### SELF-CARE CHECK-IN!

**Spiritual**

**MON**
- 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/l6ub50zeqN
- Reflect on a habit you would like to improve on to get closer to Allah.

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

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

**Emotional**

**MON**
- Call ______________ & ______________ to talk and catch up

**TUES**
- Read a good article.

**WED**
- Declutter one cabinet, closet, or corner of your home

**THU**
- Play Sudoku or Tetris!

**FRI**
- Increase your vocabulary!
  - Learn 5 new words in any language

**SAT**
- Do something good for someone

**SUN**
- Listen to a motivational YouTube clip

**Mental**

**MON**
- Try some meditation/breathing exercises after fajr

**TUES**
- Cook a healthy homemade meal

**WED**
- Meditate for 10 minutes before bed

**THU**
- Take a walk outside

**FRI**
- Take a break from social media/Whatsapp

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

**SUN**
- Drink more water

**Physical**

**MON**
- Declutter your closet and give some clothing to charity

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

**WED**
- Make a list of people you are grateful for

**THU**
- Genuinely compliment someone

**FRI**
- Thank someone who has taught you something

**SAT**
- Say some gratitude before you eat your meal

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

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

**MON**
- Gratitude

**TUES**
- Gratitude

**WED**
- Gratitude

**THU**
- Gratitude

**FRI**
- Gratitude

**SAT**
- Gratitude

**SUN**
- Gratitude

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**Quranic Verses:**

- **27:79**
  - "Therefore, put your trust in Allah. Surely you are on the clear truth." [الْمُبِينِ الْحَقّ ﺑَ-ul-إِنَّكَ ﻋَلَىَ al-حَقِّ الْمُبِينِ]

- **50:16**
  - "We verily created a man and We know what his soul whispereth to him, and We are nearer to him than his jugular vein." [وَأَنَّا ﺗَأْفِيقُوا عَلَىَ ﺷُكْرٍ ﻲِهُمْ ﻻَ ﺗَقْتَنُؤُوا مَنْ ﺍﻹِنْسَانَ ﻟِلَّهِ يَوْمَئِذٍ ﺟَمِيﻊُهُ ﺗَعْفِرُ ﺍﻟْدِّنَونَ ﺟَمِيﻊًا إِنَّهُ ﺍﻟْمُؤْرِجُ ﺍﻟْمُرْجَمُ]

- **39:53**
  - "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." [قُلْ يَا أَيُّهَا الَّذِينَ اسْتَغْفَرُوا عَلَىَ ﺛُمَّ أَفْرَتَ ﻻَهُمْ ﺍﻹِنْسَانُ ﻣَنْ ﺍﻹِنْسَانُ ﻟَهُ يَوْمَئِذٍ ﺟَمِيﻊُهُ ﺗَعْفِرُ ﺍﻟْدِّنَونَ ﺟَمِيﻊًا إِنَّهُ ﺍﻟْمُؤْرِجُ ﺍﻟْمُرْجَمُ]

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*Designed by My Happy Seeds*