

THE LEGACY JOURNAL

A LIFE WRITTEN FOR ALLAH

BARAKAH & BEYOND

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BARAKAH AND BEYOND CO LTD



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ABOUT BARAKAH AND BEYOND

Barakah and Beyond is a sadaqah project for the ummah created *fi sabilillah* with the intention of helping Muslims live lives rooted in faith, intention, and Allah's barakah.

Our aim is to support individuals and families in returning to what truly matters; anchoring daily life in remembrance, worship, character, and purpose. Through thoughtfully crafted tools and reflections, we hope to gently guide hearts back to Allah while navigating the realities of modern life.

We believe that barakah is the most transformative thing in this dunya. When Allah places barakah in our time, our efforts, and our intentions, ordinary moments become acts of worship and lives are transformed from the inside out. We envision an ummah that lives with awareness of Allah, finds meaning in everyday routines, and approaches life with *ihsan* seeking Allah's pleasure in both the small and significant moments.

All Barakah and Beyond resources are created to be accessible, intentional, and rooted in Islamic values; empowering Muslims to live with purpose, deepen their spirituality and make lasting impact.

WHAT WE DO

- Create and share faith-rooted journals and planners (print and digital)
- Develop practical tools for intentional, barakah-centered living
- Offer free guides, courses, and resources for personal growth
- Share gentle reminders through writing and community spaces
- Support Muslims in aligning daily life with worship and purpose

All Barakah and Beyond resources are gifted freely for personal use as part of a sadaqah project, with the hope that they become a means of benefit in this life and a source of reward in the next.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

DEDICATION

To my beloved sons; **Ayman**, **Nuaym**, and **Muadh**

You are my greatest amanah, and the truest reminder of what legacy really means. Every word of this journal is a prayer for you: that you grow into men of Qur'an and character, that you walk with humility as Ibadur-Rahman, and that your names are called with honor among the righteous.

This journal is a roadmap. A practical guide to building a life that matters; a life that succeeds not only in the dunya, but more importantly, in the akhirah. My role is to be your first guide. I pray this journal becomes your next one. Use it to discover who you are meant to be. Use it to plan, to strive, and to leave a mark on this world that becomes a source of joy when you meet your Lord.

Know that my greatest legacy is not what I leave for you, but what I leave within you: a love for Allah and your deen, an anchor in your identity, and the courage to use your unique gifts in the service of the One who gave them to you. As you write the story of your lives, may you always be guided by the light of iman.

Remember, your names are a promise; a path to live up to the noble companions you were named after: **Ayman**: blessed, steadfast on the right path. **Nuaym**: tranquility and comfort for those around him. **Mu'adh**: a protector, a refuge, and a guardian of truth. Live up to the beauty of your names. Be a blessing. Be a source of peace. Be a protector of what is right.

Use this journal with sincerity. Let it remind you of who you are, and who you strive to become. May its pages carry your hopes, your du'as, and your journey back to Allah. Within these pages, you will always find my voice, my love, and my prayers. Though time may pass, know that this journal will carry a part of me with you, guiding you toward the person Allah created you to be.

My dua will always be with you and may we be reunited at the highest level of Jannah, by the mercy of the Most Merciful.

Ya Allah, make my sons among those You love, and those whom people remember for good. Ya Allah, accept this humble effort, make it a sadaqah jariyah, and write it among the deeds that weigh heavy on the scale on the Day of Judgement. Ameen.

Love,
Mum

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EDITORS NOTE

For as long as I can remember, I have carried a quiet question in my heart: What will my legacy be? What will remain of me when my time here comes to an end? What story will my life tell? And what name will the angels call me by when my soul is returning to its Creator?

These questions have never left me. They return in my prayers, in the stillness of the night, when I meet people, when I look at my childhood pictures, when I look at my reflection in the mirror and in the tender moments I look into the eyes of my children. With every reflection, I feel a deep urgency; not one rooted in fear, but in awareness. An urge to begin. To prepare. To live with intention. To ensure that when I meet my Lord, I carry with me something worthy of His mercy.

I long to use the gifts Allah has placed within me, not to bury them. I long to strive toward the gate of Jannah that feels written for my heart. I long to grow into the qualities of the Ibadur-Rahman and above all, I long to live a life measured not by years or achievements, but by sincerity, service, and Allah's pleasure. Yet, as I searched for a tool to help guide this journey not just for dunya goals, but for akhirah aspirations I found very little that held space for both intention and action, reflection and planning, hope and accountability. And so, this journal was born not as a perfect solution but as a beginning.

The Legacy Journal was created as a companion for those who wish to live deliberately, to build with barakah, and to plant seeds whose reward continues long after we return to Allah. It is not about the world's applause, nor about being seen or remembered. It is about striving quietly, sincerely, and consistently with Allah as the only audience that truly matters.

This journal is a gentle call to live awake.
To align our days with our dua and dreams.
To build a legacy rooted in faith, character, and service.

More than a journal, it is a space to workshop your soul: to pause, reflect, plan, return, and begin again. My hope is that within these pages, you find the clarity to define your path, the courage to walk it with intention, and the reassurance that no effort done for Allah is ever wasted.

May every word you write here be witnessed, accepted, and multiplied and may your life in all its quiet striving, be a life written for Allah.

Hasiya Altiné Nagode

Founder and Editor-in-Chief

Barakah and Beyond Co

Jumada al-Thani 1447/December 2025

INTRODUCTION

Welcome to The Legacy Journal a companion on your journey of living with purpose, intention, and barakah in both dunya and akhirah.

As Muslims, we understand that our time on this earth is limited, yet deeply meaningful. Each moment, each breath, and each choice is a chance to build something that endures beyond us; a legacy that outlives our years and continues to speak on our behalf long after we return to our Creator.

This journal was designed to help you reflect on the person you are becoming, the impact you hope to leave, and the legacy you wish to carry into eternity. It is not about perfection, but about preparation; preparing your heart, your actions, and your intentions so that every step you take brings you closer to Allah and the gates of Jannah you long to enter.

Within these pages, you'll find space to reflect, dream, and plan. You'll explore the qualities Allah loves, the examples of those who came before us, and the unique gifts He has placed within you to serve others. Each exercise and reflection is meant to draw you nearer to Him; to help you live consciously, give sincerely, and leave a mark defined by faith, not fame.

The Legacy Journal is your reminder that true success is not found in how long we live, or how much wealth we amass but in how beautifully we live for Allah's sake. May it inspire you to plant seeds of goodness today, so you may harvest their barakah in the next life.

WHAT IS LEGACY IN ISLAM?

In Islam, legacy is more than what people remember of us: it is what Allah accepts of us. A true legacy is measured not by fame, followers, or fortune, but by sincerity, service, and steadfastness upon truth.

The Prophet ﷺ said: “When a person dies, all their deeds come to an end except three: ongoing charity (sadaqah jariyah), beneficial knowledge, or a righteous child who prays for them.” (Sahih Muslim)

This hadith is the essence of legacy: to plant something that continues to benefit others even after we have gone. Your kindness, your teaching, your generosity, your dua these are all living legacies that echo in eternity.

Legacy in Islam is not about being known by many it is about being known well by Allah and the inhabitants of Heaven.

In the dunya, people often chase legacies that are seen: achievements, wealth, titles, names on walls and history books. However, in the akhirah, the only legacy that matters is what was done for Allah’s sake, with sincerity, and in alignment with His pleasure.

The dunya’s legacy ends with death; the akhirah’s legacy begins from it. One is remembered in conversations and the other is recorded in the book of deeds. Both matter because Islam does not ask us to abandon the world, but to build within it with the akhirah in mind. True success is not the separation of the two, but their harmony. To serve creation while seeking the Creator’s acceptance that is the art of living with barakah.

The Balance Between Impact and Intention

Every action we take sits between two forces: impact and intention.

Impact is what the world sees; intention is what Allah knows. It's possible to have great impact with little reward if the intention isn't pure. It's also possible to have little visible impact with enormous reward if the heart was sincere.

The believer strives for both: to make an impact that benefits others, and to purify the intention so it remains purely *fi sabilillah* (for the sake of Allah).

Ask yourself often:

1. "Am I doing this for Allah, or with Allah in mind?"
2. "Will this act weigh heavy on my scale, or merely impress others?"

When impact and intention meet in harmony, every small deed: a smile, a word, a note in this journal can become a seed of eternal reward.

Gentle Remember:

This journal is not about creating a perfect life story. It's about aligning your story with the One who authored your soul.

As you begin, say Bismillah with conviction. You are not just taking control of your life you are preparing your eternity

Also know this: the outcome of every plan is out of our control. What is within our control is our intention, our effort, and how we choose to show up every single day in pursuit of the goals and aspirations we hold in our hearts. Everyone can dream, everyone can aspire, but nothing unfolds except by Allah's permission.

Our role is to strive with sincerity, to plan with clarity, and to walk our path with humility, trusting the One who guides all paths.

May Allah bless your intention, strengthen your resolve,
and make you among those He referred to when the angels questioned
the creation of a successor on earth, and He replied:
“I know that which you do not know.” (Al-Baqarah 2:30)

Your legacy is not built in a single moment. It is built in the quiet persistence of becoming: becoming the best version of yourself for Allah's sake, and pushing yourself gently but consistently toward that person. A goal remains only a wish until it is written, clarified, and broken into actions you can return to, day after day.

Let these pages help you do just that.vPlan with purpose. Write with honesty. Strive with sincerity and trust that Allah, The Most Knowing,
will shape your efforts into something far more beautiful than anything you could have imagined.

HOW TO USE THIS JOURNAL

This journal is your sacred space, a companion for your reflections, goals, and duas. It is divided into parts that guide you from self-discovery to action, from planning to prayer. Here's how to use it effectively:

Begin with Intention (Niyyah)

Before writing, pause. Raise your palms high and make dua that Allah guides you and makes this act one of sincerity and acceptance.

Reflect Deeply

Every prompt is an invitation to slow down and think. Don't rush your answers. Let your heart speak before your pen moves.

Set Goals with Barakah

As you plan your legacy, remember that success lies in consistency, not perfection. Choose small, meaningful actions and commit to them.

Revisit Regularly

This journal isn't meant to be filled in one sitting. Return to it in different seasons of your life. You'll find that your answers evolve as you do.

Pair It with Dua

Every page you fill is a conversation with yourself and with Allah. End each section with a prayer, asking Him to bless your effort and accept your striving.

PLANTING THE SEEDS OF WHO YOU WILL BECOME

Before a tree rises, it begins as a seed: small, quiet, unseen.

Before a believer flourishes, their journey begins in the heart, with intention, sincerity, and a turning back to Allah.

This chapter is the “soil” of your legacy. It is where you plant the seeds of who you hope to become: your values, your intentions, your sincerity, and the quiet commitments that no one sees except the One who nourishes every seed.

This part of the journey is inward. It is quiet. It is tender work. Here, you are not being asked to do anything extraordinary. You are only being asked to start: to name your intentions, to return to sincerity, to anchor yourself in the fertile soil of faith so that everything that grows from this point carries barakah.

Every action you take, every dream you hold, and every habit you cultivate is a seed. Some seeds grow quickly, others take years, and some only bloom in the next life. But when planted with ikhlas (sincerity) and watered with consistency, Allah guarantees you will grow.

Why Every Muslim Should Think About Legacy

A seed cannot grow in hard, barren ground. Likewise a legacy cannot flourish in a heart disconnected from intention.

Thinking about your legacy is not pride it is worship. It is acknowledging that Allah placed you on this earth with purpose, and that your time here is an opportunity to plant something beautiful for the Day you meet Him.

When you reflect on your legacy, you are not being self-centered. You are being conscious of the meeting you will have with Allah.

When you ask yourself:

- “What will my life testify to?”
- “What kind of person do I want to become?”
- “What impact do I hope to leave behind?”

...you are softening the soil of your heart and preparing it for growth.

You are shifting from living by accident to living by intention.

Thinking about legacy helps you:

- Guard your time
- Evaluate your priorities
- Live with clarity
- Choose what matters
- Release what does not and align every step with Allah’s pleasure

Gentle Remember:

Time is a seed you cannot replant once it is gone.
Impact is not measured by size, but by sincerity.
The akhirah is shaped by the choices we make today.

Your intentions are the roots.
Your actions are the branches.
Your legacy is the fruit.

“that man will only
have what he has
worked towards;
that his labour will
be seen and that in
the end he will be
repaid in full for it.”

Al Qur'an, (53: 39-40)

The Role of Ikhlas in Legacy Work

The Seed Only Allah Can See

Ikhlas is the hidden seed that transforms ordinary acts into extraordinary rewards.

It is the difference between a deed that blooms and a deed that withers. Ikhlas is working for a harvest you may never witness in this life.

Sincerity means:

- Doing something quietly and with humility, knowing Allah sees it clearly.
- Giving what you can, trusting Allah to multiply it.
- Doing it solely for the sake of Allah and trusting Allah to bring forth the harvest.
- Being content if no one else ever sees your work.

Ikhlas is not perfection.

It is not the absence of fear, or doubt, or struggle.

It is choosing Allah again and again

even when no one sees you,

even when your efforts feel small,

even when your growth feels slow.

Without sincerity, even the largest deeds crumble.

With sincerity, even an atom's weight becomes heavy on the scale.

Sincerity is the heart of your legacy. Your legacy is not what people see above the soil. It is what Allah sees beneath it. Only He knows the intentions that nurtured every act, and only He can make your seeds grow into something everlasting.

Preparing the Soil of the Heart

Before You Grow, You Must Unclutter

Every garden needs tending.

Every heart needs clearing.

To plant new seeds, you may need to release:

- habits that no longer serve you,
- fears that hold you back,
- expectations that drain you,
- distractions that consume you,
- or old identities that no longer align with who you're becoming.

Ask Allah to soften your heart, to purify your intention, and to allow the seeds you plant to grow with barakah.

