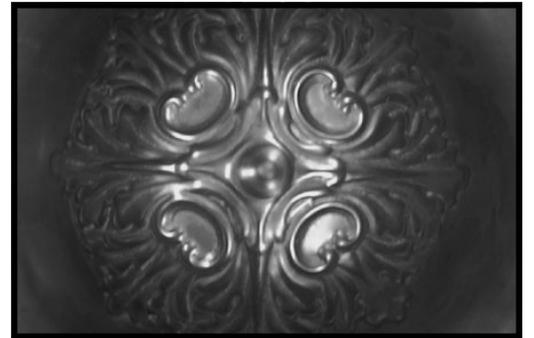




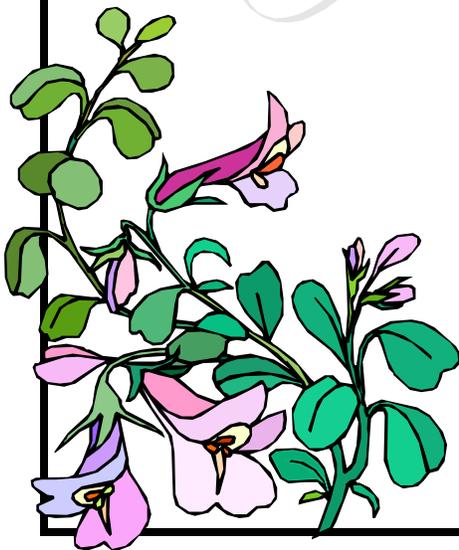
# Heart Wheel



Muhammad Alshareef

# My Ultimate VISION

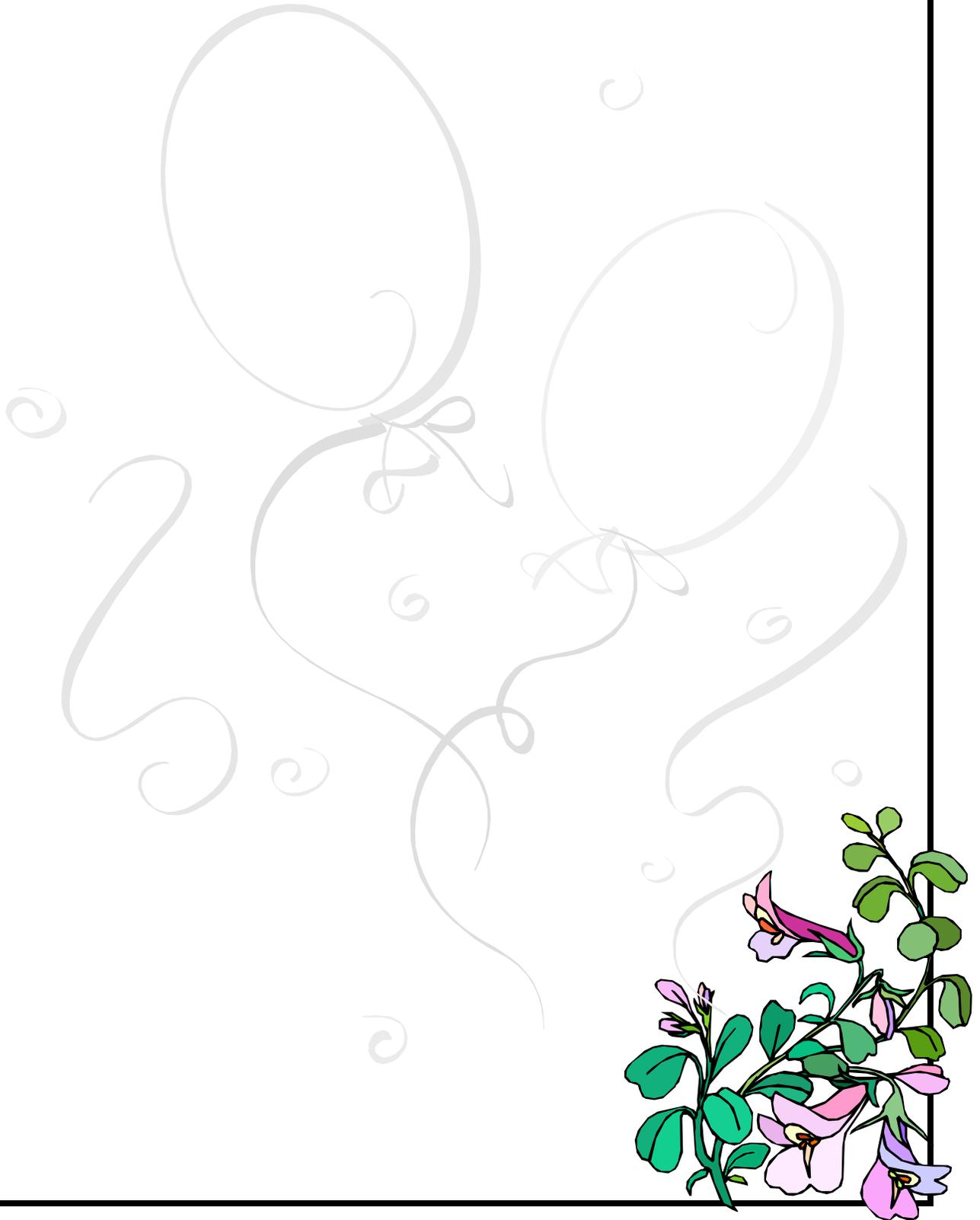
Here brainstorm all the wonderful feelings, achievements, and joy you will have, in sha Allah, with a heart that has come closer and closer to Allah



# My Ultimate PURPOSE

## Why I MUST absolutely achieve this heart

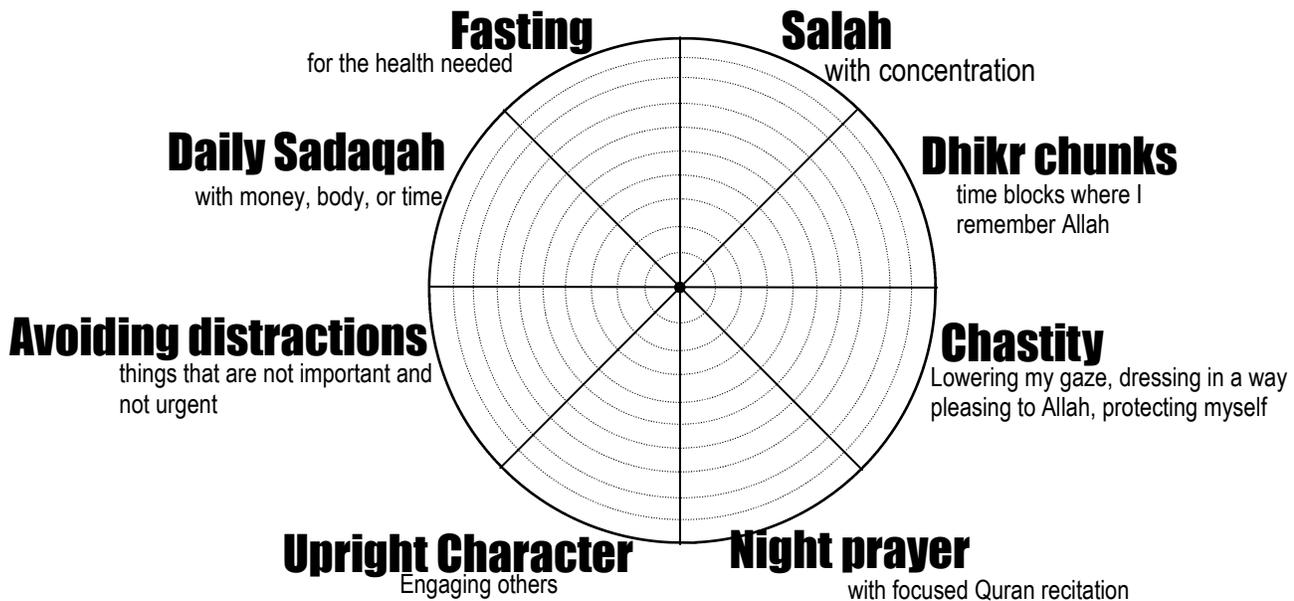
Here brainstorm all the reasons why I MUST, in sha Allah, come closer and closer to Allah, why is it a MUST and not an option.



# Heart

wheel

## Snapshot Before



---

**Instructions** The Qur'an guides us to the specific ingredients of a pure heart. These eight slices of the heart wheel were extracted directly from the Qur'an and Sunnah. On a scale of 1 to 10, where would you consider yourself in each of the eight slices? 1 being: needing a lot of improvement; 10 being: absolutely outstanding. Then, shade in the appropriate number of cells. If you complete it correctly, you should see a graphic representation of how rich your heart is.

This measurement is a gift of self consciousness. You'll learn where your heart is at now, and what it will take to grow your heart to the closer levels of righteousness to Allah. Be honest with yourself, this is like your first trip to the doctor, so don't worry if the numbers come out low. The main thing is for you to see what needs to be worked on and cultivated.

# Heart *wheel*

## What will it take to score a 10?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fasting**

for the health needed

**Salah**

with concentration

**Daily Sadaqah**

with money, body, or time

**Dhikr chunks**

time blocks where I remember Allah

**Avoiding distractions**

things that are not important and not urgent

**Chastity**

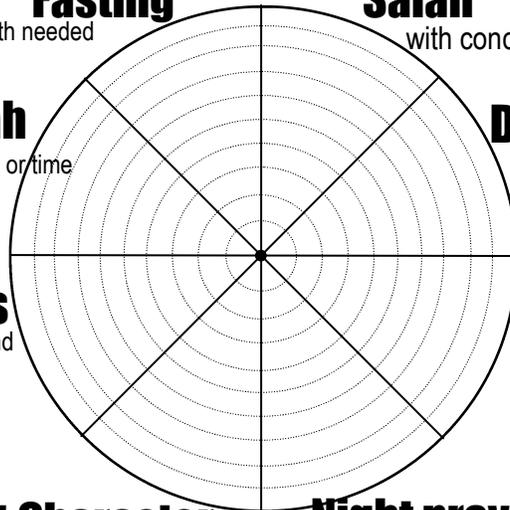
Lowering my gaze, dressing in a way pleasing to Allah, protecting myself

**Upright Character**

Engaging others

**Night prayer**

with focused Quran recitation



### INSTRUCTIONS

In order to SEE where I am going, I need to know what it would take for me to score a 10 on each of the Heart Wheel slices.

Pick three things for each heart slice (or more if you wish) that, if you were to accomplish these three items, you would score a 10 out of 10!

