

In the name of Allah, the Most Gracious, the Most Merciful.

"All praise is due to Allah. We seek His help, forgiveness, and guidance, and we seek refuge in Allah from the evil within ourselves and from our wrongful deeds. Whomever Allah guides, no one can lead astray, and whomever Allah leaves astray, no one can guide except Allah (glorified and exalted be He). I bear witness that nothing or no one deserves to be worshipped except Allah, the One without any partners, and I bear witness that Muhammad is His servant and messenger.

Verily, the best words are the words of Allah, and the best guidance is the guidance of our Prophet Muhammad (peace and blessings of Allah be upon him). The worst matters are the newly invented religious practices, and every newly invented practice is an innovation, and every innovation is a deviation, and every deviation leads to the Hellfire.

Everyone uses their possessions according to what Allah has given them. The inclination to desire more than what Allah has granted you is worldly desire. It is not permissible to unlawfully use someone else's property. Every Muslim must perform the five daily prayers.

These prayers are a sign of faith (iman) in their heart. Whoever does not believe in these prayers is considered a disbeliever (kafir). Whoever follows their soul's desires (nafs) and whose heart (qalb) is corrupt will go to Hell, regardless of their affiliation. Every believer (mu'min) should frequently recite "la ilaha illallah" ("there is no god but Allah") for the purification of their soul from unnecessary worldly desires."

**A book to track your daily progress both emotionally and spiritually.
You can write down your concerns and keep prayers. Don't forget
to set your goals.**



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Hydration Tracker



What I'm Grateful for Today



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Recitation Tracker

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