

1 Most Important Tasks (M.I.Ts)

2 Intention Behind the Task (See Hierarchy of Intentions below)

3 Which task will you make Dua / Istikhara for?

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08
- 09
- 10

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4 Block time out on your calendar for the M.I.Ts above.

5 Daily Review (to be completed by the end of the day)

WHAT DID ALLAH S.W.T. HELP ME ACHIEVE TODAY?

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As you reflect on your day, say Alhamdulillah (praise be to Allah) for what has been achieved, make dua (supplicate) for what still needs to be achieved, and make tawbah (repent) for the shortcomings of the day.

HIERARCHY OF INTENTIONS



Source: Muhammad (peace be upon him): 11 Leadership Qualities That Changed The World, Nabeel Al-Azami, p.52. Adopted from *Ethics in Islam* by Sh. Sulaiman Nadwi.

6 YOUR PRODUCTIVE MUSLIM SCORE

On a scale of 1-10, did I do my best to live the best version of myself—spiritually, physically, socially—today?

1 2 3 4 5 6 7 8 9 10

Visit ProductiveMuslim.com to improve your Productive Muslim score & achieve balance across your roles.



1 What are my 3-month intentions in the following domains?

SPIRITUAL

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PHYSICAL

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SOCIAL

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WORK / SCHOOL

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2 What Barakah sources will I tap into this week? (See 21 Easy Barakah Experiments sheet)

01

02

03

04

3 This week's Most Important Tasks (M.I.Ts)

01

02

03

04

05

4 Block out time on your calendar this week to focus on your 3-month intentions, selected Barakah sources, and most important tasks of the week.

5 Weekly Self-Accountability & Introspection (to be completed by the end of the week)

WHAT AM I THANKFUL TO ALLAH S.W.T. FOR THIS WEEK?

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WHAT AM I COMMITTING TO AGAIN NEXT WEEK? (Intentions, Barakah sources & tasks that weren't done this week)

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As you reflect on your week, say Alhamdulillah (praise be to Allah) for what has been achieved, make dua (supplicate) for what still needs to be achieved, and make tawbah (repent) for the shortcomings this week.