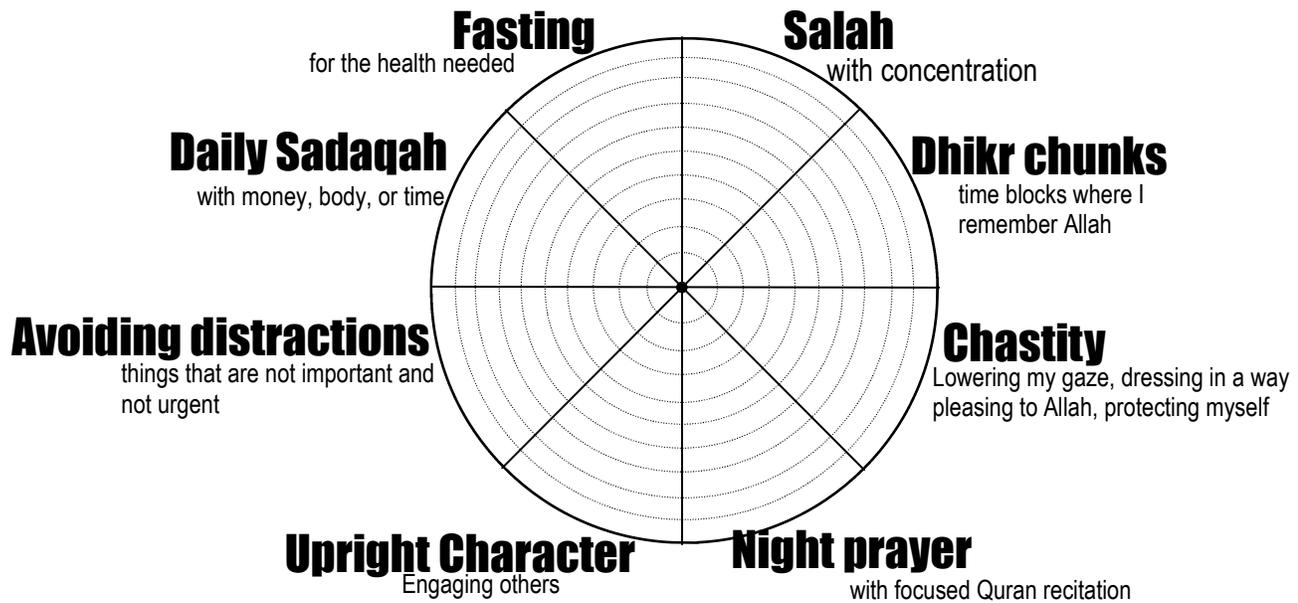
Remember, do not choose things that are impossible to achieve. For example, if you said, "I must know Allah accepted this Salah from me," there is no way you are going to know that until you die.

Instead, choose something like, "If I pray 5 times a day in the Masjid, going early enough to pray my Sunnah," then, yes, that is something that is achievable.

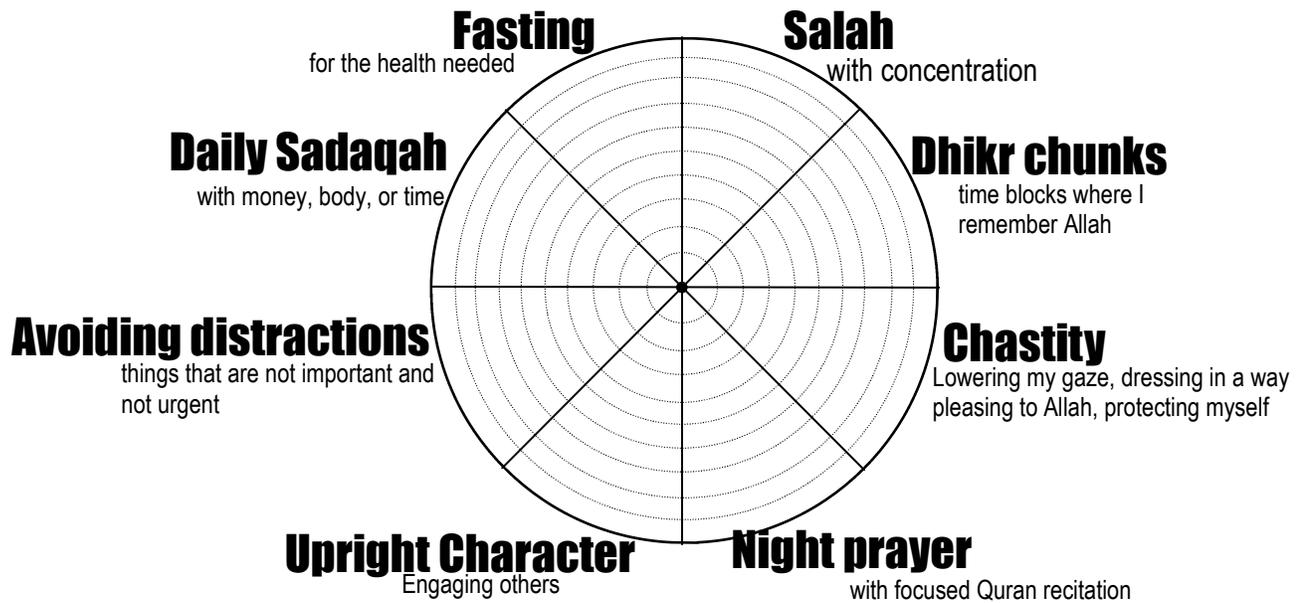
There is something waiting for you at ... [www.HeartWheelJournal.com](http://www.HeartWheelJournal.com)

Then, throughout this journal, work with focus on achieving the 10 out of 10 based on these goals.

