorization / Revision



Q: What disease is this verse/hadith apparently discussing?

29TH-30TH NIGHT(S)



وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي
وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْسُدُونَ ١٨٦



When My servants ask you 'O Prophet' about Me: I am truly near. I respond to one's prayer when they call upon Me. So let them respond 'with obedience' to Me and believe in Me, perhaps they will be guided 'to the Right Way'.

[Qur'an 2:186]



Day 29/30

Purification of the Heart review

Any Disease(s) I am most at risk for	Theoretical Treatment	Practical Treatment

Keystone Habits	
Gratitude	

Food & H₂O



Prayer





PEACE & BLESSINGS UPON THE PROPHET

وعن عبد الله بن عمرو بن العاص، رضي الله عنهما أنه سمع رسول الله صلى الله عليه وسلم يقول: "من صلى علي صلاة، صلى الله عليه بها عسرا" ((رواه مسلم))

:Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported' saying: "Whoever supplicates Allah to (صلى الله عليه وسلم) I heard the Messenger of Allah ".exalt my mention, Allah will exalt his mention ten times

[Riyad as-Salihin 1397]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious

O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious

[Hisn al-Muslim 53]



Weekly Gratitude + Reflections

“If you are grateful, I will surely increase you...”

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

“Hold yourself accountable before you are held accountable...”



Weekly Wellness Debrief

Spiritual Health

Mental Health

Financial Health

Physical Health

Relational Health



Reflections on Ramadan

A large white rounded rectangle with horizontal lines for writing reflections.



Reflections on Ramadan

Lined writing area for reflections.



Reflections on Ramadan

A large white rounded rectangle containing 25 horizontal lines for writing reflections.



APPENDIX I: METHODOLOGY



Methodology in sha Allah

Definitions and treatments of diseases given equal weight to Qu'ran and sahih Hadith

This planner is designed as a workbook following the order of Purification of the Heart. Participants are encouraged to read along.

Keystone habits are habits that makes other habits more automatic, or reduces the willpower required for other habits.

For each NIGHT, try to identify the disease from the verse and/or hadith



Goals

Allah's Messenger (ﷺ) said, "The deeds of anyone of you will not save you (from the (Hell) Fire)." They said, "Even you (will not be saved by your deeds), O Allah's Messenger (ﷺ)?" He said, "No, even I (will not be saved) unless and until Allah bestows His Mercy on me. Therefore, do good deeds properly, sincerely and moderately, and worship Allah in the forenoon and in the afternoon and during a part of the NIGHT, and always adopt a middle, moderate, regular course whereby you will reach your target (Paradise)

[Sahih al-Bukhari, 6463].



Weekly Intentions + Goals

1. Days of the Week

- Free writing space to jot down intentions and goals for each day of the week. An approach worth considering is to break down the yearly goals into monthly increments/milestones, and the monthly increments into weekly increments/goals, then the weekly goals into daily increments/goals.

2. Weekly Checkbox matrix

- 5P (5 Daily Prayers)
 - i. Keep track of the completion of five daily prayers throughout the week.
- KSH (Keystone Habit)
 - i. Keep track of adherence to each of your self-selected keystone habits throughout the week.



5 Daily Prayers

Recite what has been revealed to you of the Book and establish prayer. Indeed, ‘genuine’ prayer should deter ‘one’ from indecency and wickedness. The remembrance of Allah is ‘an’ even greater ‘deterrent’. And Allah ‘fully’ knows what you ‘all’ do.

[Quran 29:45]

Surely Hell is one of the mightiest catastrophes—
a warning to humankind,
to whichever of you chooses to take the lead or lag behind.
Every soul will be detained for what it has done,
except the people of the right,
who will be in Gardens, asking one another
about the wicked ‘who will then be asked’:
“What has landed you in Hell?”
They will reply, “We were not of those who prayed,
nor did we feed the poor.
We used to indulge ‘in falsehood’ along with others,
and deny the Day of Judgment,
until the inevitable came to us.”

[Quran 74:35 - 47]



5 Daily Prayers

Consider organizing the day around the prayer times

It was narrated from Sakhr Al-Ghamidi that the Messenger of Allah (صلى الله عليه وسلم) said: "O Allah, bless my nation in their early mornings (i.e., what they do early in the morning)." (Hasan) He said: "When he sent out a raiding party or an army, he would send them at the beginning of the day." He said: "Sakhr was a man engaged in trade, and he used to send his goods out at the beginning of the day, and his wealth grew and increased."

[Sunan Ibn Majah 4141]



Keystone Habits

Keystone Habits (KSH) are habits which facilitate other habits.