21 EASY BARAKAH EXPERIMENTS

01	CONSULT ALLAH [SWT]	<i>If you have a decision to make today, seek Barakah in the outcome of your final decision by consulting others and, most importantly, consulting Allah [swt] through the Istikhara prayer.</i>
02	SAY BISMILLAH CONSCIOUSLY	<i>For every activity you do today, say Bismillah (in the name of Allah), with meaning & understanding. Let it sink in that you're seeking Barakah through mentioning His name.</i>
03	DOUBLE YOUR TIME WITH THE QURAN	<i>If you have a habit of reading X amount of Quran each day, try to double that effort of reciting and notice the Barakah effect you'll feel during your day.</i>
04	GIVE CHARITY TO SOMEONE YOU KNOW	<i>Find someone you know who's in need, and see if you can take care of one of their financial worries without them knowing (e.g., pay an electricity bill, school fees, rent, etc.).</i>
05	SACRIFICE FOR ALLAH [SWT]	<i>Commit to a small sacrifice whereby you give up something sincerely for Him. For example, disconnect from your phone at certain hours for the sake of connecting with Allah [swt].</i>
06	TURN YOUR WORRIES INTO SUPPLICATIONS	<i>Turn your worries or aspirations into specific duas (supplications) that you regularly ask Allah [swt] for in all your prayers and especially in the month of Ramadan.</i>
07	SALAWAAT UPON THE PROPHET [SAW]	<i>Set a timer for 10-30 minutes and recite the Salawaat upon the Prophet (the one you do in your prayers) abundantly. Reflect on the meaning of you remembering your Prophet.</i>
08	BEAT FRUSTRATIONS WITH REMEMBRANCE	<i>Every time you feel frustrated, remember Allah; say SubhanaAllah, Alhamdulillah, La ilaha illa Allah, Allahu Akbar. Keep repeating it until your frustration subsides.</i>
09	SET INTENTIONS FOR YOUR TO-DOS	<i>Ask yourself: "What's my intention behind my tasks? What do I want to get out of it? And How best to align it to what Allah [swt] wants from me?"</i>
10	WRITE A THANK YOU CARD	<i>Write someone in your work, family, or community, a detailed thank you card to mention all the good that they do and how much you appreciate them.</i>
11	TAKE A NAP	<i>Set your intention to mimic a Prophetic habit and take a nap close to Duhur (noon) prayer for just 20 minutes. Find a park, bench, or simply close your eyes inside your car or cubicle.</i>
12	REPORT TO ALLAH — ON TIME	<i>Make a commitment not to be late to salah but to be the first to show up. Let your slogan be what Musa [as] said: "...and I hastened to You, my Lord, that You be pleased." [Quran 20:84].</i>
13	TAKE A DUHA PRAYER BREAK	<i>Enjoy a mid-morning break with prayer, praying Duha prayers as was the custom of Prophet Muhammad [saw]. You can pray 2 rak'ah (units), or 4, or up to 8 rak'ahs.</i>
14	PREPARE YOUR WILL	<i>This reminds you of your death, thus switching your mindset to one that focuses on the hereafter. It'll help you detach from this world and help you focus on what really matters.</i>
15	PLANT OR CARE FOR A TREE	<i>Taking care of a living creature is a source of Barakah, for it remembers Allah [swt] always. Get a small office plant or plant something in your garden, and be attuned to its needs.</i>
16	DON'T WASTE	<i>Think of a resource that you have that you currently feel like you're wasting, e.g. water, food, electricity, etc. Pick one and set a goal not to waste it.</i>
17	WAKE UP EARLY	<i>The time from before dawn to sunrise is your opportunity to truly experience Barakah. In addition to morning spiritual activities, try to make progress on important non-urgent goals.</i>
18	BE CONSCIOUS OF SACRED TIMES	<i>Be spiritually sensitive of times such as right before breaking fast, before Fajr prayer, when it rains & the last hour on Friday. Don't let them pass by without making supplications.</i>
19	DON'T ARGUE	<i>Let go of arguments even if you're right. Listen to the other person's points and if they are in a position to hear from you, share with them respectfully without expecting them to agree.</i>
20	SPEND QUALITY TIME WITH PARENTS	<i>Spend quality time with your parents beyond your routine. If they live far, have an in-depth conversation with them. And if they have passed away, dedicate a supplication for them.</i>
21	USE THE SIWAK REGULARLY	<i>Using the Siwak makes you conscious of a Prophetic practice, and one that brings Allah's pleasure. It helps you adopt a mindset of God-consciousness even in your oral hygiene.</i>

SIGN UP FOR BARAKAH EXPERIMENT DAILY DRIPS

To have these experiments sent to your inbox daily over 21 days, visit ProductiveMuslim.com/LivingwithBarakah.



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At the beginning of the week, set your intentions for the spiritual, physical, and/or social habits you want to start or stop. For each habit:

1. Choose a trigger that would remind you of the habit.
2. What would a small version of that habit look like?
3. Add a reward. How will you celebrate if you do this new habit?

Give yourself a tick ✓ for each day of the week you were able to stick to the habit and an ✖ if you miss a day. Add up your ticks at the end of each week.

If you average 5+ ticks for a habit each week, it'll soon be automatic insha'Allah. If not, ask yourself if this habit is important to you. If it is, change the trigger, or try a smaller version of the habit, or celebrate more deeply every time.

1	TRIGGER	HABIT	REWARD	M	T	W	T	F	S	S	WEEKLY SCORE
Spiritual Habits											
Physical Habits											
Social Habits											

2 Habits & Routines Review (to be completed by the end of the week)

WHICH HABITS / ROUTINES HAVE BECOME AUTOMATIC FOR ME?

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WHICH HABITS / ROUTINES AM I STILL STRUGGLING WITH, AND WHAT CAN I TRY DIFFERENTLY NEXT WEEK?

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As you reflect on your week, say Alhamdulillah (praise be to Allah) for the habits that have been established, make dua (supplicate) for the ones that still need working on, and make tawbah (repent) for the shortcomings this week.