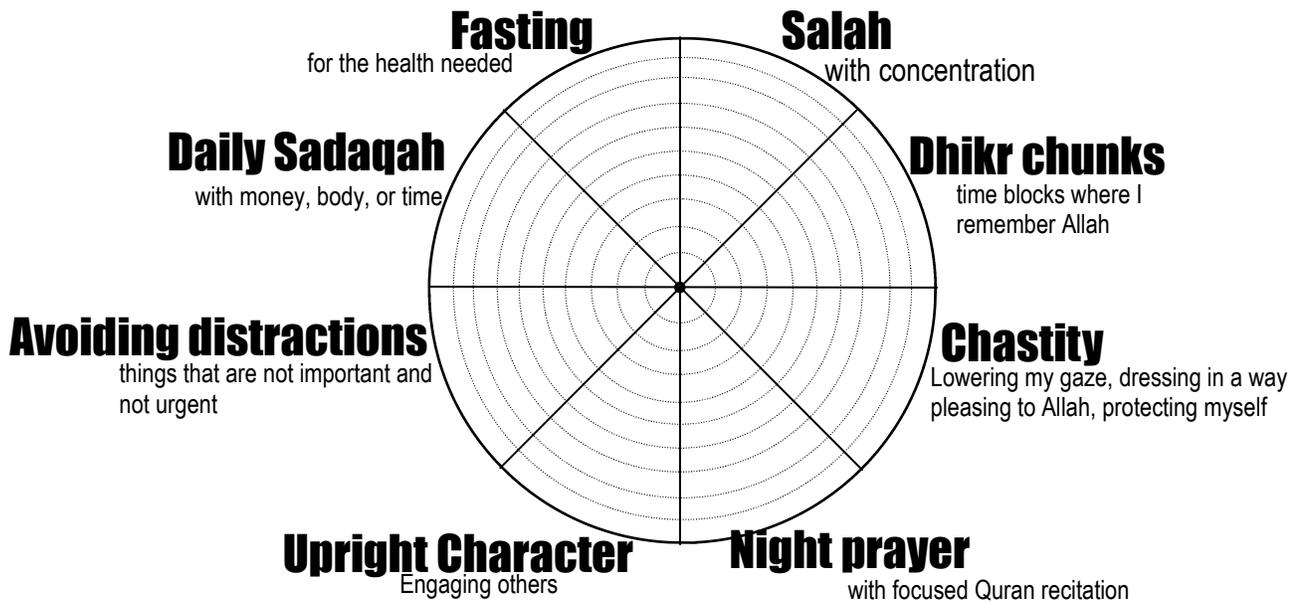
# Heart *wheel* Snapshot Day 4



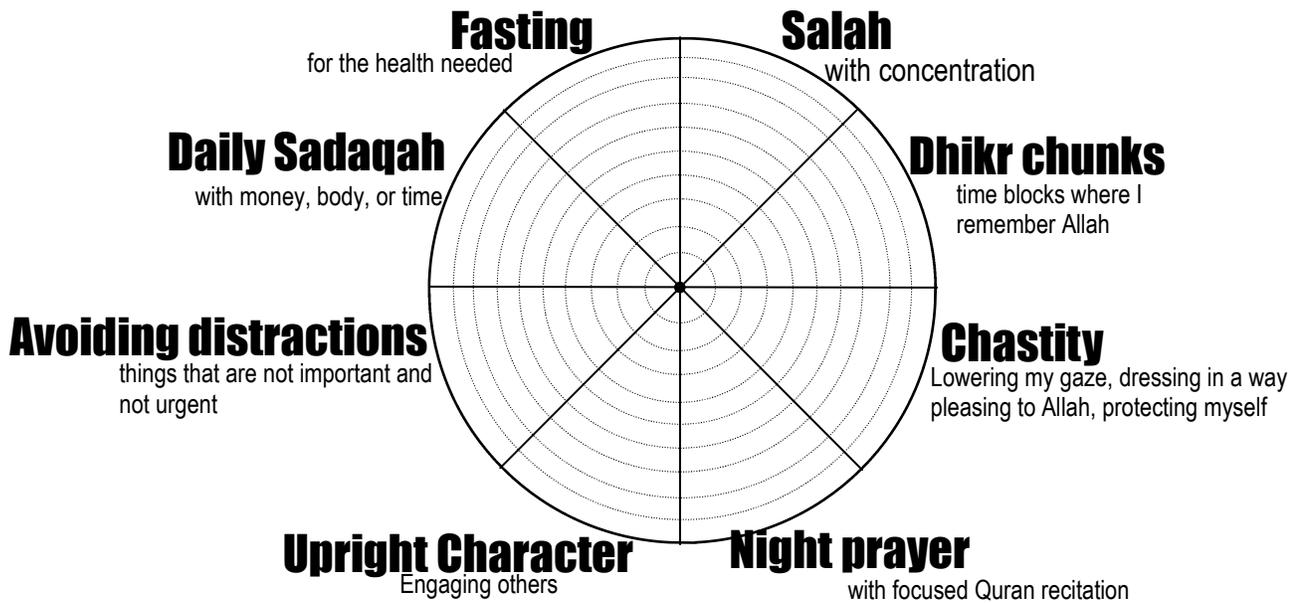
# Heart *wheel* Snapshot Day 10



# Heart *wheel* Snapshot Day 19

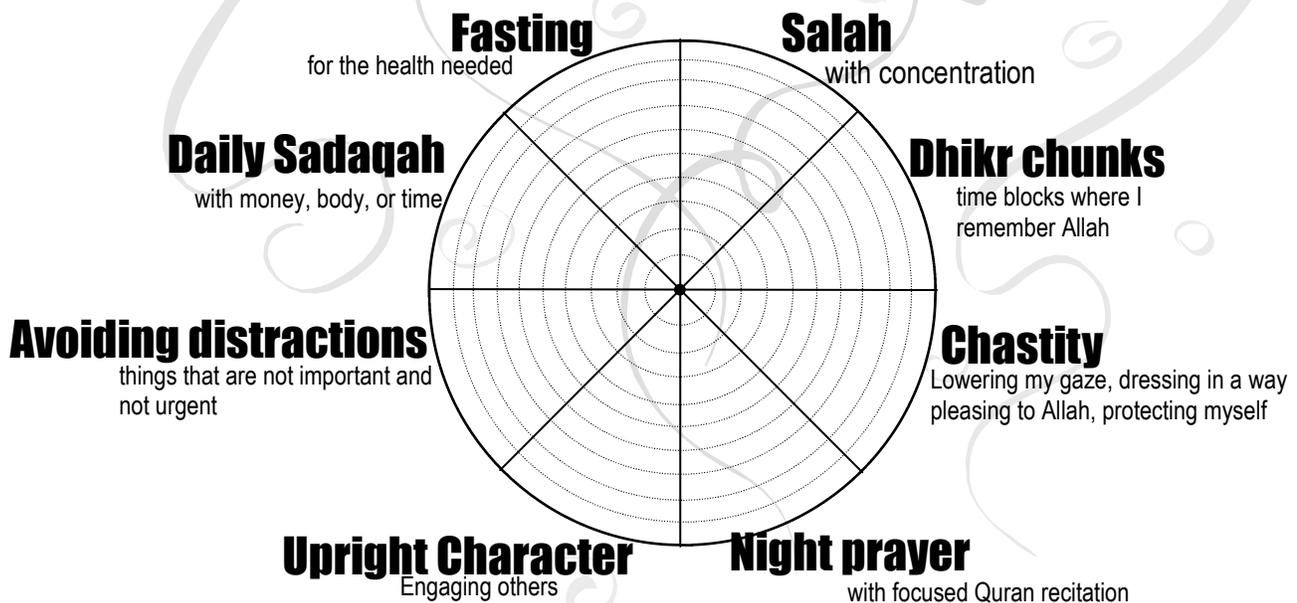


# Heart *wheel* Snapshot Day 27



# Heart *wheel* Snapshot AFTER!!

*Feel the Juice! I Did it!*



# Heart Food~ It has begun

**Day 1**

**A Reminder.** Reminders nourish the believers heart and soul

Why are you doing this journal thingy for 30 days? Is it really for Allah? This is the question that needs to be asked before we do anything. IF it's not for Allah, then not only will it be a waste of time and effort, but we may actually get further away from Allah by doing it for other than His sake. I need not go around telling people that I'm doing this journal, nor should I care if they find out. Humans don't matter when it comes to my heart. It's Allah that matters: is what I am doing pleasing to Him alone or not?

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**The tribe of Quraish Before**

Trillions of human souls walked this planet, living and dying. They were just shepherds and business men, unlettered, in the desert. His father wasn't there to support him, nor was his mother. Time could easily have forgotten them, like it forgot trillions of others, without even the slightest mention. None of this would have happened if not for one special night in a cave.

**After: Rasool Allah, sal Allahu alayhi wa sallam**

He was the greatest creation of Allah to walk this planet. He spent his life inviting human souls to turn with their heart back to Allah. His name continues to be mentioned in the heavens and earth. No messenger of God will have more followers than him on the day of Repayment. All because of his focus on his mission to purify himself and to guide others to purify themselves.

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Look up

**A Reminder.** Reminders nourish the believers heart and soul

When it comes to the materialistic world, one should look to those who have less than them in order to be thankful to Allah for what he has given us. However, when it comes to that which is with Allah, one MUST look to those who were higher so that they can strive to attain it. As a sage said, "Always look to the stars! For you may never reach their lofty status, but in the darkness of the ocean, those stars will guide your way home!"

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

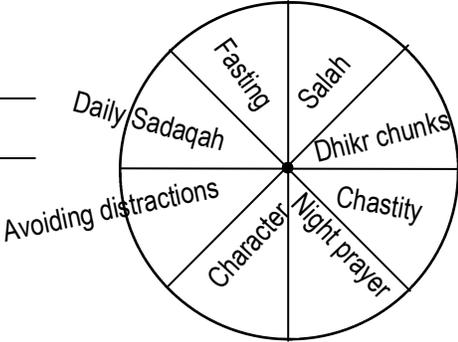
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Khadijah bint Khowaylid Before	After: Umm AIMu'mineen
<p>In Makkah, she was one of the wealthiest in business, sending out caravans and hiring men to manage the sales. Twice married, many had asked for her hand in marriage. She had all the qualities one would hope for in a spouse. She would turn down the requests, until the day she met a man whose nobility and trustworthiness was known to all. She asked to marry him. He accepted.</p>	<p>She became the wife of Rasul Allah, sal Allahu alayhi wa sallam. On the night he met Jibreel, alayhis salam, she was there wrapping him in blankets and comforting him. She was the first woman to accept Islam. One day, as Angel Jibreel sat with Allah's Messenger, sal Allahu alayhi wa sallam, she came knocking and Jibreel told him to give her the blessed news of a palace in paradise.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

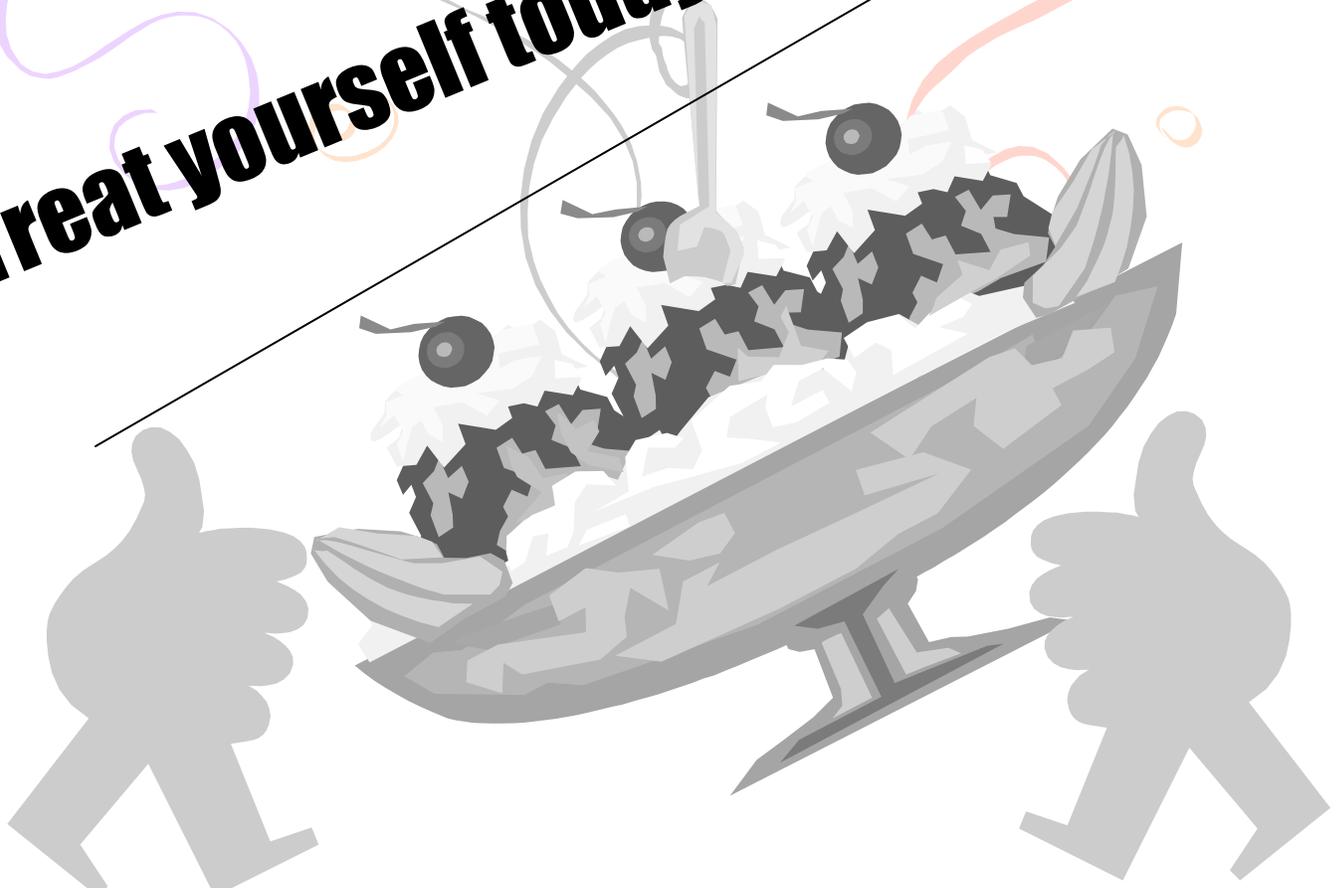
	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)

# Celebrate!

## YOU'RE ALREADY AT IT!

Treat yourself today by...



# Heart Food~ Fasting Makes me Stronger

Day 3

**A Reminder.** Reminders nourish the believers heart and soul

No matter how big our hopes are, we cannot achieve those dreams if we are tired and sapped of energy most of the time. Lack of energy comes from not following the sunnah of Allah's Messenger, sal Allahu alayhi wa sallam, in regards to his eating and sleeping and exercise habits. One of the keys to maintaining spiritual and physical health is through fasting! Enjoy.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above      Research and insert a hadith that speaks about the above

	
-----------------------------------------------------------------------------------	--

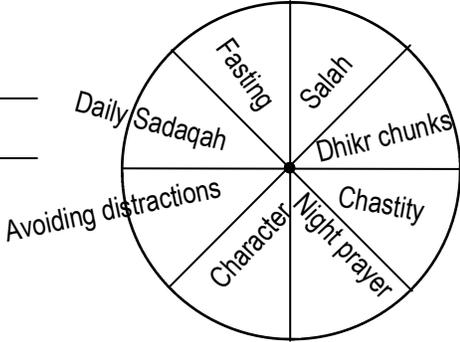
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Abu Bakr Before	After: Khaleefat Rasul Allah
<p>Successful, wealthy, and of high character. Before the revelation began, Abu Bakr was always the close friend of Allah's Messenger, sal Allahu alayhi wa sallam. Many successful and wealthy arabs lived at his time, but Abu Bakr, radi Allahu 'anhu, was destined to become something much more.</p>	<p>The first man to accept Islam. When he heard of the message, he did not ask a single question. He replied by bearing witness that there is no god but Allah, and that Muhammad was his messenger. He was with Rasul Allah, sal Allahu alayhi wa sallam, in the cave during the Hijra. And upon the Prophets' death, sal Allahu alayhi wa sallam, he fought to bring the entire Ummah back to their deen. May Allah be pleased with him.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)

Take a “Day 4” Snapshot of your Heartwheel  
(You can find it at the beginning of your Journal.)



# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)





# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ Hellfire

**A Reminder.** Reminders nourish the believers heart and soul

It is said that a person will do more to avoid pain than achieve pleasure. Let's say you don't 'feel' like working for Jannah. Well then, let's introduce ourselves to Hellfire. There are only two destinations. Everything in life is a gift of Allah, it's not 'ours'. It's a test to see if we will truly be thankful to Allah, by doing what he commanded and staying away from what He forbade. All these commandments are meant to raise us to be humans in the greatest mold. Anything less is subhuman. Paradise or Hellfire? Your choice.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

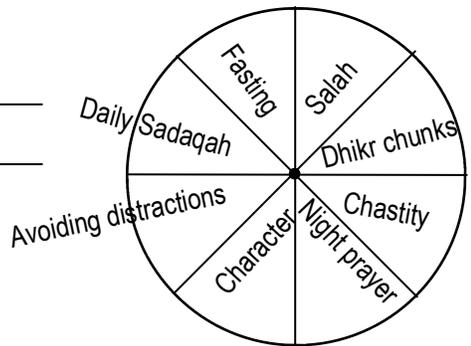
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Aisha bint Abi Bakr Before	After: Umm AIMu'mineen
<p>A young girl growing up in Makkah. Her father was wealthy and successful, but she saw him using all of that for the sake of Islam. On the day of Hijrah, her and her sister and her brother assisted Allah's Messenger, sal Allahu alayhi wa sallam, and their father to escape. She was very young.</p>	<p>She was wed to Allah's Messenger, sal Allahu alayhi wa sallam, and became his most beloved. She studied his home life intimately, and became one of the most learned Muslims and narrators of hadith. There was a time when people in Madinah became suspicious about her, but Allah revealed her innocence from above seven heavens. She was the mother of all believers, radi Allahu 'anha</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ Someone's watching me

Day 7

**A Reminder.** Reminders nourish the believers heart and soul

We tend to not disobey Allah 'until' we think that no one is watching us. If only we knew. The angels of Allah are watching us all the time, writing everything that we do. Our very body parts that we use to obey or disobey are watching us and will testify on the day of Repayment. The earth that we walk on will bear witness to whatever we did on it's back. There is a book that records everything, small or large, that we do; if you read it you would be amazed! And above all, Allah is looking down on us. You're not alone.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

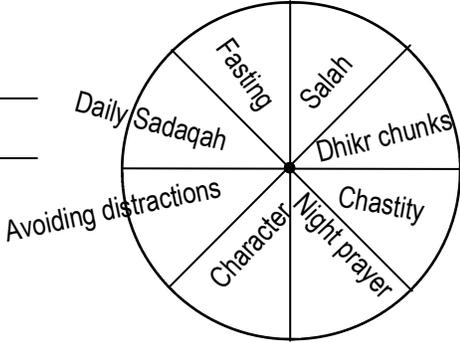
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Uthman ibn Affan Before	After: The source of two lights
<p>Everyone in makkah absolutely adored him. He was successful in business, with the most upright of character. When he became Muslim, there was no one to abuse him because of his noble status in society. But it was his own uncle that took it upon himself to inflict the punishment. Fleeing with his wife, he left his family, wealth and possessions in order to worship Allah in peace in Habasha.</p>	<p>Allah's Messenger, sal Allahu alayhi wa sallam, married him to his daughter. And when she passed away, he married her to his other daughter. With the wealth that Allah granted him, he purchased the well of Roma and prepared the army of alUsrah. In both cases, he was promised paradise in return. One cannot read about sadaqah anywhere without reading about the example of Uthman.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ I'll do it when I feel like it. Not.

**A Reminder.** Reminders nourish the believers heart and soul

Whatever good or bad happens in life, it happens by the will of Allah. We cannot just get up and be guided, Allah ta'ala has to grant us the tawfeeq (favor) for that guidance. When we attempt to come closer to Allah, the doors of guidance are opened and come closer, faster, to us. But we must never forget that it is Allah that allows this. And if this heart we are seeking is in the hands of Allah, then let's take a moment right now and pray that Allah accepts this effort and grants us that nearness to Him, our Creator.

## The book of Allah

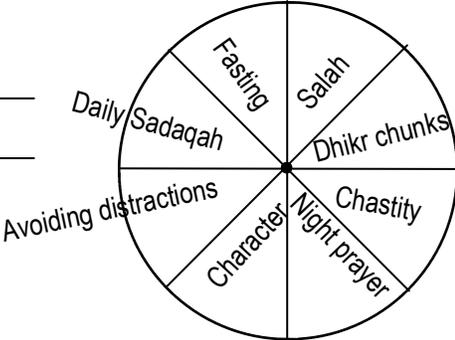
## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Ali ibn Abi Talib Before	After: Ameer ul-Mu'mineen
<p>A very boy in Makkah. The cousin of Allah's Messenger, sal Allahu alayhi wa sallam. Many children lived their lives in play and amusement, but not Ali. He was very close to Allah's Messenger, sal Allahu alayhi wa sallam, and never did bow his head to the idols.</p>	<p>Before age 10, Ali, radi Allahu 'anhu, heard the news that Allah had chosen a Prophet from his family. He was the first amongst the youth to accept Islam. He grew to marry the daughter of Allah's Messenger, sal Allahu alayhi wa sallam, Fatima, radi Allahu 'anha. Later in his life he became the Khaleefah of the Muslimeen. Promised paradise, his leadership was an excmple of pure courage.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

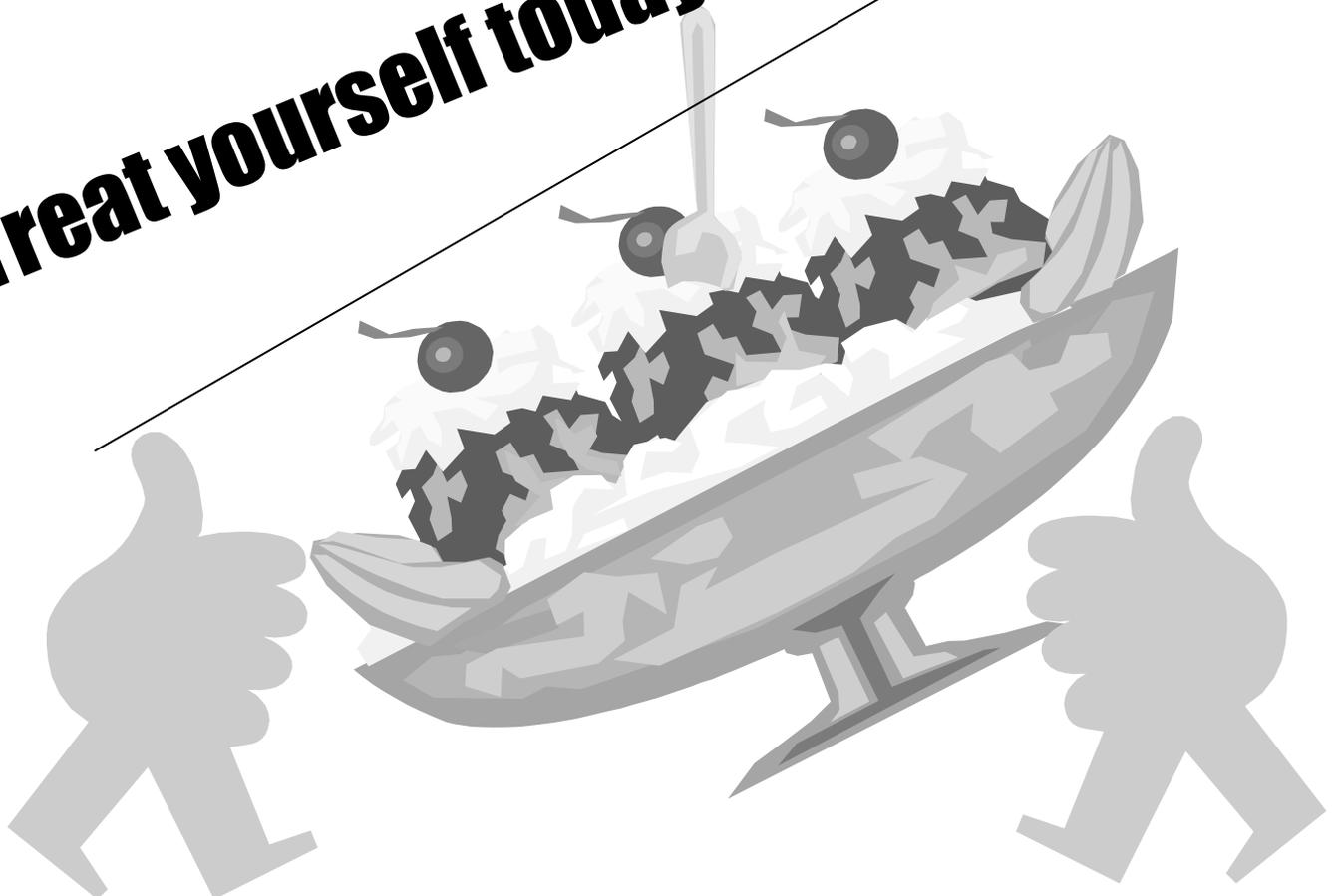
	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)

# Celebrate!

FANTASTIC! IT'S MAY

Treat yourself today by...





# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)

Take a “Day 10” Snapshot of your Heartwheel  
(You can find it at the beginning of your Journal.)

# Heart Food~ To go up, Go down

**A Reminder.** Reminders nourish the believers heart and soul

If anything on earth reaches a state of excellence, it is the promise of Allah that He will bring it back down to earth. Nothing on earth remains in the pinnacle state. And because of that, whenever we get something, when it's our day to 'boast', we should instead humble ourselves to Allah. Imagine what life would be like if we loved each other, thought everyone else was better than us in some way, and truly sincerely sought to treat people good because we truly sincerely hoped for Allah's pardon. Be humble. It feels so good.

## The book of Allah The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

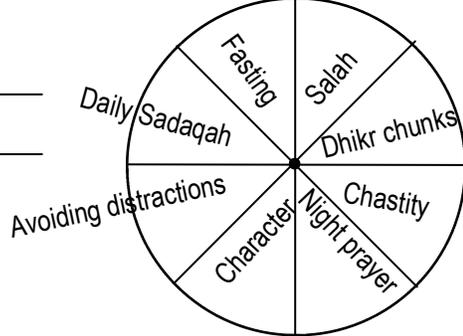
### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

Amr ibn Al'Aas Before	After: Amr ibn Al'Aas
<p>As a chief of Makkah, he stood in the face of anything that the Messenger of Allah, sal Allahu alayhi wa sallam, called to. When the Muslims fled to Habasha, fleeing because of the punishment Quraish inflicted upon them, Amr ibn Al'Aas set out with a delegation to Habasha to bring them back.</p>	<p>Allah guides whomever he wishes. Amr ibn Al'Aas accepted Islam and became one of the guiding light leaders under the guidance of the Khulafaa'. Sent to North Africa, with seemingly small armies, Amr ibn Al'Aas conquered country after country. If you are from North Africa, then this is one of the key men you must thank Allah for. Only Allah knows who shall be guided.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

Complete after Isha, the night before this day, in sha Allah

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

What I did right
1
2
3

Complete after Isha, at the end of this day, in sha Allah

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Keep hope Alive

**A Reminder.** Reminders nourish the believers heart and soul

If you lose hope, you've already lost. The test of life is too hard for us to enter it wishy-washy. Be confident, strong, and determined in seeking Allah's love, in seeking His paradise. This is what HE commands of us. It is not Allah that wishes to see us thrown in to Hellfire. Shaytaan is the one that wishes that end. Allah ta'ala wants for us to be forgiven, wants for us be protected from Hellfire, wants for us to enter His paradise. The question now is: what do we want? And what are we doing about it?