Some examples:

1. Fasting

- O believers! Fasting is prescribed for you—as it was for those before you—so perhaps you will become mindful of Allah. [Quran 2:183]
- ...Provide well for yourselves: the best provision is to be mindful of God- always be mindful of Me, you who have understanding. [Quran 2:197]
- It was narrated from 'Amr bin Shurahbil that a man from among the Companions of the Prophet said: 'It was said to the Prophet that a man fasted for the rest of his life. He said: 'I wish that he had never eaten.' They said: 'Two-thirds (of a lifetime)?' He said: 'That is too much.' Then he said: 'Shall I not tell you of that which will take away impurity from the heart? Fasting three days each month.' 'Ata said: "someone who heard him told me that Ibn 'Umar (said) that the Prophet said: 'Whoever fasts every day of his life, then he has not fasted.'" [Sunan an-Nasa'i 2385]



Keystone Habits

1. Fasting (cont.)

- Narrated Abu Huraira: Allah's Messenger (ﷺ) said, "Fasting is a shield (or a screen or a shelter). So, the person observing fasting should avoid sexual relation with his wife and should not behave foolishly and impudently, and if somebody fights with him or abuses him, he should tell him twice, 'I am fasting.'" The Prophet (ﷺ) added, "By Him in Whose Hands my soul is, the smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. (Allah says about the fasting person), 'He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.'" [Sahih al-Bukhari 1894]
- Narrated 'Alqama: While I was walking with 'Abdullah he said, "We were in the company of the Prophet (ﷺ) and he said, 'He who can afford to marry should marry, because it will help him refrain from looking at other women, and save his private parts from committing illegal sexual relation; and he who cannot afford to marry is advised to fast, as fasting will diminish his sexual power.'" [Sahih al-Bukhari 1905]



Keystone Habits

2. Prayers

- “Verily, the prayer prevents from great sins (of every kind, and from unlawful sexual intercourse) and Al-Munkar (i.e. disbelief, polytheism, and every kind of evil wicked deed).” [Al-`Ankabut 29:45]
- 'Abd al-Rahman b. Abd 'Amr reported: 'Uthman b. 'Affan (narrated the mosque after evening prayer and sat alone. I also sat alone with him, so he said: O, son of my brother, I heard the Messenger of Allah (ﷺ) say: He who observed the 'Isha' prayer in congregation, it was as if he prayed up to midnight, and he who prayed the morning prayer in congregation, it was as if he prayed the whole night. [Sahih Muslim 656]
- Narrated Abdullah ibn Amr ibn al-' As: The Prophet (ﷺ) said: If anyone prays at night reciting regularly ten verses, he will not be recorded among the negligent; if anyone prays at night and recites a hundred verses, he will be recorded among those who are obedient to Allah; and if anyone prays at night reciting one thousand verses, he will be recorded among those who receive huge rewards. [Sunan Abi Dawud 1398]



Keystone Habits

2. Prayers (cont.)

- O you wrapped 'in your clothes'!

Stand all night 'in prayer' except a little

'pray' half the night, or a little less,

or a little more—and recite the Quran 'properly' in a measured way.

'For' We will soon send upon you a weighty revelation.

Indeed, worship in the night is more impactful and suitable for recitation.

For during the day you are over-occupied 'with worldly duties'.

'Always' remember the Name of your Lord, and devote yourself to Him wholeheartedly.

'He is the' Lord of the east and the west. There is no god 'worthy of worship' except Him, so take Him 'alone' as a Trustee of Affairs.

Be patient 'O Prophet' with what they say, and depart from them courteously.

And leave to Me the deniers—the people of luxury—and bear with them for a little while.

'For' We certainly have shackles, a 'raging' Fire, choking food, and a painful punishment 'in store for them'

on the Day the earth and mountains will shake

'violently', and mountains will be 'reduced to' dunes of shifting sand...



Keystone Habits

2. Prayers (cont.)

- ...Indeed, We have sent to you a messenger as a witness over you, just as We sent a messenger to Pharaoh. But Pharaoh disobeyed the messenger, so We seized him with a stern grip. If you 'pagans' persist in disbelief, then how will you guard yourselves against 'the horrors of' a Day which will turn children's hair grey? It will 'even' cause the sky to split apart. His promise 'of judgment' must be fulfilled. Surely this is a reminder. So let whoever wills take the 'Right' Way to their Lord...



