



Habits to **win**

Here and Hereafter

by Dr. Tesneem Alkiek

Check out our video series
Habits to Win Here and Hereafter



Introduction

Work, study, exercise, pray...all of the things we need to do feel like a never ending list of responsibilities. We're always crunched on time, either juggling one activity to another or just lying in bed feeling overwhelmed and unmotivated. But it doesn't always need to feel this way. With the right mindset and tools, you can take advantage of some key tips that our religion offers us in getting ahead of the curve.

Check out our video series *Habits to Win Here and Hereafter* to explore some of the ways you can begin to implement good habits and reach your peak productivity without feeling like you're constantly running a marathon. Follow along with this exclusive companion journal to help keep track of your thoughts, goals, and inspiration. Before you know it, you'll rediscover your purpose, breeze through the barriers that slow you down, and regain your sense of peace along the way. So what are you waiting for?



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَنْ كَانَتْ الدُّنْيَا هَمَّهُ فَرَّقَ اللَّهُ عَلَيْهِ أَمْرَهُ وَجَعَلَ فَقْرَهُ بَيْنَ عَيْنَيْهِ
وَلَمْ يَأْتِهِ مِنَ الدُّنْيَا إِلَّا مَا كُتِبَ لَهُ وَمَنْ كَانَتْ الآخِرَةُ نِيَّتَهُ جَمَعَ اللَّهُ
لَهُ أَمْرَهُ وَجَعَلَ غِنَاهُ فِي قَلْبِهِ وَأَتَتْهُ الدُّنْيَا وَهِيَ رَاغِمَةٌ

The Prophet ﷺ said,

“Whoever is focused only on this world, Allah will confound their affairs, put poverty before their eyes [i.e., make them fear poverty constantly], and they will not get anything of this world except that which has been decreed for them. And whoever is focused on the Hereafter, Allah will organize their affairs, make their heart rich [i.e., content], and the world [i.e., their worldly gains] will come to them whether it wants to or not.”

[IBN MAJAH]

What are your goals? What gives you a sense of accomplishment and fulfillment?

List 5 SHORT term goals

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 LONG term goals

1. _____
2. _____
3. _____
4. _____
5. _____



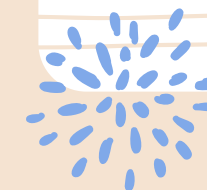
مَثَلُ الْجَنَّةِ الَّتِي وُعدَ الْمُتَّقُونَ فِيهَا أَنْهَارٌ مِنْ مَاءٍ غَيْرِ آسِنٍ وَأَنْهَارٌ
مِنْ لَبَنٍ لَمْ يَتَغَيَّرَ طَعْمُهُ وَأَنْهَارٌ مِنْ خَمْرٍ لَذَّةٍ لِلشَّارِبِينَ وَأَنْهَارٌ مِنْ
عَسَلٍ مُصَفًّى وَلَهُمْ فِيهَا مِنْ كُلِّ الثَّمَرَاتِ وَمَغْفِرَةٌ مِّن رَّبِّهِمْ


“The description of Paradise promised to the righteous is that in it are rivers of fresh water, rivers of milk that never change in taste, rivers of wine delicious to drink, and rivers of pure honey. There they will have all kinds of fruit, and forgiveness from their Lord.”

[QUR'AN, 47:15]

What motivates you?

**Where do you see yourself
on the Day of Judgment?**





وَجَاءَ يَوْمَئِذٍ بِجَهَنَّمَ ۚ يَوْمَئِذٍ يَتَذَكَّرُ الْإِنْسَانُ وَأَنَّى لَهُ الذِّكْرَىٰ
يَقُولُ يَا لَيْتَنِي قَدَّمْتُ لِحَيَاتِي