## The book of Allah The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

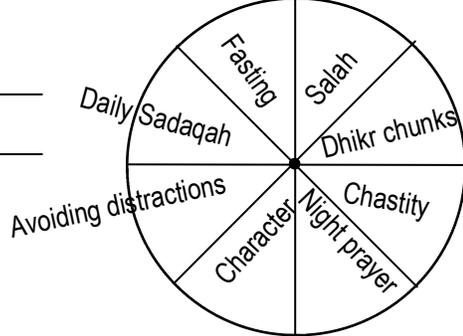
### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

Bilal ibn Abi Rabah Before	After: The Mu'adhhdhin of the Prophet's Masjid
<p>An Abyssinian slave in Makkah. It was a society that paid no moral heed to the slave class. They were bought and sold and bought again. They were not considered to be of higher intellect and had no wealth of their own. And rarely were they able to marry. Bilal was one of them.</p>	<p>After accepting Islam, he was tortured in a way that few people could comprehend how he survived. He only called on one for assistance: Allah. Abu Bakr, radi Allahu 'anhu, freed him and he later migrated to Madinah. In Madinah, he became the Mu'adhhdhin of Allah's Messenger, calling people to prayer five times a day. The Prophet once heard in a dream the footsteps of Bilal in Paradise.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ In God we trust

**A Reminder.** Reminders nourish the believers heart and soul

Do you have full conviction that Allah has the power to guide your heart to achieve it's goal here? If you are feeling a little doubtful, then silence the doubt, raise your hands, and make dua to Allah to grant you the favor of achieving your heart's goal. Trust in Allah, following the footsteps of all the Messengers of Allah, and Allah will be all the strength you need.

## The book of Allah The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above

### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

Sa'd ibn Mu'aadh Before	After: Our Sayyid
<p>He was from the aristocrats of Madinah. A chief, a leader, a noble. When he proposed to a family, they married him. If he requested something, the Madinan community followed. If he dislike something else, everyone held their hands from it. It is power like this that normally blinds a person. But not in this case.</p>	<p>When Mu'adh, radi Allahu 'anhu, came to Madinah to call people to Islam, Sa'd stood in his way. After listening to the blessed da'wah of Mu'adh, Sa'd himself became Muslim and that night not every home in Madinah turned off their candles with the Shahadah in their hearts. He fought alongside the Prophet, sal Allahu alayhi wa sallam, and was killed Shaheed in Madinah.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

Complete after Isha, the night before this day, in sha Allah

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

What I did right
1
2
3

Complete after Isha, at the end of this day, in sha Allah

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)





5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

Complete after Isha, the night before this day, in sha Allah

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

What I did right
1
2
3

Complete after Isha, at the end of this day, in sha Allah

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

Salah	Questions	Plan	Actual
<b>Fajr</b>			
	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		
<b>Bonus: Salat ul Duha</b>			
	How many rakas will you donate to your heart?		
	What time?		
<b>Dhuhr</b>			
	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		
<b>Asr</b>			
	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		
<b>Maghrib</b>			
	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		
<b>Isha</b>			
	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		
<b>Bonus: Qiyam ul-Layl</b>			
	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Skip it!

**A Reminder.** Reminders nourish the believers heart and soul

“Just as I, had I been the one to make the mistake, would wish to be forgiven, I forgive you.” This is one of the most powerful rockets to Jannah. Going to sleep at night without harboring any grudges or grievances against your Muslim brothers and sisters. I forgive you for the sake of Allah. And I pray that Allah will forgive me too. The snack bite doesn't kill, it's the venom that seeps through the blood that kills. Don't let that venom of grievance seep through your blood. Forgive people, for your own happiness is on the line.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**Ikrimah ibn Abi Jahl Before**

**After: AlMuhajir, AlMujahid**

One often hears of what Khalid ibn AlWaleed did in the battle of Uhud. But we do not often hear that it was Ikrimah who equally shared in that turnaround. The son of he who was known as the Fir'own of this Ummah, Ikrimah fought long and hard against the Muslims, many of whom died at his hands. During the conquest of Makkah, the command was given that he was to be executed.

After fleeing Makkah, his wife interceded for him, he came to Allah's Messenger as a Muhajir and a Mujahid. He swore he would spend twice as much in Islam as he did against it, and that he would fight twice as hard. He kept his promise. In the battle of Yarmook, he was one of the top Muslim generals to carry the Muslims to victory. He was killed Shaheed. Only Allah knows who will be guided.

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ The EmanRush zone

**A Reminder.** Reminders nourish the believers heart and soul

Have you ever had a moment when you felt like your faith accelerated? A time when you felt a rush to your mind and heart that caused tears, warm whispers of repentance, hair to stand and an overwhelming urge to prostrate to Allah? How sweet was that? Sweet! That's the EmanRush zone, a zone that you want to return to again and again and again. It's a zone that you'll need to be in when you die. Keep working your heart to put it in the zone, for true happiness in life is found here.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**An-Najaashee Before**

He was the king of Abyssinia. As a Christian, he and his bishops considered Eesa ibn Maryam to be the son of God. Subhanah. The power he possessed would normally blind a person, as it did the king of Persia when he received the invitation of Islam, as well as the king of the Romans. But An-Najaashee was sincere in his belief in Allah.

**After: ArRajol AsSaalih**

When the Muslims migrated to Abyssinia, a delegation from Mak-kah was sent out to hunt them and bring them back. They stood before An-Najaashee and pleaded their case. Upon hearing what they had to say about Easa ibn Maryam, An-Najaashee began to weep. He gave protection to all the Muslims. When he died, Ji-brael brought the news to Allah's Messenger, sal Allahu alayhi wa sallam, and the Sahabah prayed Janazah over his absent body.

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Stress, thy name is Ingratitude

**A Reminder.** Reminders nourish the believers heart and soul

Do you ever get frustrated or stressed? Is it because, perhaps, you are focused on yourself at the moment? Probably. Focusing on oneself = stinginess = frustration = ingratitude to Allah. Instead of focusing on ourselves today, why don't we focus on others? How is their health? How long have 'they' been waiting in line? Maybe their perspective is something valid that I haven't considered before? Whatever it is, stress comes from focusing on ourselves. Happiness, on the other hand, comes from upright righteous character.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

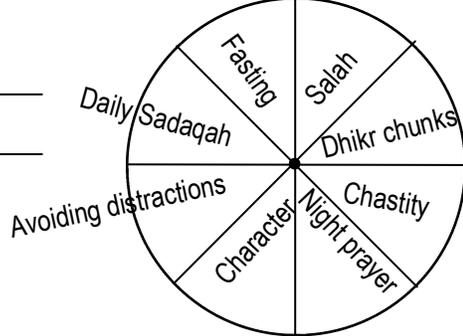
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

(The flip side) Fir'own Before	After: The Drowned
<p>Allah blessed Fir'own with so much. Beauty, unfathomable wealth, and power. With all of that he enslaved the children of Israel, murdered their children, and spread corruption in the land. To him, Allah sent His Messenger Musa, alayhis salam. And after all that he had done, there was always a chance for him to come back to Allah. There was always a chance for the mercy to encompass him.</p>	<p>Fir'own disbelieved Musa and disobeyed Allah. He gathered his court, and shouted to them all, "I am your Lord Most High!" Subhanah. The punishment of Musa and Bani Israel continued, and the punishment of Allah rained down. Finally Fir'own allowed them to leave, but with the intention to slaughter every man, woman and child amongst them. It was there at the sea that Allah snatched Fir'own and punished him for everything.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salatul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ Abundance, thy name is Shukr

**A Reminder.** Reminders nourish the believers heart and soul

Whenever there is a feeling of abundance, it tends to bring out the best in people to share. When one feels like there isn't enough of something, it tends to bring out the miser within. Ask yourself today, hasn't Allah given me total abundance? What can I share today? When the issue of 'sharing' comes up, just like when we were in grade school, when we were told to share, the fear of there not being enough would cause us to hold tightly. Not so with Sadaqah. The more we give, the more we shall receive. That's Allah's promise!

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

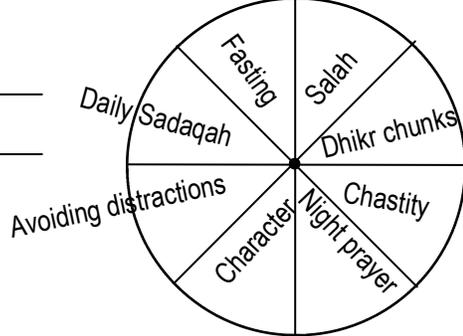
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Aasiyah Before	After: An example for all believers
<p>Most mother's dream of marrying their daughter to someone rich and famous. Aasiyah was given to Fir'own as a wife. She bore no children, and so on the day a little baby boy washed up on her palace shore, she beseeched Fir'own to spare his life. He submitted.</p>	<p>When the message of Musa, alayhis salam, was revealed she believed in Allah in the palace of a man who claimed that he was 'the' Lord, most High. For what she believed in, she was tortured until death . She had no one to turn to, except Allah! And so she prayed, "My Lord, build a home for me beside you in Paradise. And save me from Fir'own and his deeds, and save me from the tyrants."</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

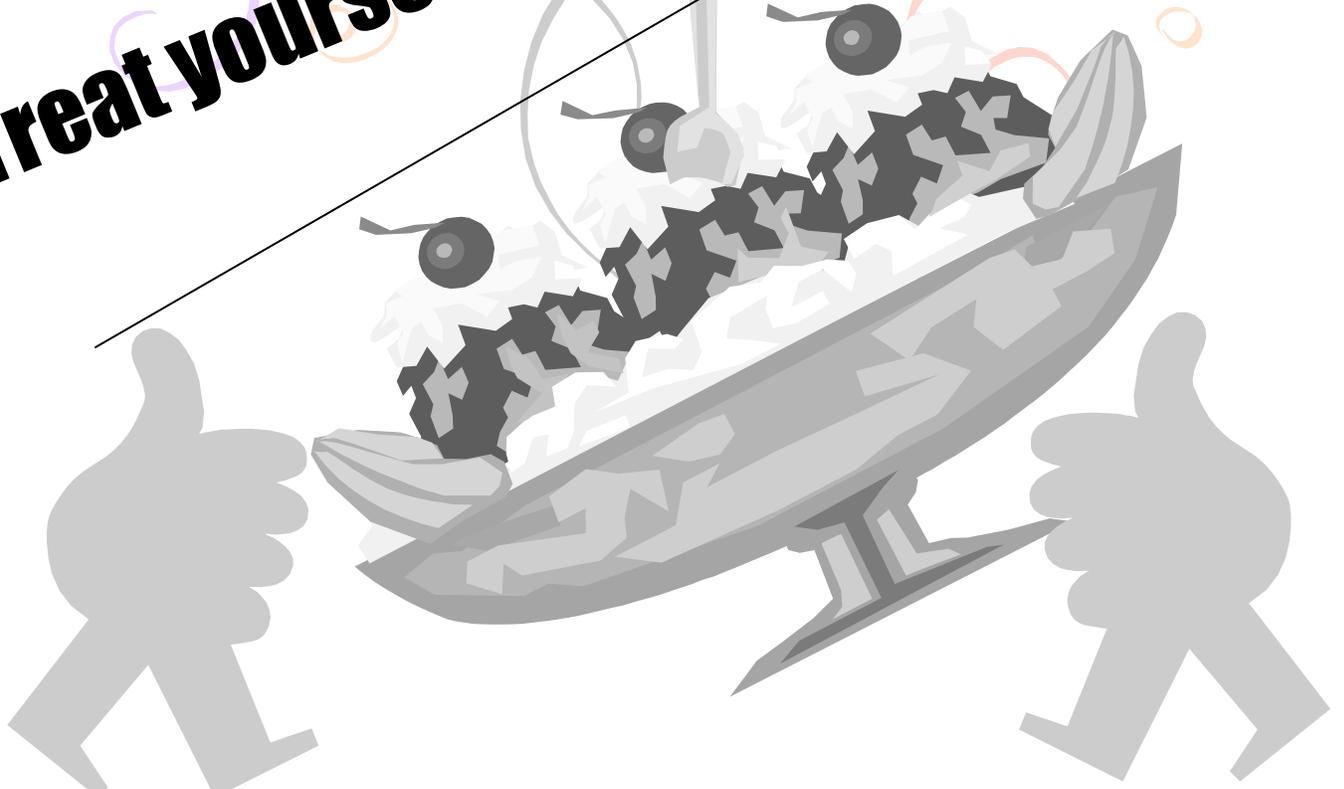
	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)

# Celebrate!

## SIMPLY MARVELLUS!

Treat yourself today by...



