

SELF-CARE CHECK-IN!

S: Spiritual

E: Emotional

M: Mental

P: Physical

G: Gratitude (+ say shukr for 3 things daily)*

MON



S
Learn/Memorize
Quranic verse 27:79
(read below)

TUES

Learn a new dua



WED



Learn/Memorize
Quranic verse 50:16
(read below)

THU



Do one nafilah prayer
that you don't
normally do

FRI

Dua Ahd
<http://ow.ly/16ub50zeqnV>

SAT

Reflect on a habit you
would like to improve on
to get closer to Allah.

SUN



Learn/Memorize
Quranic verse 39:53
(read below)

E
Call _____
&
_____ to
talk and catch up



Remember good
memories
(go through old albums,
photos on your phone,
old clippings ...)



Forgive someone



Reflect on God's
creation
Look at nature (outside
your window, a
picture, on TV ...)

Write a list of positive
traits about yourself

Confide in someone



Do something good for
someone

Read a good article.





Meditate for 10 minutes
before bed

Declutter one cabinet,
closet, or corner of
your home



Take a break from
social media/Whatsapp

Play Sudoku or Tetris!
 
(there's many versions of
the app to choose from)

Increase your
vocabulary!
Learn 5 **New!**
words in any language

Listen to a
motivational
YouTube clip



Try some
meditation/breathing
exercises after fajr



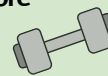
Cook a healthy
homemade meal



Take a walk
outside



Do some physical
activity for 10 minutes
or more



Pamper yourself -
homemade face mask
or groom your beard,
manicure your nails



Find a Youtube
workout video and do it

Drink more water



Declutter your closet
and give some clothing
to charity

Call an elderly figure in
your life and thank them
for their love & support

Make a list of people
you are grateful for

Genuinely compliment
someone

Thank someone who
has taught you
something

Say some gratitude
before you eat your
meal

Look in the mirror and
say to yourself: "I am
happy"

Therefore, put your trust in Allah. Surely you are on the clear truth.(27:79)

We verily created a man and We know what his soul whispereth to him,
and We are nearer to him than his jugular vein. (50:16)

Say, "O My servants who have transgressed against themselves [by
sinning], do not despair of the mercy of Allah . Indeed, Allah forgives all
sins. Indeed, it is He who is the Forgiving, the Merciful." (39:53)

فَتَوَكَّلْ عَلَى اللَّهِ إِنَّكَ عَلَى الْحَقِّ الْمُبِينِ
وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ بِهِ نَفْسُهُ وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ
الْوَرِيدِ

قُلْ يَعْزَابِي الَّذِينَ أَسْرَفُوا عَلَى أَنْفُسِهِمْ لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ إِنَّ اللَّهَ
يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