This journal is your garden.

Your heart is the soil.

Your intentions are the seeds.

Your sincerity is the sunlight.

And Allah is the One who nurtures all growth.

Now, take a deep breath.

You don't have to rush. These questions are not a test they're an invitation.

If you don't know the "perfect" answer, that's okay. Just start with what's true for you right now.

You can come back to these pages again and again as you grow.

What brings you here, right now?

Before you write anything else, pause and ask yourself gently:

“Why did I pick up this journal today? What am I hoping it will help me do or become?”

Now, finish this sentence in your own words:

- *I am using this journal because...*
- *Deep down, what I'm really seeking is...*

Don't overthink it. Let your heart answer before your mind edits.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What kind of person do you hope to become in Allah's sight?

Imagine standing in front of Allah on the Day of Judgment, and He is pleased with you. What kind of person would you have been for that to be true?

Close your eyes for a moment and picture that version of you.

Then write:

- *I hope Allah sees me as someone who...*
- *The qualities I want Him to recognize in me are...*

Try to focus on qualities (sincere, patient, generous, truthful) rather than titles or achievements.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

If your life were a garden...

If your life was a garden Allah entrusted to you, what would you want it to look like?

Gently ask yourself:

- *What kind of “plants” would I want in it? (Mercy, courage, knowledge, service...)*
- *What kind of atmosphere would I want? (Peaceful, beneficial, full of dhikr, welcoming...)*

Now complete:

- In the garden of my life, I want to see...
- People who pass through my “garden” should feel...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Which actions do you want to transform through intention?

Think about the things you already do every day: working, caring for family, cooking, studying, scrolling, resting.

Ask yourself softly:

- *Which of these could become worship if I renew my intention?*

Then write:

- I want to be more intentional about...
- Ya Allah, help me do this for Your sake...

What is weighing on your heart?

Sometimes, the heart can’t receive new seeds because it’s heavy.

Ask yourself gently, without judgment:

- *What fears are holding me back from becoming who I want to be?*
- *What habits or distractions keep pulling me away from Allah?*
- *Is there something I need to let go of to make space for growth?*

Then write:

- Right now, I feel weighed down by...
- With Allah’s help, I want to release...

This doesn’t have to be dramatic. Even small things, like overthinking or procrastination, count.

Where do you feel Allah is nudging you to grow?

Think of recent moments that stirred something in your heart:

- *A reminder that touched you*
- *A verse that kept replaying in your mind*
- *A quality in someone you admired*
- *A situation that made you say, “Something has to change.”*

Then Write:

- Lately, I feel Allah is calling me to grow in...
- A sign I noticed was...
- I don’t fully know how yet, but I want to start by...

What seeds have you already planted?

You are not starting from zero. There is already good in you.

Ask yourself:

- *What good habits, acts, or qualities has Allah already allowed me to plant?*
- *Where have I seen His help in my life before?*

Then write:

- By Allah’s grace, some of the seeds already in my life are...
- I want to water these more by...

What needs nurturing and what needs pruning?

Growth is not just about adding; sometimes it’s about gently cutting back.

Reflect:

- *Which parts of me feel neglected but important? (my salah, Qur’an, health, relationships, etc.)*
- *Which behaviours or patterns are overgrown and choking my growth? (resentment, comparison, laziness, etc.)*

Write:

- I want to nurture these parts of me...
- I need to gently “prune” or reduce...

Remember: this is not about self-criticism. It’s about honest, loving awareness.

One small seed you can plant today

Don't think big. Think consistent.

Ask:

- *What is one small, simple action I can start today something so easy I can't make excuses?*
- *What could I do every day (or every week) that would, over time, change me?*

Now complete:

- The one seed I will plant today is...
- I will water it by... (reminders, routines, time of day, pairing it with another habit)

You don't need to have everything figured out to begin.

**You just need to be willing to plant one sincere seed,
and trust Allah with the garden that will grow from it.**

PREPARING FOR THE GRAVE

One day, every soul will enter a space where no titles, no wealth, no followers, no achievements, and no legacies will matter except the ones rooted in sincerity.

That place is the grave: silent, still, and yet full of truth. But Islam does not teach us to fear this moment blindly. It teaches us to prepare, to live with awareness, to shape our beliefs and choices in a way that the answers are already planted in our hearts long before our bodies return to the earth.

This part of the journal is not meant to frighten you.

It is meant to awaken you to the fact that every choice you make is leading you somewhere and that Allah has already told you exactly what will matter most.

Understanding the Trial of the Grave (Fitnat al-Qabr)

After burial, two angels Munkar and Nakir will appear and question the soul with three foundational questions.

These questions are not meant to test your memory.

They test your lived truth.

- They do not ask what you memorized.
- They ask what you embodied.
- They ask about the roots of your life: your beliefs, identity, and loyalty.

The grave is the beginning of the next chapter, and how you lived this life determines how that chapter unfolds.

Reflect on this gently: **Every day you live is shaping the answers you will give.**

The Three Foundational Questions

1) “Who is your Lord?”

This question is about Tawheed; your relationship with Allah.

Not your knowledge of Him.

Not your ritual.

- But your dependence,
- your devotion,
- your trust,
- your loyalty,
- your love.

If Allah was truly your Rabb in this world. The One you turned to, relied on, feared, hoped in, and loved...your heart will answer effortlessly.

If you lived for people, status, wealth, or desire, your heart will not know what to say.

This journal will help you slowly reorient yourself back to your Rabb gently, sincerely, consistently.

2) “What is your religion?”

This question asks more than “Are you Muslim?”

It asks whether Islam lived in you. Did Islam shape your choices? Did Islam guide your decisions? Was it your identity, or only your label? Did your actions reflect your submission?

You do not need to be perfect to pass this question.

You only need to be sincere in your submission, committed in your striving, and genuine in trying to live the way Allah commands.

3) “Who is your Messenger?”

This question is about love, loyalty, and followership of the Prophet ﷺ.

Did you admire him, or imitate him? Did you know his sunnah, or live it?
Did you send salawat with your tongue, or did you walk in his footsteps with your life?

A heart that loves the Messenger ﷺ will answer with ease.

A heart that lived contrary to his path will struggle.

Preparing for this question means making the Prophet ﷺ your role model in worship, character, mercy, patience, and dealing with others.

Living a Life That Naturally Answers These Questions

These answers cannot be memorized; they must be lived. Here is how you can start anchoring your life to them:

Strengthening “Who is your Lord?”

- Speak to Allah often even in small moments.
- Choose obedience over convenience.
- Let your heart rely on Him more than it relies on people.
- Return to dua as your first response, not your last.
- Practice gratitude intentionally.
- Learning the names of Allah and His attributes.

When your heart knows Allah deeply, your tongue will not hesitate in the grave.

Living “What is your religion?”

- Let Islam be your compass; not culture, not trends.
- Let your salah anchor your day.
- Prioritize halal income, halal relationships, halal habits.
- Be honest, gentle, patient, and fair.
- Let your character reflect your faith.

Islam is not only a belief it is a way of life.

Embodying “Who is your Messenger?”

- Learn one aspect of his sunnah each month.
- Practice the character he emphasized: mercy, humility, truthfulness.
- Send frequent salawat even simple ones.
- Read a seerah book or listen to short series.
- Choose compassion in moments where he would have chosen compassion.

Loving him begins in the heart but ends in action.

God will give
firmness to those
who believe in the
firmly rooted word
(of faith), both in
this world and the
Hereafter, but the
evildoers He leaves
to stray: God does
whatever He will.

Al Qur'an, (14: 27)

Before you write, pause for a moment.

Close your eyes. Take a slow breath in and out.

You're not trying to "pass a test."

You're having an honest conversation with yourself and with Allah.

You don't need to have everything figured out.

Just write what feels true right now. You can always come back and add more later.

Remember your moments with Allah

Think back over the last few weeks or months.

There were moments when your heart felt soft, seen, or comforted by Allah even if only for a second.

Gently ask yourself:

- *When recently did I feel closest to Allah? What was happening?*

Now, finish these lines in your own words:

- A moment I felt Allah was really with me was when...
- In that moment, I felt...

Don't worry if it's something small sometimes the smallest moments reveal the deepest closeness.

Where do you feel distant?

This is not about blaming yourself. It's about understanding your heart so you can care for it.

Ask yourself softly:

- *Where in my life right now do I feel furthest from Allah?*
- *Is it in my salah? My du'ā? My daily choices? My habits?*

Now write:

- I feel distant from Allah when...
- I think one reason for this is...

Just name it. Naming it is the first step towards returning.

[illegible]

One small way to draw closer

Don't aim for something huge. Aim for something honest and doable.

Ask:

- *What is one small, consistent action I can start that would help me remember Allah more?*

Now complete:

- One simple way I can draw closer to Allah this week is...
- I will try to do it at (time of day / after which salah / in which routine)...

[illegible]

How does Islam show up in your everyday life?

Look gently at your routine: your mornings, your work, your evenings, your weekends.

Ask yourself:

- *Where can someone looking at my life see that I am Muslim?*
- *Where might it be harder to tell?*

Write honestly:

- Right now, Islam is visible in my life when I...
- I want Islam to be more visible in my life in...

No judgment just awareness.

This image shows a full page of primary-ruled paper. It features multiple sets of three horizontal dashed lines, which are commonly used in elementary school writing practice to guide letter height and placement. The lines are evenly spaced across the entire page, providing a template for handwriting exercises. There is no text or other markings on the paper.

One area to realign

Think of one part of your life where you feel you could bring more obedience, honesty, or beauty.

Ask:

- *Is there an area of my life that doesn't yet match what I believe? (e.g., how I speak, how I spend money, what I consume online, how I handle anger, how I fulfil my parents/spouse/children's rights etc.)*

Now write:

- An area of my life I want to realign with my deen is...
- A small first step I can take is...

Keep it small. The goal is movement, not perfection.

[illegible]

Your personal “Islam in action” statement

Imagine someone asks you: “*What does Islam look like in your life?*”

How would you love to answer?

Complete this as a vision for yourself:

- I want my Islam to look like this in action: ...

You don't need to be there yet. This is your direction.

[illegible]

Bring one sunnah into your life

You don't need to do everything. Just choose one thing to start with.

Ask:

- *What is one sunnah (habit, character trait, or action) that I can realistically begin to practice more often?*

Write:

- One sunnah I want to bring into my life is...
- I will try to apply it specifically in this part of my life...(e.g., how I greet people, how I eat, how I forgive, how I speak to family, etc.)

[illegible]

If the Prophet ﷺ saw your life

Imagine, just for a moment, that the Prophet ﷺ could see one scene from your life; a snapshot of your day.

Ask yourself gently:

- Which moment or habit of mine would I be proud to show him?
- Which moment or habit would I be shy for him to see?

Write:

- If the Prophet ﷺ saw my life today, I would hope he is pleased with...
- I would feel shy if he saw...
- With Allah's help, I want to change that by...

[illegible]

Dua for Steadfastness in Life, Death & the Grave

Bismillah al-Rahman al-Rahim.

O Allah, O Turner of hearts, keep my heart firm upon Your religion. Plant iman deep in my chest, establish truth upon my tongue, and make my soul find rest only in Your obedience.

O Allah, grant me sincerity in every step, clarity in every intention, and steadfastness in every moment of weakness. Let my life be a testimony of faith, my deeds a reflection of devotion, and my character a mirror of Your beautiful guidance.

O Allah, make my last deeds my best deeds, and make the best day of my life the day I return to You. When the time comes for me to leave this world, take me gently, with a heart softened by Your remembrance and a tongue moist with Your name.

O Allah, grant me ease in the grave, light in the darkness, peace from fear, and comfort from loneliness. When the two angels sit me up and question me, fill my heart with certainty, my tongue with truth, and my soul with tranquility. Let me answer without hesitation: “My Lord is Allah, my religion is Islam, and my Prophet is Muhammad ﷺ.”

O Allah, expand my grave, fill it with light, open for me a door to Jannah, and make it a garden from the gardens of Paradise, not a pit from the pits of Hell. Protect me from the punishment of the grave, the trials of life and death, and the fitnah of Dajjal.

O Allah, make me among those You keep firm in this world and in the Hereafter as You promised in Surah Ibrahim (14:27). Grant me a heart that lives with tawheed, a life adorned with obedience, and an ending upon Your pleasure.

O Allah, let me live as a Muslim, die as a believer, and be resurrected among the righteous.

Amin, amin, amin, ya Rabb al-alamin.

Shahr bin Hawshab said:

“I said to Umm Salamah: ‘O Mother of the Believers! What was the supplication that the Messenger of Allah (ﷺ) said most frequently when he was with you?’ She said: ‘The supplication he said most frequently was: **“O Changer of the hearts, make my heart firm upon Your religion (Yā Muqallibal-qulūb, thabbit qalbī `alā dīnik).”**’ She said: ‘So I said: “O Messenger of Allah, why do you supplicate so frequently: ‘O Changer of the hearts, make my heart firm upon Your religion.’ He said: ‘O Umm Salamah! Verily, there is no human being except that his heart is between Two Fingers of the Fingers of Allah, so whomsoever He wills He makes steadfast, and whomever He wills He causes to deviate.”

Abdullah bin Abbas narrated:

That the Messenger of Allah (ﷺ) used [to teach them this supplication as he used] to teach them a Surat of the Quran: **“O Allah, indeed, I seek refuge in you from the punishment of Hell, and from the punishment of the grave, and I seek refuge in You from the trial of the false Masih, and I seek refuge in You from the trial of living and dying. (Allāhumma innī a`ūdhu bika min `adhābi jahannam, wa min `adhābil-qabr, wa a`ūdhu bika min fitnatil-masīhid-dajjāl, wa a`ūdhu bika min fitnatil-mahyā wal-mamāt)”**

Abdullah narrated that :

The Prophet (ﷺ) used to supplicate: **“O Allah, indeed, I ask You for guidance, piety, chastity, and sufficiency (Allāhumma innī as'alukal-hudā wat-tuqā, wal-`afāfa wal-ghinā).”**

Checklist of Recommended Sunnah Prayers & Acts of Ibadah

To Strengthen Your Heart, Purify Your Soul, and Prepare for the Grave

Use this checklist as a guide, not a burden. Choose one or two prayers to begin with, and build slowly from there. Every sincere raka'ah brings you closer to Allah.