# Heart Food~ Fear of Allah's Anger

**A Reminder.** Reminders nourish the believers heart and soul

Just as Allah is the most Merciful, He is also the most severe in punishment. This is not something that people like to focus on, but in order for a person to be saved, the hope in Allah's Mercy must go hand and hand with massive fear of Allah's punishment. How many nations before us were destroyed by that which their own hands reaped? How many arrogant tyrants had their thrones taken away from them because of their decision to turn their backs on Allah? It's not a question of, "Can Allah do it?" He already has.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**Suhayb Ar-Roomi Before**

His father was governed one of the townships for the Persians. One frightful day, his tribe was attacked by the Romans. Most were killed. The rest sold into slavery. Suhayb was amongst the slaves. Sold in Constantinople, he intimately witnessed the injustice and corruption of the disbelieving society. Later in life he found his way to Makkah where he became very wealthy and successful.

**After: Suhayb Ar-Roomi**

He was one of the first people to believe in the Messenger of Allah, sal Allahu alayhi wa sallam. When permission to migrate to Madinah was given, Suhayb was followed by a band from Quraish. "You came to us with nothing and we made you rich, do you think we will let you take this wealth from us?" they said. He replied, "If I tell you where the wealth is, will you allow me to continue my Hijrah?" He gave them the location and entered Madinah with nothing. He got the better of the deal!

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)

Take a “Day 19” Snapshot of your Heartwheel  
(you can find it at the beginning of your journal)

# Heart Food~ Important, but not 'urgent'

**A Reminder.** Reminders nourish the believers heart and soul

Our lives boil down to how we spend our days, hours, and minutes. If we spend most of our time sleeping, eating, or entertaining ourselves, then a life without fulfillment is the only result. The key is to focus on the important things in life, those things that other people may not consider so 'urgent'. Almost everything in the heart wheel is important, but unfortunately for many people, it's not an urgent matter. Pump up your heart by avoiding distractions, and focus on what is truly important.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

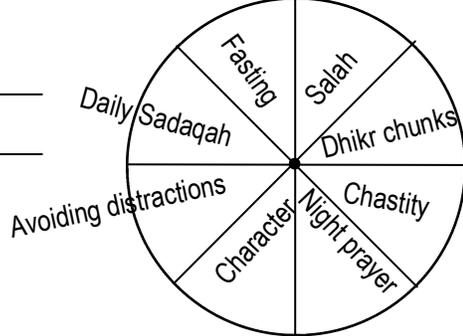
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Adiyy ibn Haatim Before	After: Adiyy ibn Haatim
<p>He was Christian and in his own words no one hated Allah's Messenger, sal Allahu alayhi wa sallam, more than him. It is Allah who guides the hearts. He was an Arab chief, son of the famous Haatim At-Taa'i. His sister was captured in a battle and then subsequently freed by Allah's Messenger, sal Allahu alayhi wa sallam. She met up with her brother and insisted that he join the Muslims.</p>	<p>He set out to meet with Allah's Messenger, sal Allahu alayhi wa sallam. He saw the weak of society speaking to him and he witnessed the simplicity of his life, sal Allahu alayhi wa sallam. He knew this was no king. The Prophet promised him that a time would come when the treasures of Persia would belong to the Muslims. Adiyy became Muslim, and he lived the conquest of Persia.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Fard for our Own Good

**A Reminder.** Reminders nourish the believers heart and soul

There are steps one must take in order to be successful in this life and the next. One of the fundamental flaws in self-help books is that there is nothing in it that is Fard. Sure, the authors 'encourage' actions, but there is no Lord to direct those souls. Not so in our Deen. When Allah commands us to pray five times a day, anchoring our hours to Him, making it Fard upon us for our own good, He is training us to live the 'good' life (and life hereafter). Allah is pure and only accepts those people who have purified themselves.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

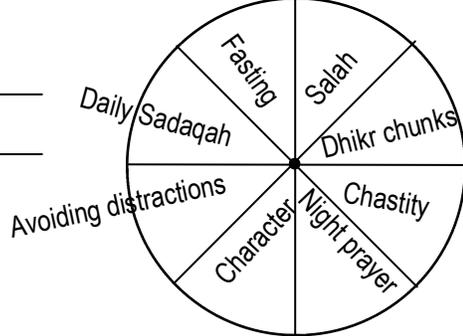
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

Asmaa' bint Abi Bakr Before	After: Dhat-un-Nitaaqayn
<p>She was the daughter of Allah's Messenger, sal Allahu alayhi wa sallam, best friend. She was the older sister of Aisha who would later become Umm AlMu'mineen. She was a young girl in Makkah and was one of the first people to follow Allah's Messenger, sal Allahu alayhi wa sallam.</p>	<p>During the Hijrah, she was honored for her assistance of Allah's Messenger and her father. She was married to AzZubayr, radi Allahu 'anhu, the Hawaree of Allah's Messenger, sal Allahu alayhi wa sallam. Her son, Abdullah ibn Zubair, was—the Khaleefah of the Muslims for a short period of time. She was a blessed mother, with the most noblest characteristics of patience and strength.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ Direct connect

**A Reminder.** Reminders nourish the believers heart and soul

Almost everywhere one goes these days, there is some sort of attack on the souls chastity. It might be a lewd magazine at the market, or not averting one's gaze in public or it might be an internet banner ad. One must be extra vigilant to protect their heart. Cupid is not a chubby angel that strikes the hearts of men. That is the Shaytaan. Our glances are direct connections to our heart. Avert the glance, and you've just supported a tree of Eman in your heart. Indulge the glance, and you are speared by Iblees. Our choice.

## The book of Allah The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above

### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

An-No'man ibn AlMuqarrin Before	After: An-No'man ibn AlMuqarrin
<p>He was from the tribe of Muzaynah. The Arabs had begun to enter into Islam and An-No'man was distressed why his tribe was delaying joining the Messenger of Allah, sal Allahu alayhi wa sallam. So, having made up his mind, he and his 10 brothers and 400 horsemen from his tribe all traveled together to Madinah to pledge allegiance to the Messenger of Allah, sal Allahu alayhi wa sallam.</p>	<p>After the death of the Prophet, sal Allahu alayhi wa sallam, An-No'man became one of the main Muslim generals. In the battles against Persia, when Umer, radi Allahu 'anhu, heard of the battle swelling in Nahawand, he chose An-No'man to lead the Mulims. That day, An-No'man said, "O Allah grant nobility to your Deen and assist your slaves. And make An-No'man the first martyr today in the path of this Deen's nobility and the assistance of your slaves" That day he was martyred.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)





# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)





# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salatul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ It's all about charity

**A Reminder.** Reminders nourish the believers heart and soul

When one thinks 'charity', what automatically comes to the mind is giving money. While money is a fundamental part of charity, it is not the end all. Charity is a much larger term that includes visiting the sick, speaking kind words to people, smiling in people's face, and so much more. For every limb and joint of our body, every day, we must thank Allah. How do we thank Allah? Through the charity of just being outstanding with Allah's creation. And in doing so, we would be winning Allah's love.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



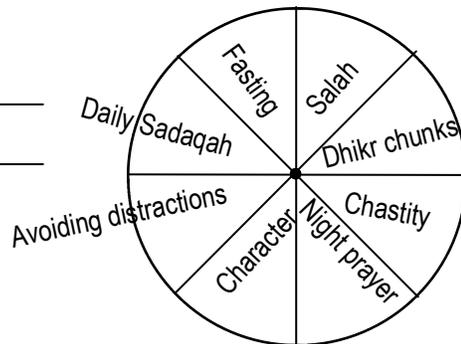
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**Mus'ab ibn Umayr Before**

His family was amongst the affluent of Makkah. Dressed in exquisite clothing, the handsome young Mus'ab was admired by many. The expensive perfumes that he wore would linger in the air after he passed. In the midst of his youth and financial ability, Rasul Allah, sal Allahu alayhi wa sallam, announced that He was a prophet sent from Allah.

**After: Mus'ab AlKhayr**

Infuriated, when his mother heard the news that he became Muslim, she stripped him of everything. Physical torture. After many years of this, he was sent to Yathrib as the "ambassador" of the Prophet, sal Allahu alayhi wa sallam. Most of the Ansar became Muslim at his hands. He was martyred in Uhud, they did not have a garment long enough to cover his entire body. radi Allahu 'anhu

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

Complete after Isha, the night before this day, in sha Allah

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

What I did right
1
2
3

Complete after Isha, at the end of this day, in sha Allah

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ Untouchable

Day 25

**A Reminder.** Reminders nourish the believers heart and soul

There are two weapons, if you use them, no one and nothing can harm your emotions. They are: thankfulness and patience. Patience, true patience, is that time, as soon as the calamity befalls, that someone holds back, and praises Allah. Immediately they are blessed with a calm that carries them through the calamity, a gift from Allah. Not only is that moment blessed, but that which comes after it becomes even more blessed because of the patience. Imagine life as a truly patient servant of Allah.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**Abu Ayyub AIAnsari Before**

**After: Abu Ayyub AIAnsari**

He was blessed with a privilege that many of the Ansar wished they had. When the Prophet, sal Allahu alayhi wa sallam, came to Madinah, he left his camel to stop wherever it wished and there he would stay until his own residence was built. The camel stopped at the home of Abu Ayyub AIAnsari.

Even at the age of 80 years old, Abu Ayyub participated in the conquests at the time of the Khulafaa'. In the battle against Constantinople, Abu Ayyub was critically hit. He said told the others, "I urges you to penetrate deeply into the territory of the enemy as far as you can go, carry me with you and bury me under your feet at the walls of Constantinople." And then he was martyred.