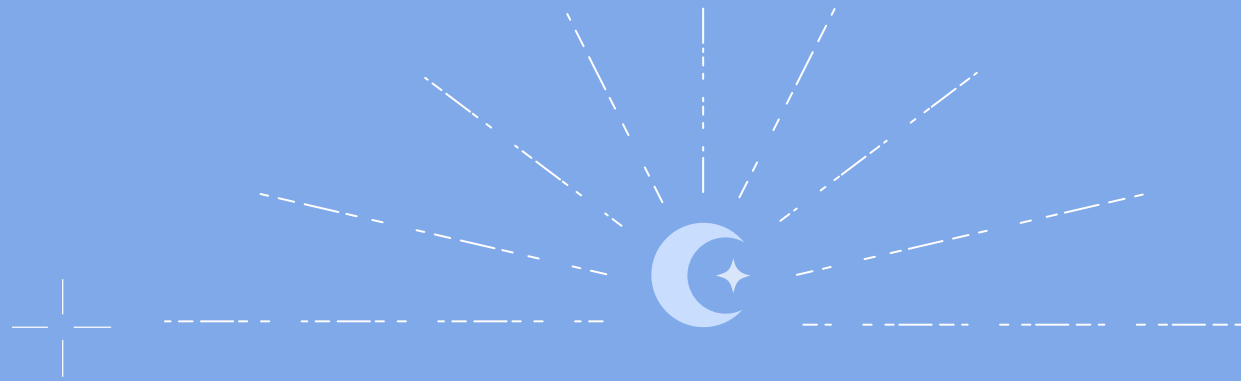
“And Hell is brought forth on that Day—this is when every person will remember [their sins]. But what is the use of remembering then? They will cry, ‘I wish I had sent forth [something good] for my [true] life.’”

[QUR’AN, 89:23-24]

What are some actions you may not do enough of?

What regrets might flash before your eyes as you leave this world?





قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
إِنَّ الدِّينَ يُسْرٌ وَلَنْ يُشَادَّ الدِّينَ أَحَدٌ إِلَّا غَلَبَهُ فَسَدِّدُوا وَقَارِبُوا
وَأَبْشِرُوا وَاسْتَعِينُوا بِالْغَدْوَةِ وَالرَّوْحَةِ وَشَيْءٍ مِنَ الدُّجَةِ

The Prophet ﷺ said,
“The religion [i.e., Islam] is easy, and whoever makes the religion difficult, it will overpower them. So, follow a middle course [in worship]; if you cannot do this, do something near to it and give glad tidings and seek help [of Allah] in the morning and at dusk and some part of night.”

[BUKHARI]

What are your strengths and weaknesses?

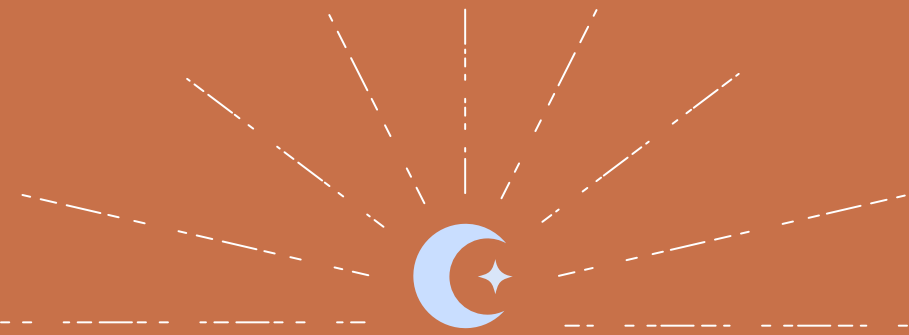
Mark a couple that you'd like to focus on to reorient your purpose.

Strengths

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Weaknesses

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قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
عَلَيْكُمْ بِمَا تُطِيقُونَ فَوَاللَّهِ لَا يَمَلُّ اللَّهُ عَزَّ وَجَلَّ حَتَّى
تَمَلُّوا وَلَكِنَّ أَحَبَّ الدِّينِ إِلَيْهِ مَا دَاوَمَ عَلَيْهِ صَاحِبُهُ

The Prophet ﷺ said,
“You should do what you can, for by Allah, Allah
never gets tired [of giving reward] until you get
tired. And the most beloved of religious actions to
Him is that which a person does consistently.”

[BUKHARI & MUSLIM]

List 1-2 new habits you would like to implement

Personal

	Daily	Weekly	Monthly	Time
Sample: Go for a walk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20 min.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

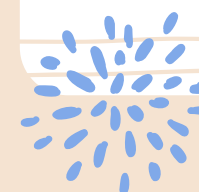
Spiritual

	Daily	Weekly	Monthly	Time
Sample: Fast every Monday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	N/A
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Professional

	Daily	Weekly	Monthly	Time
Sample: Read a new book	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10 min.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Notes





قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
يَعْقِدُ الشَّيْطَانُ عَلَى قَافِيَةِ رَأْسِ أَحَدِكُمْ إِذَا هُوَ نَامَ ثَلَاثَ عُقَدٍ
يَضْرِبُ عَلَى كُلِّ عُقْدَةٍ: عَلَيْكَ لَيْلٌ طَوِيلٌ فَارْقُدْ. فَإِنِ اسْتَيْقَظَ فَذَكَرَ
اللَّهَ انْحَلَّتْ عُقْدَةٌ فَإِنِ تَوَضَّأَ انْحَلَّتْ عُقْدَةٌ فَإِنِ صَلَّى انْحَلَّتْ عُقْدَةٌ
فَأَصْبَحَ نَشِيطًا طَيِّبَ النَّفْسِ وَإِلَّا أَصْبَحَ خَبِيثَ النَّفْسِ كَسَلَانًا

The Prophet ﷺ said,
“When any one of you sleeps, Satan ties three knots at the back of his neck. He recites this incantation at every knot: ‘You have a long night, so sleep.’ If he awakes and remembers Allah, one knot is loosened. If he performs wudu, the [second] knot is loosened; and if he performs prayer, [all] knots are loosened. He begins his morning in a happy and refreshed mood; otherwise, he gets up in bad spirits and a sluggish state.”

[BUKHARI & MUSLIM]

Tip: Memorize and recite these Prophetic du’as!

When the Prophet ﷺ woke up in the mornings he used to say,

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا
أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdulillah alladhi ahyaana ba'da ma amaatanana wa-ilayhi al-nushur

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

When the Prophet ﷺ went to bed, he used to say,

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa-ahya
In Your Name, O Allah, I die and I live.

My morning routine:

- Remember Allah
- Make wudu
- Pray

Reflection:

How do you feel today? How did remembering Allah at the start of your day make you feel more energized?



أَقِمِ الصَّلَاةَ لِذِكْرِ الشَّمْسِ إِلَى غَسَقِ اللَّيْلِ
وَقُرْآنَ الْفَجْرِ إِنَّ قُرْآنَ الْفَجْرِ كَانَ مَشْهُودًا

“Observe the prayer from the decline of the sun until the darkness of the night and the [recitation of] Qur’an [at] dawn, for certainly the [recitation of] Qur’an [at] dawn is witnessed [by angels].”

[QUR’AN, 17:78]

Tip: Eliminate distractions and build focus when you read or memorize Qur’an by silencing and putting away your electronics.

Qur’an Tracker

Surah	Verses	Start Day	End Goal	Notes	Done
Mulk, 67	1-5	Jan. 1	Jan. 10	Memorize 1 verse every 2 days	<input checked="" type="checkbox"/>



أَسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا
يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مَدْرَارًا
وَيُمِدُّكُمْ بِأَمْوَالٍ وَبَنِينَ وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا

“Seek your Lord’s forgiveness, for He is truly Most Forgiving. He will shower you with abundant rain, supply you with wealth and children, and give you gardens as well as rivers.”

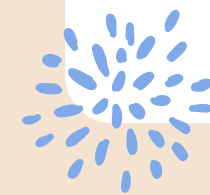
[QUR’AN, 71:10-12]

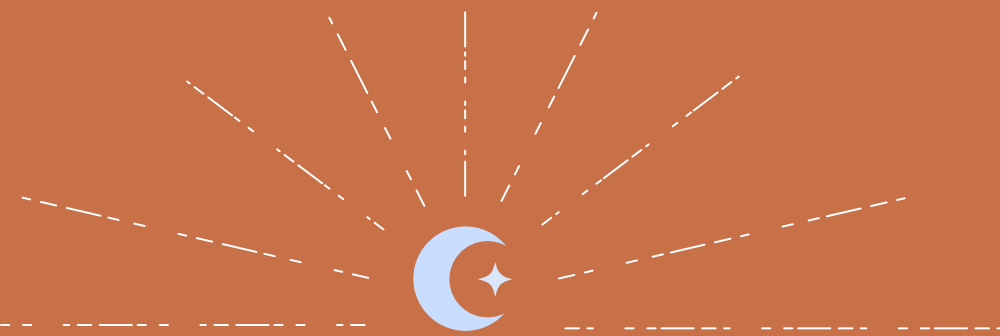
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
اللَّهُمَّ بَارِكْ لَأُمَّتِي فِي بُكُورِهَا

*The Prophet ﷺ said,
“O Allah, bless my people in their early mornings.”*

[ABU DAWUD]

What are some ways you can bring *barakah* into your life?