☐ Tahajjud (Qiyam al-layl)

- Prayed after waking in the last third of the night.
- Softens the heart, increases sincerity, brings tranquility, special time duas are answered.
- Those who pray it are given light in their graves.

☐ Witr

- The final prayer of the night.
- The Prophet ﷺ never abandoned it.
- A shield of protection for the believer.

☐ Two Rak'ahs After Wudu

- A simple but powerful sunnah.
- Wipes away sins and strengthens iman.
- Great for beginning your journey of spiritual discipline.

☐ Salat al-Tawbah (Prayer of Repentance)

- Two rak'ahs followed by sincere repentance.
- Purifies the heart

- ☐ Fajr in Congregation (or on time at home)
 - The angels witness it.
 - Strengthens tawheed and brings divine protection

- ☐ Asr on Time
 - Also witnessed by angels.
 - Its consistency is a sign of a sincere heart.

- ☐ Duha Prayer (Forenoon Prayer)
 - Opens doors of barakah and sustenance.
 - A beloved sunnah of the Prophet ﷺ.

- ☐ Two Rak'ahs Before Fajr (Sunnah Mu'akkadah)
 - The Prophet ﷺ said they are better than the world and everything in it.
 - Builds discipline and humility.

- ☐ Regular Recitation of Surah Mulk (Every Night)
 - Protects from the punishment of the grave.
 - Lights the grave for the believer.

- ☐ Ayat al-Kursi After Every Prayer
 - Protection, tranquility, and strength.

- ☐ Morning (Fajr) & Evening (Maghrib) Adhkar
 - Shields the heart.
 - Strengthens iman.
 - Protects from spiritual harm.

CHOOSING YOUR GATE TO JANNAH

Jannah is not a distant dream.

It is a promise.

A home already built for you.

A place where you will be welcomed, honoured, and embraced with the words:

“Enter it in peace. This is the Day of Everlasting Life.”

Surah Qaf 50:34

But Jannah also has gates, and each gate reflects a different kind of believer, a believer who lived their life with intentional excellence in a particular area.

You do not need to be perfect in all eight. You simply need to choose your path and walk it with sincerity.

This section will help you understand each gate, discover which one resonates with your heart, and begin taking small, meaningful steps to become someone who is called through it.

Understanding the Eight Gates of Jannah

The Prophet ﷺ described the gates of Jannah, each representing a spiritual quality or act of worship that the believer excelled in. Not because they were flawless but because Allah made certain deeds easy for their hearts.

1) **Baab al-Salah: The Gate of Prayer**

For those who protected their prayers, prayed on time, and found comfort in salah.

2. **Baab al-Jihad: The Gate of Striving**

For those who sacrificed their life, and strove with their body for Allah's sake.

3. **Baab as-Sadaqah: The Gate of Charity**

For those who gave freely, consistently, and secretly even when giving felt difficult.

4. **Baab ar-Rayyan: The Gate of Fasting**

Reserved only for those who fasted often, including voluntary fasting throughout the year.

5. **Baab al-Hajj: The Gate of Pilgrimage**

For those whose Hajj were sincere and performed with purity of intention.

6. **Baab al-Kazimin al-Ghayz Wal Aafina Anin Naas: The Gate of Patience/Those who Swallowed their Anger and Forgave Others**

For those who restrained anger, forgave, and practiced patience.

7. Baab al-Iman/Baab al-Ayman: The Gate of Faith

For those with strong, steadfast faith in Allah, who lived by His commands and trusted His decisions for them.

8. Baab al-Dhikr: The Gate of Remembrance

For those whose hearts were alive with dhikr who remembered Allah in private and public, in joy and in difficulty.

Walking Toward Your Gate: Ways to Live What You Hope For

1) Baab al-Salah: The Gate of Prayer

For those who protected salah and found comfort in standing before Allah.

Ways to walk toward this gate:

- Guard the five daily prayers, even when rushed or tired
- Pray at the earliest time when possible
- Learn the meanings of al-Fatiha and common short surahs
- Pray sunnah prayers consistently (even one set)
- Pray with khushu even if briefly (and remove all distraction during prayer)
- Pause before salat to reset your heart
- Pray in the masjid when possible
- Create a peaceful prayer space at home
- Make plenty dua during sujood
- Pray when overwhelmed instead of escaping
- Pray gratitude salah when good news comes
- Return to salah immediately after sinning
- Teach someone else how to pray
- Help children or loved ones love salah

2) Baab al-Jihad: The Gate of Striving

For those who stood firm for Allah: defending truth, dignity, faith, and justice, even when it demanded sacrifice.

Jihad, at its core, means to strive with full effort. It includes struggle of the soul, the tongue, the body, and when necessary and lawful the defense of life, land, honour, and faith.

Allah honours those who do not remain neutral in the face of oppression, falsehood, or desecration but who respond with courage, principle, and restraint.

Ways to walk toward this gate:

a). **Striving Against the Self (Jihād an-Nafs)**

- Resisting sins that pull at you repeatedly
- Choosing obedience when it feels heavy
- Remaining steadfast in prayer, modesty, honesty, and discipline
- Continuing to strive even when you feel spiritually tired

b). **Striving With the Tongue (Jihad bil-Lisan)**

- Speaking truth when lies are normalised
- Defending Islam when it is misrepresented
- Responding with dignity when the Prophet ﷺ is slandered
- Educating others with wisdom and evidence
- Refusing to stay silent when silence supports injustice

This includes:

- correcting misinformation
- writing, teaching, sharing truth
- refusing mockery of sacred things

c). **Striving With Wealth (Jihad bil-Mal)**

- Supporting oppressed people financially
- Funding humanitarian relief
- Supporting legal aid, education, and rebuilding efforts
- Giving even when it impacts your comfort

d). Defending the Oppressed & the Right to Live With Dignity

Islam recognises the right and sometimes obligation to defend life, land, and honour when unjustly attacked.

Allah says:

“Permission [to fight back] is hereby granted to those being fought, for they have been wronged. And Allah is truly Most Capable of helping them prevail.
(Qur’an 22:39)

Examples of striving reflected in this gate include:

- Defending one’s land from occupation
- Protecting one’s family from harm
- Standing against ethnic cleansing, apartheid, and forced displacement
- Refusing to accept injustice as “normal”

The steadfastness of oppressed people such as the Palestinians who remain rooted to their land, faith, and dignity despite unimaginable loss reflects a form of jihad marked by:

- resilience
- sacrifice
- faith under fire
- refusal to surrender truth

This is not glorifying violence, but recognising steadfast defense and moral courage in the face of oppression.

e). Defending the Honour of the Prophet ﷺ

Loving the Prophet ﷺ includes:

- defending his honour when he is mocked or misrepresented
- responding with knowledge, patience, and clarity
- embodying his character so the slander collapses on its own

The Prophet ﷺ was defended by:

- character before conflict
- truth before noise
- dignity before rage

f). Striving Through Patience, Loss, and Sacrifice

Some forms of jihad look like:

- burying loved ones while holding onto faith
- raising children under occupation or poverty with iman intact
- choosing righteousness when everything pushes you toward despair
- continuing to say hasbiyallah when the world turns away

These struggles are seen. They are recorded. They are honoured.

g). Refusing Comfort When It Compromises Truth

- Not normalising injustice for convenience
- Not benefiting from systems that oppress others
- Making ethical choices even when costly
- Remaining aligned with Allah even when isolated

Jihad is not chaos. It is not transgression. It is not ego. It is principled striving under divine limits:

- justice without oppression
- courage without cruelty
- firmness without corruption

Those who walk toward this gate do so:

- not for bloodshed
- not for revenge
- but for truth, dignity, and obedience to Allah

3. Baab as-Sadaqah: The Gate of Charity

For those who gave freely, consistently, and secretly even when giving felt difficult.

Ways to walk toward this gate:

- Give small amounts regularly
- Automate charitable giving
- Give anonymously
- Help someone without being asked
- Give food, clothing, or essentials
- Pay someone's bill quietly
- Tip generously
- Sponsor a child, orphan, or student
- Support masjid and community projects
- Share beneficial knowledge
- Give time and attention to the lonely
- Offer skills for free when needed
- Make dua for others
- Feed fasting people
- Forgive debts
- Smile and speak kindly
- Give charity during hardship
- Keep a "charity fund" jar or account

4. Baab ar-Rayyan: The Gate of Fasting

For those who fasted often seeking closeness to Allah.

Ways to walk toward this gate:

- Fast Mondays or Thursdays
- Fast the White Days
- Fast during sacred months
- Use fasting as a reset for the heart, not a punishment for the body

And beyond hunger:

- Fast with your eyes: lower your gaze and turn away from what Allah has made unlawful
- Fast with your ears: avoid gossip, slander, and harmful speech
- Fast with your tongue: speak less, choose kindness, restrain complaints
- Fast with your hands: refrain from harm, aggression, or wrongdoing
- Fast with your heart: release resentment, envy, and ill intentions
- Break fast mindfully
- Make dua at iftar
- Pair fasting with charity
- Fast to soften the heart, not impress others
- Learn the virtues of fasting
- Encourage family or friends gently
- Fast from harmful speech and habits

5. Baab al-Hajj: The Gate of Pilgrimage

For those whose pilgrimage was sincere and transformative.

Ways to walk toward this gate (even before Hajj):

- Make sincere dua to be invited
- Learn the meanings of Hajj rituals
- Save intentionally for pilgrimage
- Practice patience and humility daily
- Live like a traveler lightly attached
- Let go of grudges
- Increase talbiyah-like remembrance
- Make tawbah often
- Read stories of the pilgrims
- Treat daily life as preparation for Ihram
- Serve guests and travelers
- Renew intention to visit Allah's House

6. Baab al-Kazimin al-Ghayz Wal Aafina Anin Naas: The Gate of Patience/Those who Swallowed their Anger and Forgave Others

For those who restrained anger, forgave, and practiced patience.

Ways to walk toward this gate:

- Pause before responding when angry
- Walk away from arguments
- Lower your voice intentionally
- Forgive without apology
- Make dua for those who hurt you
- Choose silence over retaliation
- Reflect before reacting
- Let go of the need to “win”
- Protect your peace without arrogance
- Apologize even when you feel justified
- Remember Allah during anger
- Practice empathy
- Release grudges
- Restrain ego
- Replace resentment with mercy
- Make plenty istighfar

7. Baab al-Iman/Baab al-Ayman: The Gate of Faith

For those with strong, steadfast faith in Allah, who lived by His commands and trusted His decisions for them.

Practical Ways to Walk Toward This Gate

- Learn Allah's Names and Attributes and call upon Him by them
- Study the meanings of the Shahadah and what it demands from the heart
- Read Qur'an with translation and reflection (even a few lines daily)
- Keep company with people who increase your iman
- Protect your heart from constant cynicism, mockery, and spiritual numbness
- Prioritize halal over convenience in money, work, relationships, and lifestyle
- Choose honesty when lying would be easier
- Keep your promises and fulfil trusts (amanah)
- Guard your modesty (in dress, speech, and online presence)
- Make repentance a habit, not an emergency plan
- Tie your camel: plan, work, strive then release the outcome to Allah
- When anxious, say: Hasbiyallahu la ilaha illa Huwa
- When disappointed, remind yourself: Qaddarallahu wa ma sha'a fa'al
- When waiting, treat delays as divine training, not punishment
- When things go well, attribute success to Allah and stay humble
- Respond to hardship with patience and prayer before complaint
- Train yourself to say Alhamdulillah in both ease and difficulty
- Stay consistent in obligations even when your heart feels tired
- Build "faith anchors" for hard days: a dua list, Qur'an playlist, trusted friend, a page of reminders
- Reduce exposure to content that triggers unlawful desires or doubts
- Limit environments that normalize haram or mock deen
- Guard your tongue from constant negativity and backbiting
- Stop bargaining with haram "just this once" it weakens the heart
- Be gentle even when you're powerful
- Be patient even when provoked
- Be grateful even when you feel you deserve more

8. Baab adh-Dhikr: The Gate of Remembrance

For those whose hearts were alive with dhikr who remembered Allah in private and public, in joy and in difficulty.

Practical Ways to Walk Toward This Gate

- Morning and evening adhkar
- Say Astaghfirullāh daily (a “cleansing” habit)
- Send salawat on the Prophet ﷺ consistently
- End your day with gratitude: 3 things + Alhamdulillah with presence
- Dhikr while cooking, cleaning, driving, breastfeeding, walking, waiting
- Replace idle scrolling with whispered remembrance
- Let your tongue stay moist with SubhanAllāh, Alhamdulillah, Allahu Akbar
- Keep a tasbeeh in your bag or pocket
- Turn repetitive tasks into worship: “Ya Allah accept this as service”
- In joy: Alhamdulillah with humility
- In fear: Hasbunallah wa ni‘mal wakil
- In stress: La hawla wa la quwwata illa billah
- In regret: Astaghfirullah wa atubu ilayh
- In sadness: Innallaha ma‘as-sabirin
- In uncertainty: Salat al-Istikharah
- Cry to Allah alone sometimes, even if only a few tears
- Whisper Allah’s Names in sujud
- Make du‘a quietly at night
- Sit in silence for five minutes repeating one Name of Allah slowly
- Listen to Qur’an during morning routines
- Memorize small surahs gradually
- Keep a “one-ayah reflection” habit daily
- Read a page a day even if slowly
- Write one verse that moved you each week
- Place a Qur’an in the room you spend the most time
- Choose a home scent that signals “worship time”
- Keep a “remembrance corner” (prayer mat, Qur’an, journal, tasbeih)

Which Gate Calls to Your Heart?