ROUTINE PLANNER

1 Highlight your prayer times of the day.

2 Colour in your typical energy levels during the day in the inner ring:

HIGH

MEDIUM

LOW

3 Colour in & jot down your daily activities in the outer ring:

SPIRITUAL

SLEEP

WORK

PERSONAL

MEALS

SOCIAL

4 What elements of the daily routine of Prophet Muhammad (PBUH) can you incorporate in your routine? (see appendix)

SPIRITUALLY, eg. siwak, Quran, dhikr

PHYSICALLY, eg. walking, fasting, maintaining wudhu

SOCIALLY, eg. visiting family, community work

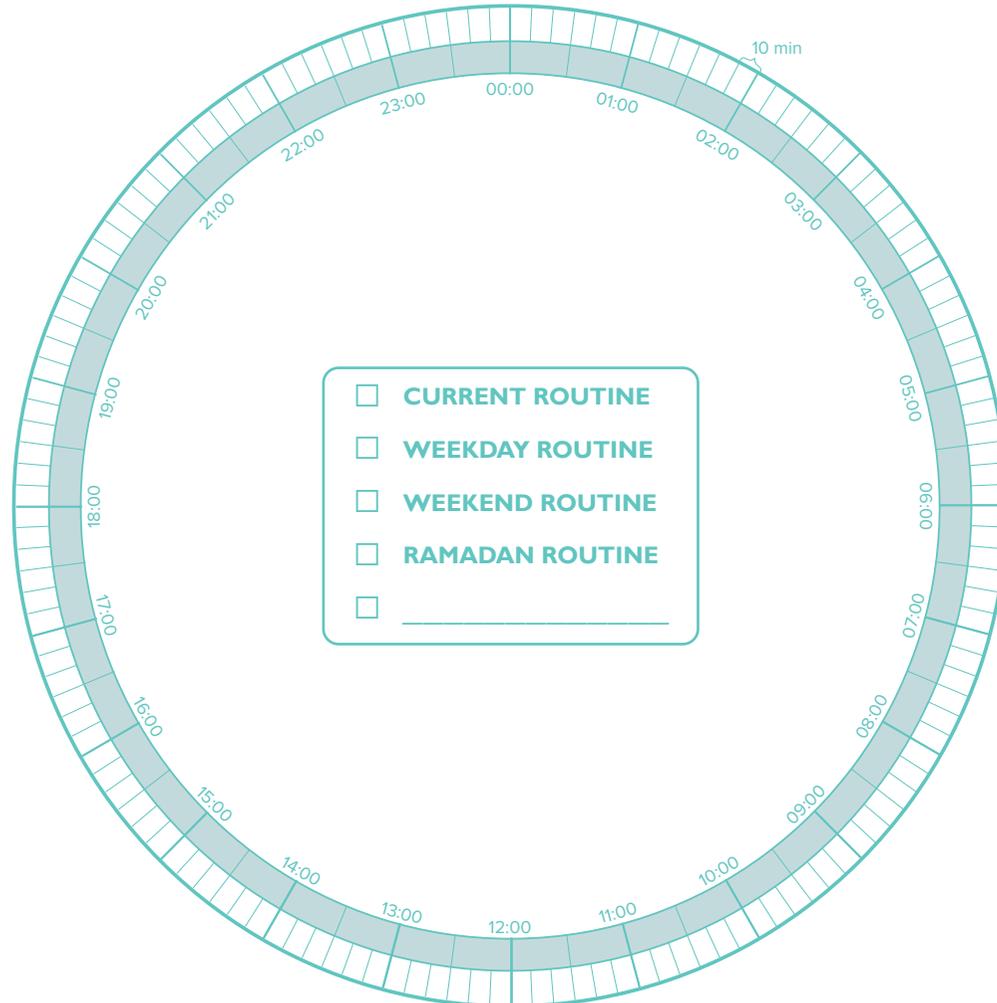
5 YOUR PRODUCTIVE ROUTINE SCORE

On a scale of 1-10, are you living the best version of yourself across your roles through this routine?

1 2 3 4 5 6 7 8 9 10

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EXAMPLE