Keystone Habits

2. Prayers (cont.)

- ...Surely your Lord knows that you 'O Prophet' stand 'in prayer' for nearly two-thirds of the night, or 'sometimes' half of it, or a third, as do some of those with you. Allah 'alone' keeps a 'precise' measure of the day and night. He knows that you 'believers' are unable to endure this, and has turned to you in mercy. So recite 'in prayer' whatever you can from the Quran. He knows that some of you will be sick, some will be travelling throughout the land seeking Allah's bounty, and some fighting in the cause of Allah. So recite whatever you can from it. And 'continue to' perform 'regular' prayers, pay alms-tax, and lend to Allah a good loan. Whatever good you send forth for yourselves, you will find it with Allah far better and more rewarding. And seek Allah's forgiveness. Surely Allah is All-Forgiving, Most Merciful. [Quran 73]



Keystone Habits

2. Prayers (cont.)

- On the authority of Abu Hurayrah (may Allah be pleased with him), who said that the Messenger of Allah (ﷺ) said:

Our Lord (glorified and exalted be He) descends each night to the earth's sky when there remains the final third of the night, and He says: Who is saying a prayer to Me that I may answer it? Who is asking something of Me that I may give it him? Who is asking forgiveness of Me that I may forgive him? It was related by al-Bukhari (also by Muslim, Malik, at-Tirmidhi and Abu Dawud). In a version by Muslim the Hadith ends with the words: And thus He continues till [the light of] dawn shines. [Hadith 35, 40 Hadith Qudsi]



Keystone Habits

2. Prayers (cont.)

- 'Aishah (May Allah be pleased with her) reported: The Prophet (ﷺ) said, "The two Rak'ah before the dawn (Fajr) prayer are better than this world and all it contains." [Muslim] Another narration goes: "The two Rak'ah before the dawn (Fajr) prayer are dearer to me than the whole world." [Riyad as-Salihin 1102]
- The only "true" believers in Our revelation are those who—when it is recited to them—fall into prostration and glorify the praises of their Lord and are not too proud.
They abandon their beds, invoking their Lord with hope and fear, and donate from what We have provided for them.
No soul can imagine what delights are kept in store for them as a reward for what they used to do.
[As-Sajdah 32:15-17]
- 'Ali narrated that the Messenger of Allah said: "Indeed in Paradise there are chambers, whose outside can be seen from their inside, and their inside can be seen from their outside." A Bedouin stood and said : 'Who are they for, O Messenger of Allah?' He said: "For those who speak well, feed others, fast regularly, and perform salat [for Allah] during the night while the people sleep." [Tirmidhi 1984]



Keystone Habits

2. Prayers (cont.)

- Narrated `Abdullah bin `Amr bin Al-`As: Allah's Messenger (ﷺ) told me, "The most beloved prayer to Allah is that of David and the most beloved fasts to Allah are those of David. He used to sleep for half of the night and then pray for one third of the night and again sleep for its sixth part and used to fast on alternate days" [Sahih al-Bukhari 1131].



Keystone Habits

3. Gratitude

- Why should Allah punish you if you are grateful and faithful? Allah is ever Appreciative, All-Knowing. [Quran 4:147]
- And ‘remember’ when your Lord proclaimed, ‘If you are grateful, I will certainly give you more. But if you are ungrateful, surely My punishment is severe.’ [Quran 14:7]
- If you disbelieve, then ‘know that’ Allah is truly not in need of you, nor does He approve of disbelief from His servants. But if you become grateful ‘through faith’, He will appreciate that from you. No soul burdened with sin will bear the burden of another. Then to your Lord is your return, and He will inform you of what you used to do. He certainly knows best what is ‘hidden’ in the heart. [Quran 39:7]
- Indeed, We blessed Luqmân with wisdom, ‘saying’, “Be grateful to Allah, for whoever is grateful, it is only for their own good. And whoever is ungrateful, then surely Allah is Self-Sufficient, Praiseworthy.” [Quran 31:12]



Keystone Habits

4. Exercise

- Regular exercise may help ease depression and anxiety by:
 - releasing feel-good endorphins, improving sense of well-being.
 - distracting the mind from worries breaking the cycle of negative thoughts that feed depression and anxiety.
- Regular exercise has many mental health and emotional benefits, such as:
 - Increasing confidence. Achieving exercise goals/challenges, even small goals, may boost self-confidence. Improving your physique may also make you feel about about how you look.
 - More frequent social interaction. Greeting and socializing with others during exercise may enhance one's mood.
 - Healthy coping. Engaging in positive stress and depression management techniques are healthy coping strategies. Attempting to feel better by drinking alcohol, using substances, dwelling on negative thoughts and/or emotions, etc may lead to worsening symptoms.
[Mayo Clinic, Depression and anxiety: Exercise eases symptoms, Mayo Clinic Staff]