شَكَوْتُ إِلَى وَكَيْعِ سُوِّ حِفْظِي فَأَرْشَدَنِي إِلَى تَرْكِ الْمَعَاصِي
وَأَخْبَرَنِي بَأَنَّ الْعِلْمَ نُورٌ وَنُورُ اللَّهِ لَا يُهْدَى لِعَاصِي

“I complained to [my teacher] Waki’ about my bad memory, so he advised me to leave sins and said, ‘Verily, knowledge is light and the light of Allah is not given to a sinner.’”

[IMAM AL-SHAFI’I]

**What are some bad habits
I may still be engaging in?**





قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
إِحْرِصْ عَلَى مَا يَنْفَعُكَ وَاسْتَعِنْ بِاللَّهِ وَلَا تَعْجِزْ وَإِنْ
أَصَابَكَ شَيْءٌ فَلَا تَقُلْ: لَوْ أَنِّي فَعَلْتُ كَذَا وَكَذَا وَلَكِنْ
قُلْ: قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ فَإِنَّ لَوْ تَفْتَحُ عَمَلَ الشَّيْطَانِ

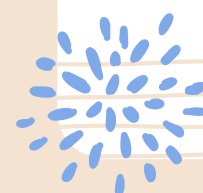
The Prophet ﷺ said,
“Be keen on what benefits you and seek help from Allah, and do not give up. If anything afflicts you do not say, ‘If I had done such and such, such and such would have happened.’ But say, ‘Allah decrees and what He wills He does,’ for [saying] ‘If I had’ provides an opening for the deeds of the devil.”

[MUSLIM]

Set your goals

Backup Goal	Goal	Stretch Goal

Brainstorm common challenges you may face and how you can deal with them:





قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
 الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ وَفِي كُلِّ خَيْرٍ

The Prophet ﷺ said,
 “A believer who is strong is better and dearer to Allah than the weak believer, but there is goodness in both of them.”

[MUSLIM]

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
 مَا مَلَأَ آدَمِيَّ وَعَاءً شَرًّا مِنْ بَطْنٍ حَسْبُ الْآدَمِيِّ لُقِيْمَاتٌ يُقْمَنَ صُلْبَهُ فَإِنْ
 غَلَبَتِ الْآدَمِيَّ نَفْسُهُ فَتَلَّتْ لِلطَّعَامِ وَتَلَّتْ لِلشَّرَابِ وَتَلَّتْ لِلنَّفْسِ

The Prophet ﷺ said,
 “A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if they must [fill it], then one third for food, one third for drink, and one third for air.”

[IBN MAJAH]

Meals

Breakfast

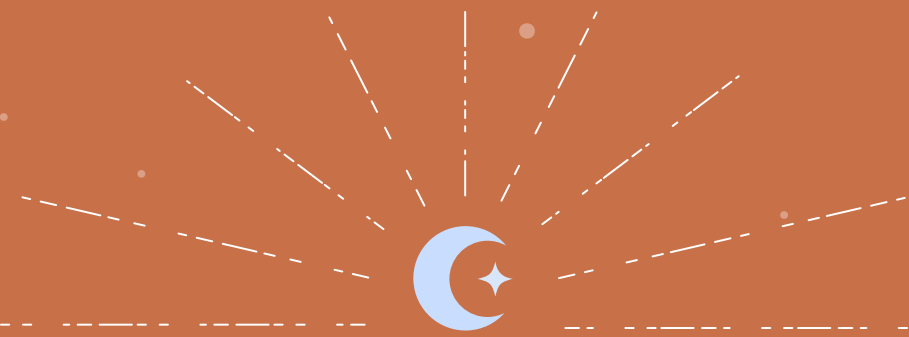
Lunch

Snacks

Dinner

Physical activity

Exercise	Duration
Hike at local park	45 min.



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ الصِّحَّةُ وَالْفَرَاغُ

The Prophet ﷺ said,
“There are two blessings that many people
waste: good health and free time.”

[BUKHARI]

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
اغْتَنِمْ خَمْسًا قَبْلَ خَمْسٍ شَبَابَكَ قَبْلَ هَرَمِكَ وَصِحَّتَكَ قَبْلَ سَقَمِكَ
وَعِنَاكَ قَبْلَ فَقْرِكَ وَفَرَاغَكَ قَبْلَ شُغْلِكَ وَحَيَاتَكَ قَبْلَ مَوْتِكَ

The Prophet ﷺ said,
“Take advantage of five before five: your youth before
your old age, your health before your illness, your
wealth before your poverty, your free time before
your busyness, and your life before your death.”