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

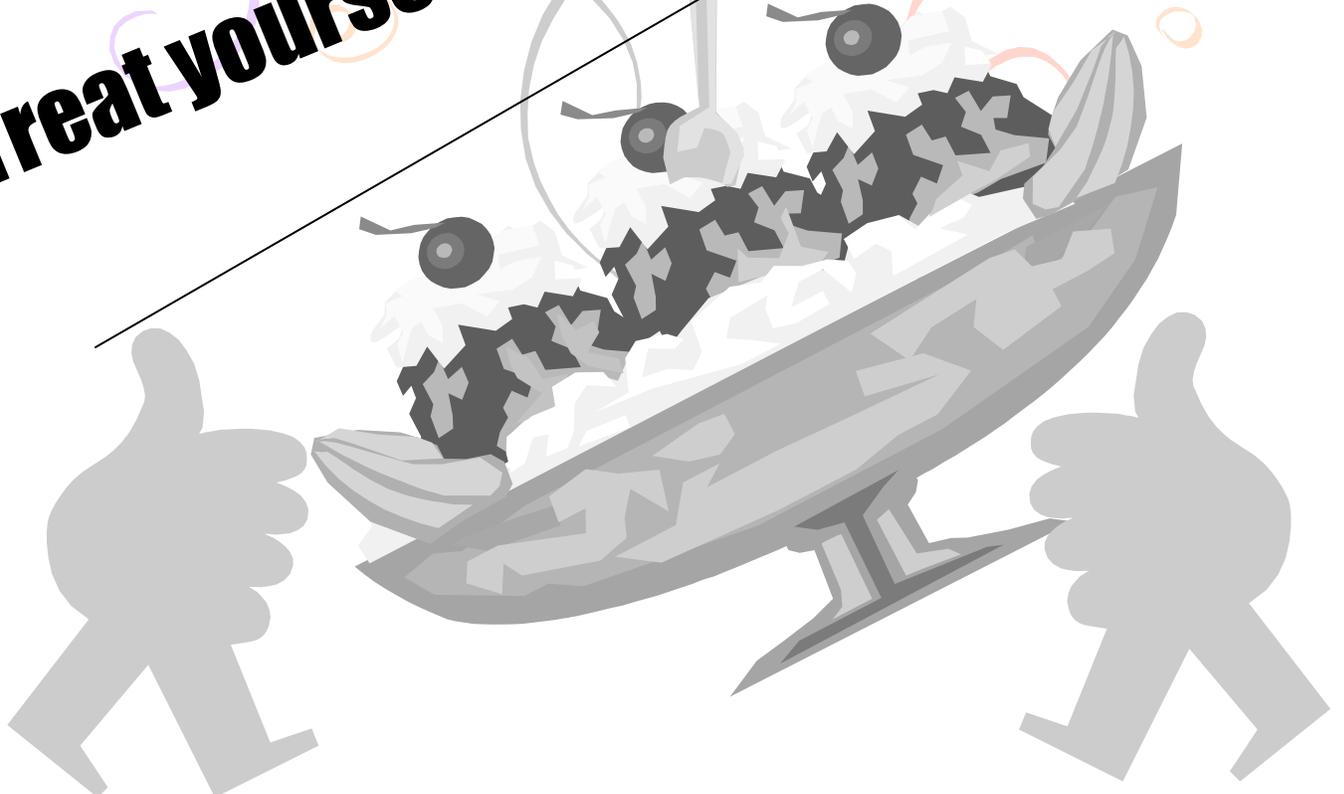
## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)

**Celebrate!**  
**YOU ROCK! IT'S DAY 20**

**Treat yourself today by...**



# Heart Food~ It just keeps getting better

**A Reminder.** Reminders nourish the believers heart and soul

How do you take a good thing and make it better? Answer: by being thankful to Allah for it. Thankfulness is the secret ingredient to happiness on earth and in the hereafter. If you want to enjoy it all, be thankful. Thankfulness isn't only an action of the tongue. Thankfulness is done in action as well: by following the commandments of Allah, desiring nearness to Him, and keeping far away from that which Allah forbade. Kufr, in it's root meaning, means ungratefulness. It's the root of disbelief.

## The book of Allah

## The Words of His Rasool

Research and insert a verse that speaks about the above

Research and insert a hadith that speaks about the above



## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

**Abu Ubaydah ibn AlJarrah Before**

**After: Abu Ubaydah ibn AlJarrah**

He was tall and strikingly handsome. There were few who had the kind of respect and influence in Makkah like him. He was one of the first people to accept the message of Islam at the hands of Abu Bakr. He lived through all the torture and trials of life in Makkah. In Badr, his own father followed him everywhere to kill him. Yet it was Abu Ubaydah who killed his father. The greatest test.

During Uhud, it was Abu Ubaydah who lost his teeth in his attempt to extract the metal that pierced the face of Allah's Messenger, sal Allahu alayhi wa sallam. At the time of the Khulafa, he was the Ameer of the Muslim army in AsShaam. During the plague of Omwas, he was martyred. At the time of Umer's death, radi Allahu 'anhu, he said that had he been alive, he would have appointed Abu Ubaydah to be the next khalifah.

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)

Take a “Day 27” Snapshot of your Heartwheel  
(You can find it at the beginning of your journal.)

# Heart Food~ Peace of Heart

**A Reminder.** Reminders nourish the believers heart and soul

When people attempt to listen to music or watch TV, they are actually searching for one thing: peace of heart. The music makes them sad, the TV scares and manipulates them. True peace of heart is found in a beautiful book sitting there on your shelf: the Qur'an. In it is the stories of perished nations and prophecy of what is to come in the future. In it is hope for paradise and warning from hellfire. In it is contemplation of the heavens and earth, and all in between. You are looking for peace, right? It's right here.

<h2>The book of Allah</h2>	<h2>The Words of His Rasool</h2>
----------------------------	----------------------------------

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above
	

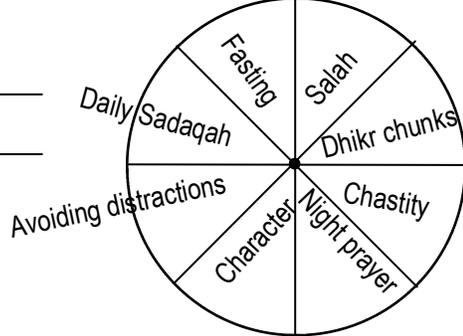
## Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Model Those who were truly successful

<b>Salman AlFaarisi Before</b>	<b>After: Salman AlFaarisi</b>
<p>Born to a fire-worshipping family, he ran away to join the Christians in AshShaam. From Christian mentor to Christian mentor, he served and learned the discipline of praying to God. Finally, the last of his mentors told him of a Prophet to soon come. Salman set out to find this Prophet, but on his way he was sold into slavery. He eventually was sold to someone in Yathrib.</p>	<p>When the Messenger of Allah, sal Allahu alayhi wa sallam, migrated to Madinah, Salman was ready. After seeing the truthfulness, he became Muslim. The Muslims assisted him in freeing him from slavery. When others would show off their lineage, he would say, "Islam is my father! I have no other father!" Known for his knowledge and wisdom, some say it resembled that of Luqman</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

Complete after Isha, the night before this day, in sha Allah

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

What I did right
1
2
3

Complete after Isha, at the end of this day, in sha Allah

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)





# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salatul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartMindJournal.com](http://www.HeartMindJournal.com)



# Heart Food~ forgive me after all

**A Reminder.** Reminders nourish the believers heart and soul

When some think of forgiveness, they think that it must come 'after' sin. Not so. The best time, actually, to ask for forgiveness is after a noble deed. Perhaps there were shortcomings in the deed. Perhaps there was an intention that was not purely for Allah. Seal the deed by beseeching Allah's forgiveness. This is what Allah's Messenger, sal Allahu alayhi wa sallam, did on the day he conquered Makkah. How far You are, O Allah, from imperfection; we did not worship You in a way befitting of your Majesty. Forgive us.

## The book of Allah The Words of His Rasool

Research and insert a verse that speaks about the above	Research and insert a hadith that speaks about the above

### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

AbdurRahman ibn 'Owf Before	AbdurRahman ibn 'Owf After
<p>He was promised Jannah during his life. He became Muslim on 2 days after Abu Bakr, radi Allahu 'anhum. It was the Prophet, sal Allahu alayhi wa sallam, who changed his name to AbdurRahman. He was tortured physically in Makkah and, because of that, was amongst the companions who fled to Abyssinia to worship Allah in peace.</p>	<p>He returned in time to migrate with the Prophet, sal Allahu alayhi wa sallam, to Madinah. There he was offered half his Ansari brothers wealth, but he chose instead to build his own. His business flourished immensely. He fought in Badr and Uhud, matching both physical and financial. In the battle of Tabuk, he gave everything he owned. After the Prophets death, sal Allahu alayhi wa sallam, he supported the wives of the Prophet financially.</p>

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day \_\_\_\_\_

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salatul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)



# Heart Food~ It has begun

**A Reminder.** Reminders nourish the believers heart and soul

Just when you thought it was over, it's just begun. Worship of Allah does not end after 30 days. The Lord of Ramadan is the Lord of all months. Worship of Allah only ends at death. What awaits after that is the trial: is Allah pleased with me so that I may rejoice like no human has ever rejoiced? Or should I regret like no human has regretted, perhaps Allah is displeased with me? Perhaps my intentions weren't for Him alone? It is with constant fear and hope, fear and hope, that we'll find our way back to Allah! May Allah accept your noble work this month! You did it! Celebrate! This is what life is all about.

## The book of Allah The Words of His Rasool

<p> Research and insert a verse that speaks about the above</p>	<p>Research and insert a hadith that speaks about the above</p>

### Heart workout



Today, circle 3 slices to thrive for today. Then write 2 ways you can come closer to scoring a 10 on these 3 slices

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Model Those who were truly successful

<p><b>Sa'd ibn Abi Waqqas Before</b></p> <p>He was a handsome and strong young man growing up in Makkah. Early twenties. From a rich and aristocrat family, he would spend his time practicing archery. Because of his strength, people used to call him the young lion. He found no worth to the idol worshipping that surrounded him, so on the day that Abu Bakr told him about the message of Islam, he became Muslim.</p>	<p><b>After: Sa'd ibn Abi Waqqas</b></p> <p>He was known as the uncle of the Prophet, sal Allahu alayhi wa sallam. His mother challenged his Islam and—as much as he loved her—he chose Islam over her, even if it meant she would take her life. He participated in Badr; And in Uhud he was one of the few that stood defending the Prophet, sal Allahu alayhi wa sallam. In the battle of AlQadisiyyah, he led the Muslim army to one of the most decisive victories over the 150k Persian army.</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# For believers, men and women, of understanding

Day

5 things that I'm going to do tomorrow, in sha Allah, to *come closer to Allah*

Complete after Isha, the night before this day, in sha Allah

Plan for Tomorrow	Actual
1	
2	
3	
4	
5	

**Sadaqah creates Kawthar!** List 2 ways you are going to do today to support someone else's heart

Plan to support	Actual
1	
2	

**Focusing on what I did right.** Remember, perfection is for Allah alone! Here, list 3 things you did right today.

Complete after Isha, at the end of this day, in sha Allah

What I did right
1
2
3

**Tawbah, quick and often.** What is one thing that you are going to improve even more for tomorrow, in sha Allah.

What I am, in sha Allah, going to do even better tomorrow...
1

What did I learn new today?

