

WEEKLY SCHEDULE

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

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

[AL-BUKHARI AND MUSLIM]

EXAMPLES

- **BODY:** WORKOUT, SKINCARE, BUBBLE BATH, 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 DUAA, READ QURAN, MEMORIZE QURAN, GIVE CHARITY, REFLECT...ETC
- **PERSONAL GOAL:** WORK ON A BUSINESS GOAL/STUDYING GOAL, FINISH A TASK ON YOUR TO-DO LIST...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