Take a moment.

Read through the gates slowly.

Don't focus on who you are today focus on who you want to become.

Ask yourself gently:

- Which gate feels like home?
- Which path feels natural to me?
- Which one pulls at something inside my heart?

You may be drawn to more than one that's okay.

But choose the one your heart leans toward most, the one you feel called to nurture intentionally.

This is your personal path to Jannah.

If you are not sure which gate your heart is drawn toward, start with these two: Iman and Dhikr because every other gate grows stronger when the heart is alive.

What moves your heart

Think about acts of worship that touch you deeply.

Ask yourself:

- *Which act of worship gives me peace?*
- *Which one feels natural, even when life is busy?*

Then write:

- I feel closest to Allah when I...

What is your strength?

Every believer has a spiritual strength, even if small.

Ask gently:

- *Which good deed do I find easiest to do?*
- *What act of worship do I rarely struggle with?*

Now write:

- A spiritual strength Allah has placed within me is...

What challenges you in a meaningful way?

Sometimes the gate we are meant for is the one that stretches us.

Ask:

- *Which act of worship challenges me, but also changes me?*

Write:

- I struggle with... but I feel it is important because...

What small action can you begin today?

Big goals begin with small daily steps.

Ask:

- *What is one tiny action I can start doing this week that aligns with my chosen gate?*
- *How can I make it easy, consistent, and sincere?*

Write:

- My first small action will be...
- I will do it by... (time of day / after which prayer / in which routine)

JANNAH GATE ACTION & ACCOUNTABILITY PLAN

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

My Chosen Gate to Jannah

Why I Chose This Gate:

Daily Habits to Support This Gate

Weekly Action:	Why This Helps	Frequency
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☐ Daily ☐ 3x/wk ☐ Weekly

Note: You are not choosing a gate because you are worthy of it, but because Allah allowed you to hope.

End-of-Month Reflection

What went well?

What needs adjusting?

What did Allah teach me this month?

Gentle Remember:

Not everyone will excel in the same way.

Allah opens different doors to different hearts.

What matters is not how big your deeds are, but how sincere, consistent, and quietly beautiful they are.

Choose your path.

Walk it slowly.

Walk it sincerely.

And trust that Allah sees every step.

Uqba b. Amir reported:

We were entrusted with the task of tending the camels. On

my turn when I came back in the evening after grazing them in the pastures, I found Allah's Messenger (ﷺ) stand and address the people. I heard these words of his: **If any Muslim performs ablution well, then stands and prays two rak'ahs setting about them with his heart as well as his face, Paradise would be guaranteed to him.** I

said: What a fine thing is this! And a narrator who was before me said: The first was better than even this. When I cast a glance, I saw that it was 'Umar who said: I see that you have just come and observed: **If anyone amongst you performs the ablution, and then completes the ablution well and then says: I testify that there is no god but Allah and that Muhammad is the servant of Allah and His Messenger, the eight gates of Paradise would be opened for him and he may enter by whichever of them he wishes.**

Sahih Muslim 234a, Book 2, Hadith 20

So let whoever aspires
to this strive diligently.
Al Qur'an, (83:26)

Dua To Be Called From the Gates of Jannah

Bismillah al-Rahman al-Rahim.

O Allah, Most Merciful, Most Generous, Most Wise, I come to You with hope in Your mercy and humility before Your greatness. I know that no deed of mine is sufficient, and no effort of mine is worthy without Your acceptance. Yet You invited Your servants to ask, to hope, and to strive so I turn to You, trusting in Your kindness.

O Allah, guide my heart to the deeds You love most from me. Make easy for me the paths of obedience You have written for my soul. Give me sincerity when I act, steadfastness when I grow tired, and humility when You grant me success.

O Allah, accept my prayer when I stand before You, even when my focus falters and my heart feels heavy. Let my salah be a source of light for me, a comfort in this life, and a reason for me to be called from the Gate of Prayer.

O Allah, accept my striving for Your sake, the battles I fight within myself, the truth I try to uphold, and the firmness I attempt to show when it would be easier to remain silent. Let every struggle endured for You be counted, preserved, and rewarded.

O Allah, accept my charity given openly and in secret, given in ease and in difficulty. Purify it from pride and show, and let it grow until it becomes a means for me to be called from the Gate of Charity.

O Allah, accept my fasting, not only my hunger and thirst, but the fasting of my eyes, my tongue, my heart, and my desires. Let my restraint draw me closer to You, and let me be among those welcomed through the Gate of ar-Rayyan.

O Allah, accept my longing for Your Sacred House, my intention to answer Your call, and my efforts to prepare my heart before my feet ever arrive. If You decree it for me, grant me a hajj that is sincere, accepted, and transformative.

O Allah, accept my patience when I restrain my anger, when I choose forgiveness over retaliation, and when I swallow what my ego wants to release. Make my forbearance beloved to You, and let it be a reason for nearness to Your mercy.

O Allah, strengthen my iman. Make my faith firm in times of ease and unshaken in times of trial. Help me trust Your decree even when I do not understand it, and rely on You fully when the path feels uncertain.

O Allah, make my heart alive with Your remembrance. Let my tongue be moist with dhikr, my heart present with awareness of You, and my life shaped by constant return to You in joy and in hardship, in private and in public.

O Allah, when the Day comes and the gates of Jannah are opened, do not call me by my sins, but by my repentance. Do not call me by my shortcomings, but by what You accepted from me. Do not call me by what I failed to perfect, but by the sincerity with which I kept returning to You.

O Allah, by Your mercy, call me from among the gates of Jannah. Call me not because I claimed worthiness, but because You are the Most Merciful. Not because my deeds were complete, but because Your grace is vast. And if my deeds fall short as I know they will, carry me with Your forgiveness, cover me with Your mercy, and enter me into Jannah by Your favour alone.

Amin, amin, amin, ya Rabb al-alamin.

THE PATH OF THE IBADURRAHMAN

There are many good people in this world.

But Allah, in His mercy, chose to honour a specific group with a special title: **Ibadur-Rahman (The Servants of the Most Merciful)**.

Not just His servants, not just believers, but servants of Ar-Rahman, the One whose mercy encompasses everything.

This title is not random. It is not inherited. It is earned through character, humility, sincerity, and inner beauty.

This chapter will help you understand who these people are, why Allah elevates them, and how you can begin to cultivate their qualities gently, sincerely, and consistently.

You do not need to be perfect to become one of them. You only need to begin.

Who Are the Ibadur-Rahman?

In Surah Al-Furqan (25:63–77), Allah describes the qualities of His most beloved servants.

These qualities are deeply human, they are not out of reach. Anyone can grow into them, regardless of their past or present.

1. They walk on the earth with humility and respond to ignorance with peace.

They move through life with gentleness, no arrogance, no harshness, no superiority. When others are aggressive or rude to them, they don't react emotionally but react with words of peace. They protect their peace, honour, and dignity.

2. They spend their entire nights in prostration or standing (Qiyam) worshipping their Lord.

When the world sleeps, they nourish their souls. Even two rak'ahs count.

3. They ask Allah to protect them from the suffering of Hellfire.

They are conscious, not complacent. They worry about the Hereafter with balanced fear and hope. They understand the penalty is too heavy and they can't bear it. It's a terrible place to be for a little while or for a long time.

4. They are moderate; balanced between spending and saving.

Neither extravagant nor miserly when they spend. Their money is controlled, not controlling them.

5. They don't call on anyone other than Allah, they don't commit murder and they don't commit Zina (adultery/fornication).

They avoid the major sins; Shirk. Murder. Adultery. They honour Allah's boundaries. Those who repent sincerely when they slip, believe, and do good deeds Allah will change the evil deeds of such people into good ones. He is the Most Forgiving, the Most Merciful.

6. They do not witness useless company and when they pass by a useless company they leave it in a dignified way.

They avoid environments that darken the heart. They do not engage in gossip, mockery, or vulgar conversation. They make sure they are never sitting in a gathering of evil or falsehood and if they ever find themselves in such gatherings they find a way to leave it without participating or humiliating the other.

7. People who when they are being reminded of the ayat of their Master, they didn't pass over them mute, deaf and blind.

When reminded, they soften and pay close attention and they do not turn away but instead try to change their ways and be better.

8. They make dua for righteous families and seek to be models for the Righteous

They pray for spouses and children who bring them calm and joy. They ask to be good examples of those are aware of God.

These qualities are not descriptions of perfect people,
they are the qualities of striving people,
people committed to refinement, sincerity, and inner beauty.
This chapter will help you begin cultivating them slowly,
sincerely, and consistently.

DEEP DIVE INTO EACH QUALITY

1. Humility in Walking & Peace in Responding

Ibadur-Rahman move through the world lightly.

They do not make others feel small.

They carry themselves with grace not weakness, but gentleness rooted in dignity.

When confronted with harshness, they do not react from their ego. They respond with words of peace, protecting both their own honor and the emotional climate around them.

Try this:

- Speak more softly today.
- When someone triggers you, pause before responding.
- Whisper in your heart: “I choose peace over ego.”
- Think ‘How will the Prophet ﷺ react in my shoes’?

This is humility in action.

How do you move through the world? Do people feel safe around you?

Humility is quiet dignity.

It is knowing your worth without needing to announce it. You don't need to attend every argument you're invited to.

Small step:

- Slow your responses. Lower your gaze. Listen more.
- When someone frustrates you, pause before you respond.
- Say softly: "Peace/Salam."

Take a moment to remember a recent interaction where someone was rude, dismissive, or difficult.

Ask yourself gently:

- *How did I respond?*
- *Did I choose ego or peace?*
- *What would humility have looked like in that moment?*

Now write:

- A situation where I want to respond more gently next time is...
- To cultivate humility, I will practice... (e.g., pausing before I speak, lowering my voice, letting go of the need to be right).

DEEP DIVE INTO EACH QUALITY

2. Night Worship (Qiyam)

Whether it is two rak'ahs before bed or an entire night of prayer,

Ibadur-Rahman feed their souls when the world sleeps.

They stand, they bow, they weep, they seek forgiveness.

Qiyam is not about quantity; it is about returning to Allah when no one is watching.

Try this:

- Choose one night a week to pray 2 rak'ahs before bed or in the last third of the night and slowly build up on that number consistently.
- Keep it simple. Keep it sincere.
- Ask Allah privately for what your heart longs for.

Even a small act done consistently builds spiritual strength.

Think carefully about your nights.

- *When does my heart feel pulled toward Allah?*
- *What stops me from praying even two rak'abs?*
- *What small, consistent act can I commit to?*

Write:

- A realistic night worship goal for me is...
- I can make Qiyam easier by... (e.g., sleeping earlier, praying before bed, setting a gentle reminder).

DEEP DIVE INTO EACH QUALITY

3. Asking Allah for Protection From Hellfire

They are not complacent about the Hereafter.

Their fear is not paralyzing it is awakening.

They make dua regularly to be saved from the punishment of Hellfire.

This fear is healthy.

It keeps the heart humble, sincere, and obedient.

Try this:

Make this dua once a day:

Rabbana atina fid dunya hasanah wa fil akhirati hasanah waqina azabannar

“Our Lord, grant us goodness in this world and goodness in the hereafter, and protect us from the punishment of the Fire”

Let it settle your heart and reorder your priorities.

Reflect deeply:

- *Do I often think about the Hereafter?*
- *What actions in my life bring me closer to Allah?*
- *What actions distance me?*

Write:

- One habit I want to change because it harms my Akhirah is...
- One dua I will commit to daily for protection is...

End by writing a personal dua:

“Ya Allah, protect me from anything that distances me from You.”

DEEP DIVE INTO EACH QUALITY

4. Moderation in Spending

They do not overspend out of desire or under-spend out of fear.

They treat money as a tool, not an identity.

They avoid extravagance, wastefulness, greed, and stinginess.

Their spending reflects their gratitude and their restraint.

Try this:

- *Identify one area where you overspend unnecessarily or to reduce waste in.*
- *Identify one area where giving a little more would purify your heart.*

Aim for balance. Islam is a middle path.

Look at your spending with gentleness, not judgment.

Ask:

- *Where do I overspend to comfort myself?*
- *Where am I too frugal out of fear?*
- *What does a balanced relationship with money look like for me?*

Write:

- One area I want to spend more consciously in is...
- One small financial habit I will practice this month is... (e.g., weekly sadaqah, creating a spending limit, tracking expenses).

DEEP DIVE INTO EACH QUALITY

5. Avoiding Major Sins and Returning After Slip-Ups

They protect themselves from the three greatest spiritual destructions: shirk, murder, and zina.

But Allah emphasizes their redemption story: those who sincerely repent, believe, and do good deeds will have their sins transformed into good ones.

This is one of the most hopeful verses in the Qur'an.

Try this:

- *Identify one sin or weakness you want to turn away from and place a firm boundary around it.*
- *Make a quiet, sincere repentance.*
- *Replace it with one good deed.*
- *Make istighfar daily (100x)*

You are never too far gone. Allah is always near.

Sit and reflect sincerely.

- *What sin, weakness, or pattern weighs on my heart?*
- *What harm does it bring to my life or relationship with Allah?*
- *What mercy has Allah already shown me despite it?*

Write:

- A slip I want to sincerely repent from is...
- My first step toward leaving this sin is...
- A good deed I will replace it with is...

End with:

“Ya Allah, transform my sins into good deeds as You promised.”

[illegible]

DEEP DIVE INTO EACH QUALITY

6. Avoiding Useless or Harmful Company

Ibadur-Rahman protect their hearts by protecting their environments.

They are mindful of the gatherings they attend, the conversations they join, and the atmosphere they expose their souls to.

When they find themselves in harmful company; gossip, mocking, vulgarity, they exit with dignity, without causing harm.