---



---



---



---



---

# Salah Daily planner

Day  

<b>Salah</b>	<b>Questions</b>	<b>Plan</b>	<b>Actual</b>
--------------	------------------	-------------	---------------

## Fajr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Bonus: Salat ul Duha

	How many rakas will you donate to your heart?		
	What time?		

## Dhuhr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Asr

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Extra something to increase concentration		

## Maghrib

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Isha

	What time will you get ready for this Salah?		
	Amount of Sunnah before		
	Amount of Sunnah after		
	Extra something to increase concentration		

## Bonus: Qiyam ul-Layl

	How many rakas will you donate to your heart?		
	What time?		

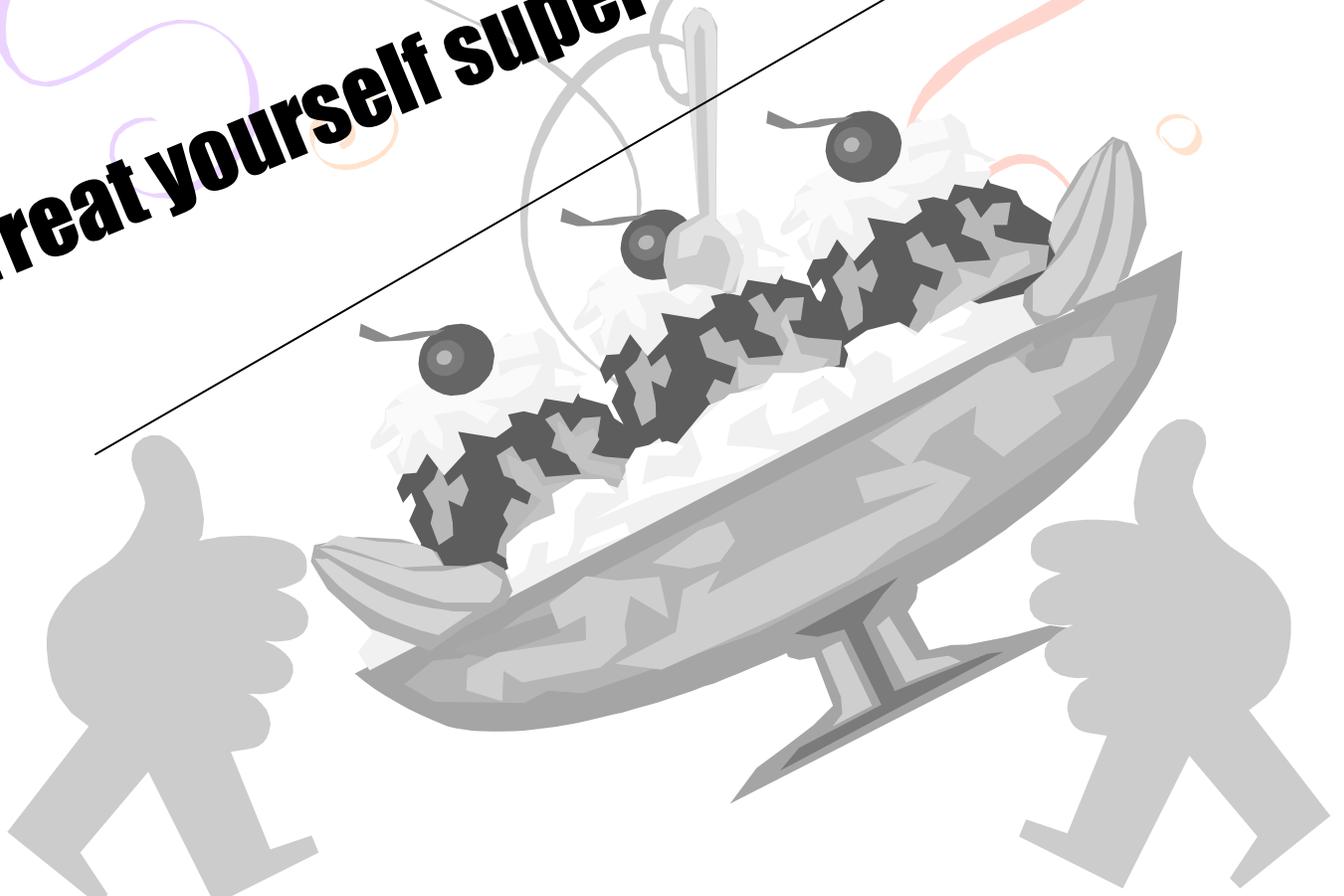
Notes: Make sure to chart your concentration meter at the end of this day! (You'll find it at the back of your journal)  
 There is something waiting for you at... [www.HeartVitalJournal.com](http://www.HeartVitalJournal.com)

# Celebrate!

DID

!!!

Treat yourself super special today by...



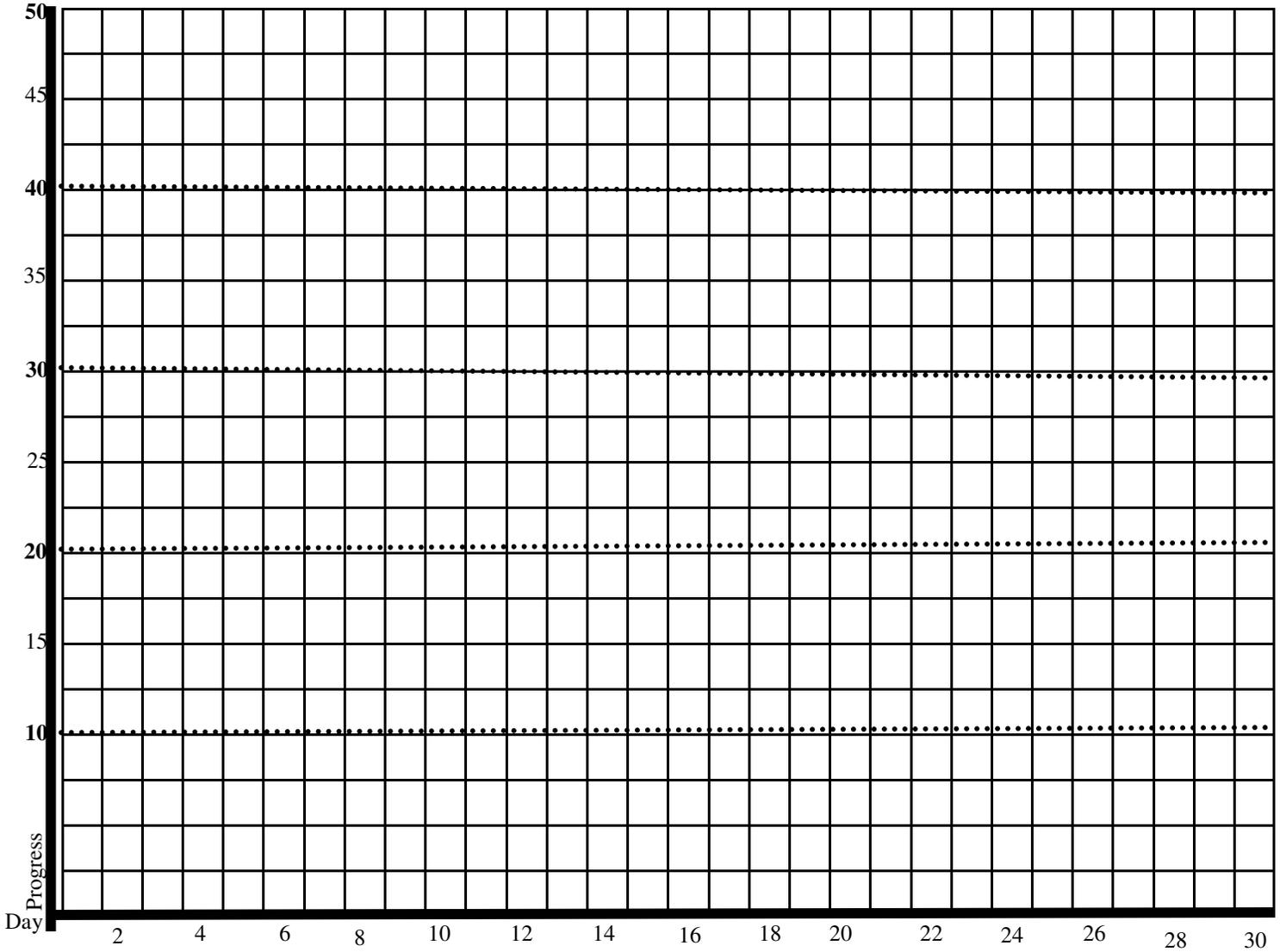
Take an “AFTER” Snapshot of your Heartwheel  
(You can find it at the beginning of your journal)

# SHORTCUTS TO CONCENTRATION

1. Repeat what the mu'adhin says
2. Making dua between adhan and Iqamah
  3. Make fresh wudu for Salah
  4. Using siwak before Salah
  5. Dressing in fine clothes for Salah
  6. Move through Salah with tranquility
  7. Pray as if you will die after this Salah
8. Think about the verses and dhikr you are reciting in Salah
  9. Repeat verses for added contemplation
10. Interact with the verses, paradise: ask for it; and so on.
  11. Memorize and use new passages of Qur'an
  12. Memorize and use new and authentic dhikr in Salah
  13. Pause at the end of each ayah
  14. Recite in a beautiful voice
15. Realize that Allah responds to your recital of Al-Fatiha
  16. Pray near to a sutrah
17. Maintain eyesight on your prostration location
18. Seek refuge and dry spit thrice if you lose concentration
19. Remember how the Prophet used to pray and pray like him
20. Remember: your reward is proportional to your concentration
  21. Make dua in Sujood
  22. Recite dhikr after prayer, patiently
  23. Don't pray with food waiting to be eaten
  24. Don't pray in a sleepy state. Take a nap and then pray.
    25. Don't look around in prayer
    26. Suppress your yawning during prayer
    27. Don't stick to the same prayer place in the Masjid
    28. Focus on each word separately in the Salah's Dhikr
    29. Arrive early for Salah
    30. Pray as soon as the time enters

# SALAH CONCENTRATION PROGRESS

**INSTRUCTIONS** Only Allah knows if I had Khushoo in Salah or not. Instead, what I am measuring here is, how well do I feel I **paid attention** and **focused** on what I was saying and performing in Salah? On a scale of 1 to 50 for the day, how well did I do? Average all my Salah into one, giving special points for: praying on time, praying in the Masjid (for men), paying attention to what I was saying in Salah, making wudu for each Salah, using miswak, and many other virtues connected to Salah. I shade in the cells to represent the mark I gave myself for this day. Then, tomorrow, in sha Allah, I'll try to beat that number. And so on.



## NOTES

## NOTES

