

# WEEKLY SCHEDULE

	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Body</b>							
<b>Mind</b>							
<b>Soul</b>							
<b>Today's Dhikr</b>							
<b>Personal Goal</b>							
<b>My Reward</b>							

**"VERILY, ALL ACTIONS ARE BUT DRIVEN BY INTENTION AND FOR EVERYONE IS WHAT HE INTENDED."**

**[AL-BUKHARI AND MUSLIM]**

# EXAMPLES

**- BODY: WORKOUT, OUTDOOR WALK, EAT HEALTHY...ETC**

**- MIND: READ A BOOK, READ QURAN, MEMORIZE QURAN, LISTEN TO A BOOK, SUDOKU, STUDY, LISTEN TO A LECTURE, WATCH A DOCUMENTARY...ETC**

**- SOUL: DO DHIKR (REMEMBRANCE), PRAY, MAKE DUA, READ QURAN, MEMORIZE QURAN, GIVE CHARITY, REFLECT, PRAY THE SUNNAHS, PRAY ON TIME...ETC**

**- PERSONAL GOAL: WORK ON A BUSINESS GOAL/STUDYING GOAL, FINISH A TASK ON YOUR TO-DO LIST, PRAY ON TIME, MAKE DHIKR AFTER SALAH...ETC**

# EXAMPLES OF ADHKAR

- SUBHANALLAH : GLORY BE TO ALLAH : سبحان الله

-ALHAMDULELAH : PRAISE BE TO ALLAH : الْحَمْدُ لِلَّهِ

-ALLAHU AKBAR : ALLAH IS THE GREATEST : اللهُ أَكْبَرُ

- LA ELAHA ELLA ALLAH : THERE IS NO GOD BUT ALLAH : لا إله إلا الله

- SUBHANA ALLAH WA BEHAMDEH, SUBHANA ALLAH AL'ATHEEM : GLORY AND PRAISE BE TO ALLAAH,  
GLORY BE TO ALLAAH THE ALMIGHTY : سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

- ALLAHUMA SALLY ALA SAYEDENA MUHAMMAD

- ASTAGHFIRULLAH : I SEEK THE FORGIVENESS OF ALLAH : أَسْتَغْفِرُ اللَّهَ

- LA HAWLA WALA QOWATA ELA BELAH : THERE IS NO CAPABILITY NOR IS THERE ANY POWER EXCEPT  
WITH ALLAAH : لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

- ALHAMDU LELAH WA SHUKRU LELAH : PRAISE BE TO ALLAH AND ALL THANKS TO ALLAH : الحمد لله  
والشكر لله