Try this:

- *Reduce one harmful input: music, gossip, toxic media, vulgar content.*
- *Walk away gently from conversations that darken your heart.*
- *Practice changing the subject kindly.*

Your soul becomes what you feed it.

Reflect on your spaces and the people you expose your heart to.

Ask:

- *Who or what drains my imaan?*
- *What environments nourish me?*
- *Which conversations weaken my heart?*

Write:

- One gathering, habit, or account I will distance myself from is...
- One healthier environment I want to seek out is...

DEEP DIVE INTO EACH QUALITY

7. Responding to the Qur'an with Full Submission, Not Resistance

When they hear Allah's words, they do not ignore them.

They do not become numb, blind, or deaf to reminders.

Their hearts soften.

They reflect.

They adjust.

They change.

Try this:

- *Listen to one ayah a day (at the very least).*
- *Ask yourself: "What is Allah telling me here?"*
- *Let it sit in your heart for a moment before moving on.*
- *Find a reciter you enjoy listening to.*

Transformation begins with receptiveness.

Think of the last time a verse or Islamic reminder touched your heart.

Ask:

- *What about it moved me?*
- *Did I act on it?*
- *How can I listen more deeply to the Qur'an?*

Write:

- A verse that recently affected me is...
- What I want to change in my life because of that verse is...

DEEP DIVE INTO EACH QUALITY

8. Making Dua for a Righteous Family & Being Leaders of Goodness

They want righteousness not only for themselves, but for their children, spouses, and community.

They ask for families who bring tranquility, joy, and spiritual growth.

They aspire to be role models not in fame, but in goodness.

Try this:

Make this dua daily and let it shape your home and your character.:

- “Rabbana hablana min azwājīnā wa dhurriyyātīnā qurrata a‘yunin waj‘alnā lil-muttaqīna imāmā.”
- “O our Lord, grant us from our spouses and children the coolness of our eyes, and make us leaders for the righteous.”
- Lead by example in one area of goodness: truthfulness, reliability, or kindness

Reflect on your family and your role within it.

Ask:

- *What kind of spouse, parent, daughter/son, or sibling do I want to be?*
- *What would it mean for me to be a “leader in righteousness”?*
- *What qualities do I want my family to be known for?*

Write:

- My dua for my family today is...
- One trait I want to model for my family is...
- One small action I can take this week to bring tranquility to my home is...

Which trait of Ibadur-Rahman feels closest to who I want to be?

Write:

- The quality I feel most drawn to is...
- It resonates with me because...

Which quality do you struggle with the most?

This is not for shame it's for awareness.

Write:

- One quality I want to strengthen is...
- I struggle with it because...

How would your life change if you embodied these traits?

Write:

- My relationships would change by...
- My inner peace would feel like...
- My connection with Allah would grow by...

Who Inspires you?

Think of someone in your life whose character resembles Ibadur-Rahman.

Write:

- The person who embodies these qualities is...
- I admire them because...
- I want to adopt this one trait of theirs...

Practical Habits to Cultivate Noble Character

- ☐ Speak gently
- ☐ Listen fully before responding
- ☐ Walk away from arguments
- ☐ Give charity secretly
- ☐ Recite and reflect on at least one ayah daily
- ☐ Pray 2 rak'ahs of qiyam weekly
- ☐ Make tawbah often
- ☐ Protect your tongue fiercely
- ☐ Make dua for your family
- ☐ Ask Allah daily to beautify your character

SELF-ASSESSMENT

Use this page to honestly assess yourself without judgment.

For each of the 10 qualities, rate yourself:

5 - **Flourishing:** This trait is becoming part of who I am. It feels natural, stable, and consistent.

4 - **Strong:** This trait is present in my life. I practice it often and sincerely, though there is always room to grow.

3 - **Developing:** I am working on this trait. I see progress, but I still need consistency and support.

2 - **Needs Improvement:** I practice this sometimes, but inconsistently. With a bit of effort and intention, I can grow here.

1 - **Needs Attention:** This area is difficult for me right now. I need gentle awareness and small steps to begin improving.

1) Walking with Humility & responding with peace

○ ○ ○ ○ ○

How gently do I move through the world? How do I respond when provoked?

2) Night Worship (Qiyam)

○ ○ ○ ○ ○

How often do I nourish my heart and soul in the quiet hours?

3) Asking Allah for Protection From Hellfire

○ ○ ○ ○ ○

Do I remember the Hereafter with awareness? Do I make frequent dua for safety?

4) Moderation in Spending

○ ○ ○ ○ ○

Is my relationship with money balanced, conscious, and pleasing to Allah?

5) Avoiding Major Sins & Repenting Sincerely

○ ○ ○ ○ ○

Do I guard myself from major sins? When I slip, how quickly do I return?

6) Avoiding Harmful Company & Environments

○ ○ ○ ○ ○

Do I protect my heart by being mindful of my spaces, media, and influences?

7) Responding to the Qur'an with Full Submission

○ ○ ○ ○ ○

When I hear Allah's words, does my heart soften? Do I reflect and respond?

8) Supplicating for a Righteous Family & Leading in Goodness

○ ○ ○ ○ ○

Am I nurturing a home of mercy? Do I model the qualities I want for my family?

IBADDURAHMAN ACTION & ACCOUNTABILITY PLAN

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Choose one quality of Ibadur-Rahman to focus on:

Why this quality matters to me right now:

Three small actions I will take to nurture this quality are:

Weekly Action:	Why This Helps	Frequency
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
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☐ Daily ☐ 3x/wk ☐ Weekly

If I embody this quality even a little more, my life will look like:

(Describe the shift you hope to see in your heart, words, or actions. How your relationships or home would change if you embodied this quality:)

What blocks me from embodying this quality today?

(Examples: fear, ego, shame, habits, fatigue, environment.) One barrier I want to gently release this month:

Mid-Month Check-In

Pause halfway through the month to recalibrate.

How am I feeling about this quality?

Where have I seen growth?

Where do I need more support or discipline?

End-of-Month Reflection

Celebrate your sincerity. Even small efforts are seen by Allah.

What changed in my heart this month?

What changed in my actions or character?

Where do I want to continue growing next month?

Dua to Become Among the Ibadur-Rahman

Bismillah al-Rahman al-Rahim.

O Allah, Most Merciful, Most Loving, Most Gentle make me among Your Ibadur-Rahman. Allow the qualities You praised in Surah Al-Furqan to take root in my heart, shine through my actions, and beautify my character in ways seen and unseen.

O Allah, plant humility in my walk and peace in my responses. Make me gentle with Your creation, soft in my speech, and sincere in my interactions. Let me rise above ego, anger, and harshness, and let my presence bring calm wherever I go.

O Allah, open for me the sweetness of night worship. Even if it is two simple rak'ahs, let them be filled with sincerity. Make my nights moments of return, moments where I stand before You with a heart that longs for nearness.

O Allah, protect me from the Fire. Give me the balance of fear and hope that keeps my heart awake. Do not let me be deceived by this dunya. Let every day draw me closer to the safety of Your mercy in the Hereafter.

O Allah, make me balanced in my spending, content with what You give me, and generous with what I have. Let my wealth be a tool of goodness and never a cause of pride or waste.

O Allah, keep me far from major sins from shirk, from injustice, from zina, and from transgression. And if I slip, return me to You quickly with tears of repentance and a heart filled with shame before You. Transform my sins into good deeds, as You promised in Your Book.

O Allah, protect my heart from corrupt environments. Keep me away from gatherings that darken the soul, words that harm, and company that pulls me from You. Give me the courage to leave what displeases You with dignity and grace.

O Allah, when I hear Your verses, soften my heart. Do not make me among those who hear reminders but turn away. Let the Qur'an move me, shift me, change me, and illuminate every corner of my heart.

O Allah, grant me a righteous family. Give me spouses and children who are the coolness of my eyes and partners in righteousness. Let my home be a place of Qur'an, mercy, and tranquility. Make me a leader in goodness not in fame, but in character.

O Allah, beautify me with the qualities You love. Replace my weaknesses with strength, my harshness with gentleness, my impatience with sabr, my pride with humility, my heedlessness with remembrance.

O Allah, write me among the Ibadur-Rahman. Let the angels know my name because of my striving. Let my deeds rise with sincerity. Let my heart be protected, my path be guided, and my ending be beautiful.

O Allah, allow these qualities to blossom within me in ways that transform my dunya and secure my place with You in the Akhirah.

Amin, amin, amin, ya Rabb al-alamin.

Abu Hurairah narrated that
the Messenger of Allah said:
"Charity does not diminish
wealth, Allah does not
increase a man in anything
for his pardoning (others)
but in honor, and none
humbles himself for Allah
but Allah raises him."

Jami` at-Tirmidhi 2029: Book 27, Hadith 135

THE BELIEVER OF SURAH AHZAB

In one powerful verse Surah Ahzab (33:35) Allah lays out a complete blueprint of the believing man and woman.

A blueprint for faith.

A blueprint for character.

A blueprint for who you can become.

This verse does not distinguish by wealth, status, gender, personality, or past sins. It is a universal invitation.

“Indeed, the Muslim men and Muslim women,
the believing men and believing women,
the obedient men and obedient women,
the truthful men and truthful women,
the patient men and patient women,
the humble men and humble women,
the charitable men and charitable women,
the fasting men and fasting women,
the men who guard their chastity and the women who guard their chastity,
and the men who remember Allah often and the women who remember Allah often;

Allah has prepared for them forgiveness and a great reward.”

Surah Ahzab 33:35

This is the kind of person Allah wants you to become.

This is the kind of believer Allah praises.

This is the kind of soul that will enter Paradise with honour.

In this chapter, we will walk through each of these ten qualities with clarity, and practical guidance so you can begin embodying them one by one.

The Muslim

A person who submits to Allah openly and inwardly.

To be a Muslim is to live a life that says:

“I submit to no one but Allah and my life belongs to Allah.”

This is about:

- aligning your choices with obedience
- letting Islam shape your lifestyle
- prioritizing halal over desire
- choosing Allah even when it is difficult

Simple Step:

Identify one area of your lifestyle where you want Islam to be more visible
dress, speech, habits, or boundaries.

The Obedient

Obedience is not perfection; it is persistence.

It looks like:

- praying on time
- avoiding major sins
- honouring the boundaries Allah has set
- saying “yes” to Allah quickly and quietly
- Honouring your parents

Simple Step:

Choose one obligatory act you want to perform more beautifully.

(e.g., Fajr on time, concentration in salah)

[illegible]

The Truthful

Truthfulness is deeper than not lying.

It is:

- aligning your inner and outer self
- practicing what you preach
- keeping promises
- being sincere in your intentions
- acknowledging your struggles honestly

Simple Step:

Identify one area where you want to practice greater honesty.

The Patient

Patience is not silent suffering.

It is:

- trusting Allah's timing
- restraining anger
- staying committed in difficulty
- responding to life with dignity

Simple Step:

Write down one situation where you want to practice more sabr and what sabr would look like in that moment.

The Humble

Humility is a soft heart that knows everything is from Allah.

It appears as:

- not boasting
- accepting correction
- being grateful
- acknowledging weakness
- treating others with gentleness

Simple Step:

Ask yourself: “Where do I feel my ego resisting growth?”

Write what humility would look like there.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

The Fasting:

Fasting tames desire, strengthens willpower, and increases sincerity.

It can include:

- Mondays & Thursdays
- fasting three days a month
- avoiding excess in food
- disciplining the nafs

Simple Step:

Choose one voluntary fast this month and set an intention behind it.

The Chaste:

Chastity is purity in:

- physical boundaries
- digital boundaries
- emotional boundaries
- what you watch
- where you go
- who you spend time with

Simple Step:

Identify one unguarded area you want to protect more intentionally.

[illegible]

The One Who Remembers Allah Often

Frequent dhikr softens the heart, protects the soul, and beautifies deeds.

It includes:

- SubhanAllah
- Alhamdulillah
- Allahu Akbar
- Astaghfirullah
- Salawat on the Prophet ﷺ
- Morning and evening adhkar
- Dhikr after salat
- Dhikr before going to bed

Simple Step:

Pick one dhikr to say 100 times or more and make it a non-negotiable part of your day.

[illegible]

From Awareness to Action

Awareness alone does not transform a heart but awareness paired with intention and small action does.

For every quality, ask yourself:

- What is one tiny step I can take this week?
- How can I make this trait visible in my daily life?
- What does living this quality look like for someone like me, today?
- What is blocking me from embodying this trait? How can I remove or reduce that barrier?

Examples:

- Truthfulness: Have one honest conversation you've been avoiding.
- Charity: Give one secret act of kindness this week.
- Humility: Resist the urge to correct, defend, or prove yourself in one situation.
- Dhikr: Recite one dhikr 100 times daily for a week.
- Patience: Pause for 5 seconds before responding in frustration.
- Obedience: Pray Fajr on time for three consecutive mornings.

Small steps are powerful.

They turn qualities from abstract ideals into lived realities.

Growth Challenge

Choose one challenge for the week, or move through them slowly.

Muslim Challenge



Align one part of your daily routine with obedience to Allah.
(E.g., dress, speech, morning routine, screen habits.)

Believer Challenge



Reflect for five minutes on one hardship, delay, or unanswered dua and instead of questioning Allah say 'Alhamdulillah, I trust Your timing, Ya Allah.'

Obedience Challenge



Pray one salah exactly on time every day this week.

Truthfulness Challenge



Tell the truth in a moment where you would normally soften, hide,
or delay it

Patience Challenge



Pause for 5 seconds before responding when irritated or
overwhelmed.

Humility Challenge:



Let someone else have the last word. Walk away from an
argument.

Growth Challenge

Choose one challenge for the week, or move through them slowly.

Charity Challenge



Perform one secret act of goodness that no one knows except Allah.
(E.g., anonymous transfer, washing a cup, covering someone's fault.)