[AL-BAYHAQI]

What are some things you do that are a waste of time? What are some good habits you can do to replace those actions?

Time-Wasting Habits	Good Replacement Habits

Tip: Renew your intentions to be for the sake of Allah—even for everyday actions like eating and sleeping—to reap more reward.

هُوَ الَّذِي جَعَلَ لَكُمْ اللَّيْلَ لِتَسْكُنُوا فِيهِ وَالنَّهَارَ
مُبْصِرًا إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَسْمَعُونَ

“He is the One Who has made the night for you to rest in and the day bright. Surely these are signs for people who listen.”

[QUR'AN, 10:67]

Tip: Try to put your phone on airplane mode or “do not disturb” mode 30 minutes before sleeping.

My sleep schedule:

_____ PM to _____ AM

Which of the following prophetic practices will you implement before sleeping?

- Recite Ayat al-Kursi [2:255]
- Recite Surah al-Mulk
- Recite Surahs al-Ikhlās, al-Falaq, and al-Nas, three times each
- Recite du'a (see page #14)
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قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
الْكَيِّسُ مَنْ دَانَ نَفْسَهُ وَعَمِلَ لِمَا بَعْدَ الْمَوْتِ
وَالْعَاجِزُ مَنْ أَتْبَعَ نَفْسَهُ هَوَاهَا ثُمَّ تَمَنَّى عَلَى اللَّهِ

The Prophet ﷺ said,
“The wise person is the one who calls themselves to
account and does noble deeds to benefit them after death;
and the foolish person is the one who follows their own
whims and then indulges in wishful thinking about Allah.”

[AL-TIRMIDHI]
Graded weak

Tip: Memorize this du'a and recite it three times every morning and evening.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ
وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلْعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

Allahumma inni a'udhu bika min al-hammi wa'l-
hazan wa'l-ajz wa'l-kasal wa'l-bukhl wa'l-jubn
wa-dal'i al-dayn wa-ghalabat al-rijaal

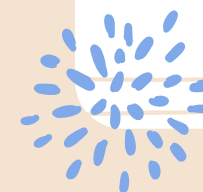
The Prophet ﷺ said,
“O Allah, I seek refuge in you from grief and sadness, from incapacity
and laziness, from miserliness and cowardice, from being overcome by
debt, and from being overpowered by men [i.e., others].”

[BUKHARI]

When do you find yourself procrastinating?
What might be some reasons?

When do you procrastinate?	Why?

What are some things you can
try to avoid procrastinating?



About the author

Dr. Tesneem Alkiek

Dr. Tesneem Alkiek has a Ph.D. in Islamic Studies with a focus on the development of Islamic law from Georgetown University. She completed her undergraduate degree in Early Christianity and Islamic Studies at the University of Michigan. Tesneem serves as the Director of Expanded Learning where she works with her team to create curricula and other resources for communities to engage with Yaqeen's research.

About Yaqeen Institute

Islam has a centuries-long tradition of inspiring its adherents to contribute to humanity based on conviction in its tenets. Previous generations of Muslims were on the forefront of contributing to medicine, philosophy, architecture, and governance among other areas. We are an institute aiming to rekindle this tradition.

Constant negative portrayals of Islam have put Muslims in a defensive position in which they constantly have to justify their convictions, while fighting off the natural doubts and insecurities that arise in such a climate. As such, young Muslims should be intellectually equipped and spiritually anchored in a way that empowers them to deal with the onslaught of doubt-inducing claims routinely leveled against Islam.

We aim to actively participate in the current-day discourse touching on all topics that are related to establishing conviction in the hearts and minds of young Muslims. The institute aims to be the trusted source regarding these topics by generating well-researched Islamic content that is then distilled through various formats including articles, infographics, animations, videos, and cutting-edge app technology. This content is then carefully assembled into curricula that can be used by various educators and community leaders to help anchor young Muslims in their faith, and produce thoughtful societal contribution.

The Institute is a non-profit research initiative that will make all of its content free and accessible. This will allow everyone looking for answers, and those tasked with giving answers, to always have a comprehensive resource readily available to them.

We believe that telling our own story is the only way to counter the narrative that has been forced upon our community.

YAQEEEN™