Keystone Habits

4. Exercise (cont.)

- Lifelong exercise is associated with:
 - a longer health span,
 - delaying the onset of 40 chronic conditions/diseases.
 - exercise sustains and improves quality of life. [Cold Spring Harbor Perspectives in Medicine, Health Benefits of Exercise, Gregory N. Rugeegger and Frank W. Booth]
- Physical activity and exercise are well-established age-related countermeasures against:
 - decreases in muscle mass,
 - decrease in muscle strength
 - decrease in muscle regenerative capacity
 - slow/prevent impairments in muscle metabolism [Cold Spring Harbor Perspectives in Medicine, Effects of Exercise and Aging on Skeletal Muscle, Giovanna Distefano and Bret H. Goodpaster]



Keystone Habits

4. Exercise (cont.)

- Physical activity and exercise can help;
 - prevent and reduce heart disease, obesity, blood sugar fluctuations, cardiovascular diseases and cancer
 - reduce stress and anxiety,
 - Boost happy chemicals
 - improve self-confidence
 - increase the brain power and sharpen the memory
 - Enhance muscles and bones strength.
[International Journal of Physical Education, Sports and Health 2016; 3(5): 22-27 , Benefits, need and importance of daily exercise, Mohammed Abou Elmagd]



Keystone Habits

5. Reciting Quran

- 'It is' a Quran We have revealed in stages so that you may recite it to people at a deliberate pace. And We have sent it down in successive revelations. [Quran 17:106]
- ...recite the Quran slowly and distinctly: [Quran 73:4]
- We send down the Quran as a healing and mercy for the believers, but it only increases the wrongdoers in loss. [Quran 17:82]



Keystone Habits

6. Regularly visiting one's parents and treating them kindly
- 'Abdullah ibn 'Umar said, "The pleasure of the Lord lies in the pleasure of the parent. The anger of the Lord lies in the anger of the parent." [Al-Adab Al-Mufrad 2]
 - Abu Hurairah (May Allah be pleased with him) reported:
 - Messenger of Allah (ﷺ) said, "No son can repay (the kindness shown by his father) unless he finds him a slave and buys him and emancipates him". [Muslim] [Riyad as-Salihin 313]
 - We have commanded people to honour their parents. Their mothers bore them in hardship and delivered them in hardship. Their 'period of' bearing and weaning is thirty months. In time, when the child reaches their prime at the age of forty, they pray, "My Lord! Inspire me to 'always' be thankful for Your favours which You blessed me and my parents with, and to do good deeds that please You. And instil righteousness in my offspring. I truly repent to You, and I truly submit 'to Your Will'." [Quran 46:15]
 - "May the man before whom I am mentioned - and he does not send Salat upon me - be humiliated. And may a man upon whom Ramadan enters and then passes, before he is forgiven, be humiliated. And may a man whose parents reached old age in his presence, and they were not a cause for his entrance to Paradise, be humiliated." [Tirmidhi 3545]



Keystone Habits

7. Helping others overcome difficulties

- Abu Hurairah narrated that the Messenger of Allah said: "Whoever relieves a Muslim of a burden from the burdens of the world, Allah will relieve him of a burden from the burdens on the Day of Judgement. And whoever helps ease a difficulty in the world, Allah will grant him ease from a difficulty in the world and in the Hereafter. And whoever covers (the faults of) a Muslim, Allah will cover (his faults) for him in the world and the Hereafter. And Allah is engaged in helping the worshipper as long as the worshipper is engaged in helping his brother." [Tirmidhi 1930]

8. Charity & Forgiveness

- Abu Huraira reported Allah's Messenger (ﷺ) as saying: Charity does not decrease wealth, no one forgives another except that Allah increases his honor, and no one humbles himself for the sake of Allah except that Allah raises his status. [Sahih Muslim 2588]
- None of you [believers] will attain true piety unless you give out of what you cherish: whatever you give, God knows about it very well. [Quran 3:92]



Keystone Habits

9. Journaling *

- “Writers focusing on cognitions and emotions developed greater awareness of the positive benefits of the stressful event than the other two groups. This effect was apparently mediated by greater cognitive processing during writing. Writers focusing on emotions alone reported more severe illness symptoms during the study than those in other conditions.” [Annals of Behavioral Medicine, Journaling about stressful events: Effects of cognitive processing and emotional expression, Philip M. Ullrich M.A., Susan K. Lutgendorf Ph.D.]

*This planner also functions as a journal



APPENDIX II: PHOTO CREDITS



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