Fasting Challenge



Fast one voluntary day this month (Monday/Thursday or 13th–15th)

Chastity/Boundaries Challenge



Protect one boundary today: physical, emotional, digital, or social.
(E.g., unfollow harmful content, avoid private DMs, lower the gaze.)

Dhikr Challenge



Choose one dhikr to recite 100 times daily
(SubhanAllah, Alhamdulillah, Allahu Akbar, or Astaghfirullah).

Dua to Become One of Those Mentioned in Surah Ahzab (33:35)

Bismillah al-Rahman al-Rahim.

O Allah, the Most Loving, the One who elevates whom He wills make me among the men and women You described in Surah Ahzab. Let my name be written among those You have praised, those whom You have promised forgiveness and a great reward.

O Allah, make me truly from the Muslims those who submit to You in public and in private, whose lives reflect Islam in their choices, habits, and presence.

O Allah, make me from the believers those whose hearts are anchored with iman, whose faith grows through trials, whose certainty in You never wavers no matter what storms come.

O Allah, make me from the obedient those who hasten to Your commands, who obey not only out of fear, but out of love, reverence, and longing for Your pleasure.

O Allah, make me from the truthful, truthful in my speech, truthful in my promises, truthful with myself, and sincere with You. Remove from my heart all forms of deception, pride, and hypocrisy.

O Allah, make me from the patient give me sabr in hardship, sabr in worship, sabr against sin, and sabr in waiting for what You have decreed for me. Make my patience beautiful and rewarded.

O Allah, make me from the humble, lower my ego, soften my heart, and protect me from arrogance, self-righteousness, and entitlement. Let humility become my clothing, and let honor come from being close to You.

O Allah, make me from the charitable give me a generous heart, give me hands that give freely, give me the joy of helping others in secret, and give me wealth that is pure, blessed, and used for Your sake.

O Allah, make me from those who fast sincerely those who discipline their desires, who guard their tongues, and who taste the sweetness of closeness to You through hunger and restraint.

O Allah, make me from those who guard their chastity, protect my heart, my body, my thoughts, my eyes, my intentions, and my boundaries. Purify me from anything that distances me from Your mercy.

O Allah, make me from those who remember You often those whose tongues and hearts are alive with dhikr, those who find peace in Your remembrance, those who are protected through their constant connection to You.

O Allah, allow these qualities to live inside me not only in moments of inspiration, but in the quiet consistency of my daily life. Let them shape my character, beautify my soul, and raise my rank with You.

O Allah, make me a walking reflection of this verse. Make my life an embodiment of the qualities You love. Let my journey toward them be easy, steady, sincere, and accepted. O Allah, forgive my shortcomings, transform my weaknesses into strengths, replace my sins with good deeds, and let me meet You as a believer whom You are pleased with.

O Allah, grant me the reward You have promised in this verse; Your forgiveness, Your mercy, and the “great reward” that only You can give.

Amin, amin, amin. Ya Rabb al-alamin.

“Remember Me, and I
will remember you.”

Surah Al-Baqarah
(2:152)

THE SEVEN UNDER ALLAH'S SHADE

Becoming the kind of believer whom Allah honours on the Day of Standing. On a Day when the sun will be brought close, when every soul will stand barefoot, exposed, and trembling,

Allah in His mercy has reserved a special shade.

A place of safety.

A place of honour.

A place of peace when no other peace exists.

The Prophet ﷺ described seven categories of people who will be granted this shade. Not because they were perfect, but because they lived with intention, sincerity, and hidden excellence.

This chapter will help you understand who they are, why Allah elevates them, and how you can begin living in a way that brings you nearer to this promise.

Who Are the Blessed Seven?

1. A Just Leader

One who is fair, principled, and compassionate even when no one is watching. This applies not only to rulers, but to parents, managers, teachers, older siblings, and anyone entrusted with responsibility.

2. A Youth Who Grew Up Worshipping Allah

A young person who resisted temptation, chose Allah over desire, and kept their heart pure when the world was pulling them elsewhere. This includes anyone fighting for their faith in their youth even if they stumble and rise again.

3. A Person Whose Heart is Attached to the Masjid

Someone who finds peace in Allah's house, loves being in places of worship, and longs to return after leaving. For those without access to a masjid, this includes hearts attached to salah, Qur'an, and places of remembrance.

4. Two People Who Love One Another for the Sake of Allah

Pure, selfless love based not on benefit, entertainment, or gain, but purely for Allah. They meet for Him. They part for Him. They pray for one another in secret.

5. A Person Who Resists Temptation for Allah's Sake

Someone who had the opportunity to sin in privacy, in secrecy, in a moment of weakness and said: "I fear Allah." This person defeats the nafs in a moment when no one else would know.

6. A Person Who Gives Charity in Complete Secret

Charity so quiet that the left hand does not know what the right hand gave. A deed done only for Allah's eyes never spoken of again. This includes money, help, kindness, time, and emotional support.

7. A Person Who Remembers Allah in Private and Weeps

A heart softened by love and awe. Tears that fall unseen by others, known only to the One who created them. This is sincerity in its purest form.

The Meaning of Being Shaded on That Day

Being shaded on the Day of Judgment is not a small honor it is a declaration from Allah: "These are My special servants." On a day of chaos, heat, and fear, Allah Himself grants them comfort, safety, and peace. This is not given based on perfection, but based on who you chose to be when no one else could see your heart.

Close your eyes for a moment and imagine yourself standing on the Day of Judgment. Imagine the heat, the fear, the silence...and then imagine Allah choosing you for His shade.

Which of the seven feels closest to who I already am, even if only in a small way?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Look inward with honesty and compassion. Not shame. Not harshness. Just truth.

Which of the seven feels hardest for me to embody right now, and why?

[illegible]

Who helps you become the person Allah loves?

Sometimes Allah places people in our lives to carry us toward Him.

Ask Yourself:

Who in my life encourages me, reminds me of Allah, or inspires me to become better and how can I nurture that bond for Allah's sake?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Ask yourself:

Choose something doable, sustainable, and meaningful.

[illegible]

1. Becoming a Just Leader

Ask yourself:

Reflect on:

- Write what your heart whispers.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

2. Becoming A Youth Who Grew Up Worshipping Allah

Think about your younger self the one still living inside you.

Ask yourself:

“How can I nurture my faith the way I wish someone had encouraged me when I was younger?”

Reflect on:

- temptations you want to resist
- habits you want to strengthen
- environments that help you grow

[illegible]

4. Becoming One of the Two People Who Love Each Other for Allah's Sake

Think of someone who brings you closer to Allah.

Ask Yourself:

“How can I deepen a relationship purely for Allah’s sake with sincerity, kindness, and prayer?”

Reflect on:

- a friendship you want to nurture
- someone you want to make dua for
- a bond you want to purify
- what matters would you discuss

[illegible]

5. Becoming A Person Who Resists Temptation for Allah's Sake

Recall one temptation that quietly pulls you away from who you want to be.

Ask with courage:

“What is one desire, habit, or weakness I can resist not for people, not for image, but solely out of fear and love of Allah?”

Reflect on:

- what triggers this temptation
- what environment strengthens or weakens you
- what it would feel like to say “I fear Allah” in that moment

[illegible]

6. Becoming A Person Who Gives Charity in Complete Secret

Bring to mind a moment of goodness only Allah knows about.

If you don't have one yet, imagine it.

Then ask:

“What quiet, hidden act of charity can I give this week something so sincere that only Allah will ever know?”

Reflect on:

- someone you can help privately
- an act of kindness you want to hide
- what purity in charity looks like for you
- what recurring secret charity would you like to do

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

7. Becoming A Person Who Remembers Allah Alone and Weeps

Sit with your heart for a moment.

Think of Allah His mercy, His gifts, His patience with you.

Now ask:

“When was the last time I remembered Allah in private and felt my heart soften and what can I do to create more moments like that?”

Reflect on:

- verses or duas that move you
- moments when your heart feels closest to Allah
- the barriers stopping your heart from softening

[illegible]

Dua to Be Among Those Under the Shade of Allah

Bismillah al-Rahman al-Rahim.

O Allah, the Most Just and the Most Merciful, on the Day when there is no shade except Your shade, make me among those You honour with Your protection.

O Allah, make me among those whose hearts are firmly attached to You. Let my love for You be greater than my love for the world, and let the masjid be a place my heart longs for, not out of habit, but out of closeness to You.

O Allah, make me among those who grow up in Your worship. Grant me a heart that inclines toward obedience, a soul that finds sweetness in serving You, and a life shaped by devotion from its earliest days until its final breath.

O Allah, make me among those who are just and fair. Grant me integrity in my decisions, truthfulness in my leadership, and accountability before You in all that I am entrusted with. Do not let power, status, money or responsibility corrupt my heart.

O Allah, make me among those who love for Your sake alone. Grant me relationships rooted in sincerity, connections that draw me closer to You, and bonds that remain firm even when the world changes. Let my love and loyalty be guided by Your pleasure.

O Allah, make me among those who resist temptation for Your sake. Strengthen me when desire pulls at my heart, give me courage to say no when sin is within reach, and replace what I leave for You with something better, purer, and lasting.

O Allah, make me among those whose hearts soften in private before You. Grant me tears that flow from humility, moments of sincere repentance unseen by others, and a private relationship with You that becomes my greatest refuge.

O Allah, allow these qualities to live within me, not only in moments of resolve, but in the quiet consistency of my daily choices. Let them shape my character, guard my heart, and raise my rank with You.

O Allah, forgive my shortcomings, cover my faults, accept my striving, and gather me under Your shade on the Day I stand before You in need of nothing but Your mercy.

O Allah, admit me into Jannah by Your grace, and unite me with those I love under Your eternal protection.

Amin, amin, amin. Ya Rabb al-alamin.

DISCOVERING THE GIFTS ALLAH GAVE YOU

Every soul is created with purpose.

Every heart is equipped with strengths.

Every believer is entrusted with gifts some hidden, some obvious, and some waiting to be uncovered.

Your legacy is not built from what you wish you had.

Your legacy begins with what Allah already placed within you.

This chapter is a journey inward

to help you discover your God-given strengths,

to understand where Allah has written ease for you,

and to map these gifts toward the legacy you hope to leave behind.

You are not empty.

Allah did not create you without intention.

Your gifts are a trust, and when you recognize them, you recognize His favor.

Let's start uncovering them together.

Recognising the Trust (Gifts) Allah Placed Within You

Before you can build a legacy, you must first recognise what Allah has already placed within you.

Many people move through life unaware of their strengths not because they lack them, but because they have never been taught how to look inward with honesty, humility, and intention. This section is an invitation to do that inner work.

Your gifts are not accidents.

They are amanah trusts given to you by Allah to be used in His service.

Some gifts are visible. Others are quiet.

Some are celebrated. Others are rarely named.

All of them matter.

As you read the lists below, go slowly.

Circle what feels familiar.

Underline what feels natural.

Pause when something resonates.

Do not think about what sounds impressive. Think about what feels true.

Gifts of the Mind (Thinking, Strategy, Insight)

You may be gifted if you:

- Understand ideas quickly or deeply
- Reflect often and think beneath the surface
- Ask thoughtful or insightful questions
- See patterns others overlook
- Solve problems intuitively
- Think strategically or long-term
- Break complex ideas into simple steps
- Learn independently with ease
- Remember details, facts, or conversations
- Think creatively or imaginatively

If You Are Gifted in Thinking & Understanding

You may serve Allah by:

- Teaching complex ideas in simple, accessible ways
- Studying Islamic knowledge deeply and sharing it responsibly
- Helping people think through difficult decisions with clarity
- Creating systems, frameworks, or plans that make good easier
- Writing reflections, articles, or guides rooted in faith
- Supporting organisations with strategy or planning
- Researching issues that affect the Ummah and proposing solutions
- Helping others see long-term consequences and Akhirah outcomes
- Mentoring youth in critical thinking and values
- Quietly solving problems no one else wants to address

You may use this gift in the dunya by:

- Working in strategy, policy, research, or analysis roles
- Practicing law, planning, consulting, academia
- Solving complex problems in organisations
- Writing, publishing, or thought leadership
- Designing frameworks, curricula, or tools
- Supporting long-term vision and planning

Gifts of Communication

You may be gifted if you:

- Explain things clearly and patiently
- Speak with calm confidence
- Write naturally and expressively
- Comfort people with words
- Ask the right questions at the right time
- Listen deeply without interrupting
- Advocate for others with wisdom
- Teach gently and consistently
- Mediate conflicts well
- Know when silence is more powerful than speech

If You Are Gifted in Communication

You may serve Allah by:

- Teaching, lecturing, or facilitating discussions
- Writing beneficial content blogs, books, captions, resources
- Defending Islam with wisdom and calm when it is misrepresented
- Advocating for justice, dignity, and truth
- Speaking for those who cannot speak for themselves
- Mediating conflicts with gentleness
- Leading workshops, halaqaahs, or circles
- Recording reminders, podcasts, or voice notes of benefit
- Comforting people through difficult conversations
- Translating Islamic knowledge into modern language

You may use this gift in the dunya by:

- Teaching, training, or coaching
- Writing, journalism, or content creation
- Public speaking or facilitation
- Communications, PR, or advocacy
- Negotiation and mediation roles

Gifts of the Heart (Empathy & Care)

You may be gifted if you:

- Are deeply empathetic
- Sense people's emotions quickly
- Create emotional safety for others
- Are naturally nurturing or protective
- Forgive easily or often
- Carry compassion even when wronged
- Make people feel seen and valued
- Offer calm in moments of chaos
- Are patient with children, elders, or the vulnerable
- Love sincerely and loyally

If You Are Gifted in the Heart

You may serve Allah by:

- Providing emotional support to those in pain
- Being present for people others overlook
- Mentoring or counselling informally
- Supporting widows, orphans, and the grieving
- Caring for children with patience and love
- Sitting with the lonely
- Creating safe spaces for healing
- Supporting mental health initiatives
- Offering forgiveness where others hold grudges
- Carrying others' burdens quietly
- Making dua consistently for others

You may use this gift in the dunya by:

- Counselling, psychology, or therapy
- Social work or caregiving
- People-focused roles (HR, community care)
- Parenting, teaching, or mentorship
- Community organising

Gifts of Character

You may be gifted if you:

- Are disciplined without external pressure
- Show consistency even when motivation fades
- Are reliable and trustworthy
- Hold strong integrity
- Remain humble despite ability
- Show courage under pressure
- Recover steadily after hardship
- Stay hopeful during difficulty
- Are content with little
- Carry dignity in trials

If You Are Gifted in Character & Inner Strength

You may serve Allah by:

- Being a model of integrity and consistency
- Holding trust and responsibility with excellence
- Leading by example without seeking recognition
- Remaining patient in hardship, inspiring others through endurance
- Upholding honesty in corrupt environments
- Staying steadfast when others waver
- Protecting amanah in work, family, and community
- Being a stabilising presence in chaos
- Choosing righteousness when no one is watching
- Teaching others through lived example

You may use this gift in the dunya by:

- Leadership or management roles
- Positions of trust and responsibility
- Governance, compliance, or ethics work
- Long-term projects requiring endurance
- Being someone others rely on

Practical & Skill-Based Gifts

You may be gifted if you:

- Organise systems or spaces naturally
- Manage time effectively
- Plan projects or events with ease
- Work well with your hands
- Cook, build, repair, or create
- Handle finances wisely
- Execute ideas efficiently
- Anticipate needs before they are spoken
- Lead teams calmly
- Work independently with focus

If You Are Gifted Practically or Skill-Wise

You may serve Allah by:

- Managing projects for Islamic organisations
- Organising masjid events or community initiatives
- Supporting logistics, operations, or administration
- Offering professional skills pro bono
- Fixing, building, repairing for those in need
- Helping families manage finances ethically
- Designing efficient systems for charity or da'wah work
- Supporting behind-the-scenes work others avoid
- Creating structure where there is disorder
- Making good work sustainable

You may use this gift in the dunya by:

- Operations, logistics, or project management
- Trades, craftsmanship, or engineering
- Event planning or administration
- Entrepreneurship
- Systems and process design

Creative & Aesthetic Gifts

You may be gifted if you:

- See beauty in ordinary things
- Design, draw, paint, or craft
- Style spaces, people, or visuals
- Create content, art, or media
- Tell stories well
- Capture moments through photography or video
- Curate environments with intention
- Express emotions creatively
- Innovate visually or conceptually

If You Are Gifted Creatively or Aesthetically

You may serve Allah by:

- Designing beautiful Islamic materials
- Creating art, calligraphy, or design that uplifts faith
- Producing content that reminds people of Allah
- Making spaces of worship or learning more welcoming
- Telling stories that honour truth and resilience
- Documenting community history and memory
- Designing journals, tools, or resources for growth
- Using beauty to soften hearts toward Allah
- Creating experiences that nurture reflection
- Reframing faith as something lived and beautiful

You may use this gift in the dunya by:

- Design, branding, art, or media
- Writing, photography, or filmmaking
- Fashion, interiors, or product design
- Creative entrepreneurship
- Content creation

Leadership & Influence Gifts

You may be gifted if you:

- Inspire others through example
- Take responsibility naturally
- Make decisions under pressure
- Carry vision for people or communities
- Mentor or guide others
- Hold authority with gentleness
- Recognise potential in others
- Build trust quickly
- Unite people around a cause
- Speak up when others hesitate

If You Are Gifted in Leadership & Influence

You may serve Allah by:

- Leading with justice, humility, and accountability
- Mentoring others into leadership
- Building ethical institutions
- Making difficult decisions with taqwa
- Advocating for the vulnerable
- Carrying responsibility without ego
- Creating spaces where others can thrive
- Protecting unity while honouring difference
- Guiding people through change
- Standing firm in moments of crisis

You may use this gift in the dunya by:

- Executive or leadership roles
- Community leadership
- Organisational development
- Policy or governance
- Building ethical institutions

Gifts of Knowledge and Learning

You may be gifted if you:

- Love learning and teaching
- Retain and apply knowledge easily
- Study deeply and consistently
- Research thoroughly
- Enjoy reading and reflection
- Translate theory into practice
- Teach informally without effort
- Explain Islamic concepts accessibly
- Memorise Qur'an or hadith with ease

You may serve Allah by:

- Teaching Qur'an or Islamic sciences
- Writing study guides or summaries
- Supporting Islamic education initiatives
- Translating knowledge across languages or contexts
- Encouraging lifelong learning
- Creating curricula or resources
- Studying to answer doubts with knowledge
- Preserving Islamic knowledge accurately
- Helping others fall in love with learning
- Making knowledge accessible, not intimidating

You may use this gift in the dunya by:

- Education or academia
- Training and development
- Research roles
- Curriculum design
- Knowledge-based careers

Gifts of Service and Contribution

You may be gifted if you:

- Serve quietly without needing recognition
- Volunteer consistently
- Notice unmet needs quickly
- Show up when others withdraw
- Give generously of time or energy
- Care deeply for the sick, elderly, or struggling
- Support causes faithfully
- Work comfortably behind the scenes
- Carry responsibility without complaint

If You Are Gifted in Service & Support

You may serve Allah by:

- Volunteering consistently
- Supporting relief and humanitarian efforts
- Feeding the hungry
- Organising charity drives
- Helping refugees, displaced families, or the poor
- Showing up reliably
- Doing unseen work
- Supporting community elders
- Caring for the sick
- Making life easier for others

You may use this gift in the dunya by:

- NGO or nonprofit work
- Community development
- Relief and humanitarian careers
- Support roles across sectors
- Grassroots organising

Spiritual & Intuitive Gifts

You may be gifted if you:

- Feel drawn to dua and dhikr
- Sense spiritual imbalances quickly
- Have a strong, active conscience
- Repent quickly and sincerely
- Experience deep presence in worship
- Reflect spiritually often
- Find comfort in Qur'an
- Encourage others toward Allah naturally
- Feel peace in remembrance
- Long for the Akhirah

If You Are Gifted Spiritually or Intuitively

You may serve Allah by:

- Making dua consistently for others
- Encouraging repentance and hope
- Leading dhikr or reflection circles
- Supporting spiritual growth
- Offering reminders rooted in mercy
- Helping others reconnect with Allah
- Modelling humility and presence
- Holding spiritual space for others
- Being a person people turn to for grounding
- Guarding the spiritual health of your environment

You may use this gift in the dunya by:

- Ethical spiritual mentoring or chaplaincy
- Wellness and healing spaces
- Writing or speaking on meaning and purpose
- Creating environments of calm and reflection
- Supporting spiritual wellbeing in communities

Modern & Digital Gifts

You may be gifted if you:

- Communicate clearly online
- Build digital communities responsibly
- Create beneficial content
- Manage platforms with integrity
- Design tools or systems
- Educate others digitally
- Advocate online with wisdom
- Translate Islamic values into modern contexts

If You Are Gifted Technologically or Digitally

You may serve Allah by:

- Creating beneficial online content
- Building ethical digital platforms
- Moderating online communities with wisdom
- Sharing verified Islamic knowledge responsibly
- Countering misinformation with clarity
- Using technology for da'wah and education
- Designing Islamic apps and digital tools for worship or learning
- Amplifying marginalised voices ethically
- Making faith accessible online
- Using reach as responsibility

You may use this gift in the dunya by:

- Technology, digital marketing, or platforms
- Product or UX design
- Online education
- Community building
- Ethical media and tech work

Your gift is not what impresses people.
It is what Allah trusted you with.
You are not meant to carry every gift.
You are meant to recognise yours and use it with sincerity.

In the next pages, you will begin mapping these gifts to your legacy, so that what Allah placed within you becomes something that benefits others and remains with you long after you return to Him.

Identifying Your God-Given Strengths

Your strengths are not accidents.

They are signs of the One who shaped you.

Some strengths are loud; leadership, creativity, communication.

Some are quiet; empathy, patience, consistency, intuition.

And some are spiritual; du‘ā, reflection, presence, wisdom.

To identify them, reflect gently on:

- What do people come to you for?
- What do you do with excellence, even without training?
- What qualities feel “natural,” as though Allah placed them in your bones?
- What have you been praised for since you were young?
- What traits of yours benefit others without effort?

Your strengths are often the things you overlook because they come so naturally, you assume they are ordinary. But Allah made them extraordinary.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Mapping Your Gifts to Your Legacy

Your gifts were not given randomly.

They were given to build something for yourself, for your family, for the Ummah, and for the Akhirah.

Legacy begins when you ask:

- How can I use what Allah gave me in a way that outlives me?
- Which of my strengths can become a sadaqah jariyah?
- What problems in the world break my heart and which of my gifts can help heal them?
- How can my skills fuel the legacy I want to leave behind?

When you align your gifts with your intention, your life becomes purposeful.

Your actions become worship.

Your legacy becomes inevitable.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

How to Use Your Talents for the Ummah

Your gift is not meant to be hidden. Nor was it meant to be displayed for applause.

It is meant to serve.

Allah places different strengths in different people so that the Ummah may be supported from many directions, some visible, some quiet, all valuable.

Every gift has a path of service.

Creativity → producing beneficial content, beautifying Islamic spaces, softening hearts through beauty

Writing → education, da‘wah, reflection pieces, preserving stories and knowledge

Speaking → teaching, motivating, mentoring, clarifying truth with wisdom

Listening → holding space, understanding pain, offering presence where words are not needed

Leadership → organising charity, building ethical institutions, guiding communities with justice

Empathy → counselling, emotional support, caring for the vulnerable, restoring dignity

Intellect & Insight → strategy, research, problem-solving, long-term solutions for the Ummah

Character & Integrity → modelling honesty, consistency, patience, and trustworthiness

Practical Skills → organising, building, fixing, managing systems others rely on

Knowledge & Learning → teaching Qur'an, sharing understanding, making learning accessible

Business Sense → ethical entrepreneurship, fair trade, creating livelihoods that uplift others

Wealth → funding good projects quietly, sustaining beneficial work without recognition

Time & Energy → volunteering, showing up consistently, supporting where help is needed

Service & Care → feeding, supporting, tending, and carrying burdens others cannot

Spiritual Sensitivity → dua, dhikr, encouragement, grounding others in remembrance

Digital & Modern Skills → ethical online da'wah, building platforms, sharing truth responsibly

Influence → guiding others toward goodness through example, not pressure

Ask yourself not only:

“What am I good at?”

But also:

“Who can benefit from what Allah placed inside me?”

Your impact does not need to be loud to be lasting.

Some of the heaviest deeds on the scales were never seen by people.
Serve where your heart feels called.
Give where Allah has made it easy for you.
And trust that no sincere effort is ever wasted.

Sometimes the quietest gift leaves the deepest imprint on hearts, on
communities, and on the scales in the Hereafter.

PURPOSE & PASSION WORKSHEETS

Use the following exercises to draw out clarity and direction.

My God-Given Strengths

1. Three strengths Allah has placed within me:

-

-

-

2. Strengths Others Notice in Me

3. Strengths I've overlooked or undervalued:

What Comes Naturally to Me

Tasks that feel easy for me but are hard for others:

Activities that energize me:

Activities, roles, topics, atmospheres that feel “light” to me:

Qualities That Show Up in Me Without Planning

Signs of Tawfīq in My Life

Times Allah made something unexpectedly easy:

Achievements I didn't think I could reach:

Repeated patterns of ease or success in certain areas:

Connecting My Gifts to My Legacy

My Dunya Legacy: What I Want to Build While I’m Alive

Projects, contributions, habits, businesses, relationships, skills:

My Akhirah Legacy: What I Want to Meet Allah With

What do I want written on my scale long after I’m gone?

My Long-Term Dream (Impossible by My Power, Easy by Allah’s Power)

A bold, faith-filled vision:

Serving the Ummah With My Talents

Who can benefit from my strengths?

When I look at the Ummah, the needs that move me most are:

These needs matter to me because:

Where My Gifts and the Ummah’s Needs Meet

I believe Allah may be calling me to serve by:

This service feels aligned with who I am because:

How I Intend to Show Up

With sincerity, I commit to showing up in the Ummah through:

One primary way I will serve:

One secondary way I will support when able:

One quiet act of service I will keep mostly hidden:

The Intention Behind My Contribution

I make this intention not for recognition, not for praise, and not for status.

I make this intention seeking:

- ☐ Allah’s pleasure
- ☐ Benefit for His creation
- ☐ Growth of my own soul
- ☐ Acceptance over perfection

My intention, written honestly, is:

A Promise to Return

When I feel tired, discouraged, or unseen, I promise to return to this truth:

I am not responsible for outcomes.
I am responsible for sincerity, effort, and return.

One sentence I want to remember when it gets hard:

Your gifts are not random.
Your strengths are not accidental.
Your ease is not coincidental.
Allah designed your soul with precision.
He crafted your strengths with purpose.
And He placed within you something the world needs.
Your job now is to uncover it, nurture it, and use it so that when you leave this
dunya, your legacy continues to serve long after you are gone.

What Allah has
written for me
will find me. My
job is to show up,
strive sincerely,
and trust the One
who gave me my
gifts.

Dua for Discovering and Using Your Unique Gifts

Bismillah al-Rahman al-Rahim.

O Allah, the One who shaped me, the One who fashioned me, the One who placed within me strengths I know and strengths I have yet to uncover guide me toward the gifts You created me with.

O Allah, show me what You have written for my heart, what You have gifted to my soul, what talents You have poured into me that I overlook or underestimate. Open my eyes to the abilities You chose for me. Let me recognize them as signs of Your love, Your favour, and Your trust.

O Allah, grant me clarity of purpose. Let me see myself the way You intended with potential, with capacity, with ihsan. Help me distinguish between the whispers of my doubts and the truth of what You placed within me.

O Allah, give me courage to use my gifts. Remove from me the fear of failure, the fear of judgment, the fear of not being “enough.” For if a gift comes from You, it is enough by design. Give me the strength to rise into the person You created me to be. Give me the tawfiq to turn every skill, every talent, every ease into worship and gratitude.

O Allah, let my gifts be a means of serving the Ummah. Let them uplift, heal, inspire, and benefit. Let them bring comfort to hearts, clarity to minds, and hope to those who need it. Make my contributions sincere, hidden or visible, loud or quiet as long as they are accepted by You.

O Allah, make my strengths a sadaqah jariyah. Let the good I do outlive me. Let my words, my creations, my efforts, and my ideas continue to benefit others long after I return to You.

O Allah, guide me to the path where my gifts align with my legacy. Let me build something that pleases You. Let me work on what You love. Let me strive in ways that make the angels record goodness on my behalf. And where I am weak, strengthen me. Where I am uncertain, reassure me. Where I am unaware, teach me. Where I am fearful, carry me.

O Allah, You are the Giver of gifts. You are the Turner of hearts. You are the One who opens doors without effort. Open a door for me that leads to the fullest version of the person You created me to be. Let me live out my purpose with sincerity. Let me discover my potential with humility. Let me use my talents with gratitude. And let me return to You having fulfilled the amanah of every gift You entrusted to me.

Amin, amin, amin. Ya Rabb al-alamin.

BUILDING YOUR PERSONAL ROADMAP

A legacy is not built in a single moment.

It is shaped slowly through intention, clarity, consistent choices, and barakah-driven habits.

This chapter will help you turn everything you've discovered so far into a living, breathing roadmap. This is where dream meets discipline. Where purpose meets planning. Where your legacy shifts from concept to reality.

Let's begin.

Crafting Your Legacy Vision Statement

Your legacy vision statement is a short, heartfelt declaration of who you want to become and what you want your life to stand for.

It should reflect:

- your values
- your purpose
- your unique gifts
- the impact you want to leave behind
- the traits you hope Allah will write you among
- the type of believer you are striving to be

“When I leave this dunya, I want my life to have been a reflection of...”

Let your vision statement be:

- clear
- simple
- spiritually anchored
- inspiring enough to guide your decisions

Short, Mid, and Long-Term Legacy Goals

Your legacy cannot be rushed, but it can be structured.

Think of your goals in layers:

Short-Term Goals (Next 1–2 Years)

The habits, foundations, and internal work needed to grow into your future self. Examples: consistency in salah, finishing a course, stabilizing routines, strengthening character.

Mid-Term Goals (3–5 Years)

The milestones that build momentum. Examples: launching a project, writing a book, improving relationships, gaining mastery in a skill, Learning Arabic language.

Long-Term Goals (6–10 Years & Beyond)

The contributions that shape your legacy. Examples: building a charity, establishing a tradition for your family, becoming a leader in your field, creating a sadaqah jariyah project.

Reflection Exercise:

Write 3 goals for each category.

Short-Term (1–2 Years):

Mid-Term (3–5 Years)

Long-Term (6–10 Years):

Turning Goals Into Actionable Steps

Because clarity means nothing without movement.

Every meaningful goal requires breaking it down into tiny, manageable steps.

Ask yourself:

- What is the very first step I can take?
- What weekly or monthly actions support this goal?
- What resources or knowledge do I need?
- Who can support or advise me?
- What are the spiritual habits I need to anchor this?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAILY, WEEKLY, MONTHLY BARAKAH PLANS

Daily Barakah Plan

Focus on simple acts that open doors of mercy:

- Waking with dua
- Salah on time
- Qur'an recitation
- Dhikr during chores or commutes
- Istighfar Hour
- A moment of silence for reflection
- One intentional act of goodness

Weekly Barakah Plan

Anchors your week with purpose:

- Attend one halaqah or study circle
- Charity (even if 100 naira)
- Family bonding time
- Review goals
- Digital detox session
- Personal learning hour

Monthly Barakah Plan

Zooms out to see your growth:

- Progress review
- Journaling session
- Financial audit
- Acts of service
- Planning for the next month

What would a barakah-filled day, week, and month look like for my life?
Write your version:

Daily Barakah Anchors:

Weekly Barakah Anchors:

Monthly Barakah Anchor

THE BARAKAH AUDIT: WHERE IS YOUR LIFE GOING?

Just as businesses audit their finances, believers audit their time, habits, and hearts.

Ask yourself every month:

- What is taking me closer to Allah?
- What is silently draining my barakah?
- Where am I wasting time?
- What habits are strengthening my character?
- Where do I feel Allah's help & ease?
- What must I release to grow?

This month, the areas where I felt the most barakah were:

The areas where I felt the most distraction or drain were:

Habits I want to continue:

Habits I need to reduce or eliminate:

One positive change I will make next month:

Once you make a
decision, put your
trust in Allah. Surely
Allah loves those who
trust in Him.

Al Qur'an, 3:159

LEAVING TRACES OF GOODNESS

Every soul will leave this dunya.

But not every soul will leave something behind.

A believer's legacy is not measured by wealth or fame but by the traces of goodness that continue to ripple through time long after their body is returned to the earth and their soul meets its Lord.

This chapter helps you consciously shape what will outlive you.

What will continue to benefit you.

What will follow you into your grave as light, comfort, and mercy.

Understanding Sadaqah Jariyah

Sadaqah jariyah is the type of charity whose reward continues even after death. The Prophet ﷺ said:

“When a person dies, all their deeds end except three:

- ongoing charity,
- beneficial knowledge,
- a righteous child who prays for them.”

Your legacy is found in these three.

Sadaqah jariyah can be:

- a well that gives water
- a Qur'an someone reads from
- a child you raised with love
- a project that benefits generations
- a habit or idea you taught someone
- a system you built that helps people thrive

Sadaqah jariyah is not about scale. It is about sincerity and continuity.

Even one small act if it keeps benefiting others can illuminate your grave until the end of time.

Modern Opportunities for Continuous Charity

Today, sadaqah jariyah can take many forms, including:

Spiritual & Educational

- Supporting Qur'an memorization programs
- Funding Islamic education resources
- Publishing beneficial books or articles
- Sponsoring a student or orphan

Digital & Creative

- Creating online Islamic resources
- Producing helpful guides, reminders, or courses
- Building platforms that uplift the Ummah

Community & Humanitarian

- Supporting water projects
- Building masjid or prayer spaces
- Feeding programs
- Healthcare initiatives
- Mental health support services

Environmental

- Planting trees
- Supporting sustainability projects
- Renewable energy projects in rural areas
- Waste reduction initiatives

Family-Based

- Raising children with God-consciousness
- Passing on good habits and knowledge
- Establishing family traditions around worship, charity, and gratitude.

Legacy Projects: Family, Community, Ummah

Think of your legacy in three circles:

Circle 1: Family (Your First Ummah)

What habits, values, teachings, systems, and memories do you want to leave behind?

Examples:

- a family dua tradition
- a Ramadan system
- a library of Islamic books for your children
- financial provisions set aside ethically
- documented life lessons

Circle 2: Community

Your neighbourhood, friends, workplace, school, masjid.

Examples:

- mentoring younger individuals
- supporting community programs
- starting a small initiative for orphans, widows, youth, reverts or elders
- dawah projects in prisons
- special programs to support the disabled

Circle 3: The Global Ummah

What impact do you want to gift the world?

Examples:

- an online project that reaches millions
- supporting oppressed communities
- contributing to global education or sustainability projects

Your legacy can be small or large.

The goal is not fame, it is benefit.

Writing Your Ethical Will

An ethical will is not about money.

It is about meaning.

It answers questions like:

- What do I want my family to remember about me?
- What spiritual advice do I want to leave behind?
- What dua do I want prayed for me?
- What causes should be supported after my death?
- What do I want my burial and final acts to reflect?
- What knowledge or lessons am I passing down?

My life lessons:

[illegible]

What I hope my family continues:

Instructions for charity after my passing:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Ya Allah, Accept From Me

Bismillah al-Rahman al-Rahim.

Ya Allāh, You are the One who sees the secrets of my heart and the quiet intentions I never speak aloud. Every good I have hoped for, every effort I have made, every step I have taken toward becoming better all of it was only by Your mercy, so Ya Allah, accept it from me.

Ya Allah, accept my smallest deeds, my hidden acts of kindness, my private moments of worship, my silent duas, my struggles that only You witnessed, and my sacrifices that no one else will ever know. Accept the good that I tried to do, multiply it, purify it, and raise it on the Day when nothing will matter except what You are pleased with.

Ya Allah, forgive every mistake I made along the way. Forgive the moments of weakness, the slips I regret, the words I wish I had not said, the opportunities for goodness that I missed. Forgive me for falling short not because I did not care, but because I am human and I am weak, and without Your help I can do nothing.

Ya Allah, make my intentions sincere, my actions accepted, and my legacy one that brings light to my grave long after my body returns to the earth. Make the knowledge I shared, the love I gave, the children I raised, the people I helped, and the good habits I taught a continuous charity that reaches me when I can no longer act for myself.

Ya Allah, let every breath I take, every effort I make, every gift You have placed within me be used in ways that draw me closer to You. Do not let my life be wasted. Do not let my years pass without meaning. Do not let me leave this world without leaving goodness behind.

Ya Allah, write me among the people of sincerity, the people of tawbah, the people of Qur'an, the people of service, the people You love, and the people whom the angels greet with "Peace" at the gates of Jannah.

Ya Allah, accept from me my striving, accept from me my intentions, accept from me my hopes, accept from me my journey, accept from me my legacy, and make it a witness for me, not against me, on the Day when witnesses will stand.

Ya Allah, if there is any good in this heart, in this journal, in this life, in this effort, bless it, preserve it, and allow it to reach those who will benefit from it long after I return to You.

Ya Allah, accept from me.

Ya Allah, accept from me.

Ya Allah, accept from me.

A LETTER TO YOU, DEAR READER

Assalamu alaykum wa rahmatullah,

As you reach the final pages of this Legacy Journal, I want to take a moment to speak to you heart to heart.

You may have begun this journey with questions, hopes, fears, or a quiet longing that only Allah truly knows. Perhaps you were searching for direction. Perhaps you were hungry for meaning. Perhaps you felt the weight of time passing and wanted to ensure that your years mattered to Allah, to your loved ones, and to your own soul. Wherever you were when you opened this journal, know this:

It was Allah who brought you here.

It was Allah who guided your hand.

It was Allah who placed the desire in your heart to build a life of purpose and a legacy of goodness and He never places a desire in the heart of a believer except that He intends to open a door for them.

As you turn these pages, remember:

This journal is not a record of perfection. It is a record of sincerity. Of effort. Of returning to Allah again and again. Of choosing meaning over distraction, purpose over passivity, and barakah over busyness.

If you've learned anything here, I hope it is this:

Your life is not small. Your existence is not random. Your gifts are not accidental. And your legacy begins right now with the intention you hold in this very moment. You do not need to become someone else. You simply need to become who Allah created you to be.

A person of Qur'an.

A person of character.

A person of remembrance.

A person who leaves traces of goodness wherever they go.

And if at any point you feel you have failed, fallen behind, or gone off track, gently remind yourself: Allah does not look at where you started. He looks at where you turn and He is Al-Fattah-the Opener of every closed door.

As you step out of this journal and back into your daily life, I pray that what you wrote here becomes real in your actions, your routines, your prayers, and your relationships.

I pray your days are filled with barakah.

I pray your efforts are accepted.

I pray your legacy is one that stands as a witness for you on the Day of Judgment.

And I pray that you meet Allah with a heart at peace knowing you tried, sincerely and beautifully.

Thank you for allowing me to accompany you on this sacred journey of becoming.

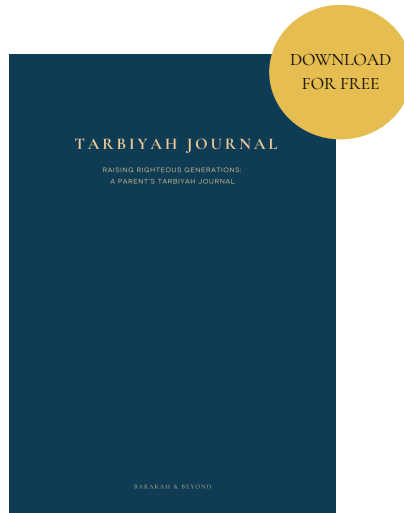
It has been an honor, a trust, and a gift. May Allah write every word, every intention, every moment of reflection in your scale of good. May He make you among the people He loves, remembers, and raises among the righteous and may whatever legacy you build in your home, in your community, in this world be a source of light in your grave and a reason for your entry into Jannah.

With love, dua, and sincere gratitude,
Hasiya Altiné Nagode

Live for the One
who will remember
you when the world
forgets.

EXPLORE MORE FROM BARAKAH AND BEYOND

Intentional living does not happen in isolation.
It unfolds in layers, seasons, and sacred responsibilities.
If this journal has helped you reflect on who you are becoming,
the journey continues through the people Allah entrusted to you
and the legacy you nurture through them.



THE TARBIYAH JOURNAL RAISING RIGHTEOUS GENERATIONS

A guided journal for Muslim parents committed to nurturing faith, love,
character, and intentional upbringing

Inside the Tarbiyah Journal:

- Intentional setting and parenting check-in
- Parenting values & goal worksheets
- Islamic foundations of parenting (Quran and Hadith)
- Parent-Child bonding activities for different ages
- Effective communication tools
- Faith and character development guided prompts
- Positive discipline strategies
- Emotional intelligence exercises
- Special needs parenting
- Family balance and time management
- Daily reflection and journaling prompts
- Recommended parenting courses, books and other resources

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