

Begin with Barakah - Purpose Planner — September 2016

Task	Intention	Desired Outcome
Began with Barakah	Making the most of my mornings, applying the prophetic advice of getting barakah in the early hours, giving my soul its right	Becoming more productive, efficient, having 'me' time, mastering my mornings.
Daily Quran	Reward, becoming from the people of the Quran, not abandoning the Quran, reflection	Daily connection with the Quran, improve my Tajweed, knowing the Quran more intimately, becoming a better reader and a stronger reciter
Morning Athkar	Protection, following the sunnah, mentioning Allah (thikr), becoming from those who mention Allah often.	Saying them daily without fail.
Affirmations	Reinforce the goals / program my subconscious, focusing / affirming my personal values	Staying on track towards achieving my goals, living out my values
Visualisation	To see, plan and live out the process of achieving my goals, to have focus, to think well of Allah (swt) to have hope	Focusing on the process and less on the outcomes
Exercise	Taking care of my body,	Becoming stronger, fitter, in the best shape of my life
Write	To make a blog post/ journaling / Quran Journaling / Poetry / working on my novel etc	Improve my writing, produce valuable content for my online community, sharing beneficial knowledge, tapping into my emotions

Task	Intention	Desired Outcome
Water	To take care of the Amanah of my body, giving my body its rights: by drinking 1L of water outside of meals, tea and juices.	Improving my health, digestion, skin
<i>The task you want to do on a daily basis</i>	<i>The reason you're doing this particular thing, i.e. the intention, reward or motivation behind doing it</i>	<i>The longterm goal or outcome you're aiming to reach through making daily progress</i>

Begin with Barakah - Monthly Challenge — September 2016

Challenge	Daily Task	Desired Outcome
Waking up earlier	Go to bed earlier	Refreshed and ready to roll
<i>The habit you want to remove/ adopt over the next 30 days</i>	<i>What task could you do, on a daily basis to help you achieve this challenge</i>	<i>After 30 days, you will have achieved this, or at least made commendable progress on getting closer to it.</i>

Begin with Barakah — My Affirmations

I am committed to **going to bed early**, daily for **30 days**, so that I can **become a morning person** by **October 1st 2016**

I am committed to **Quran journaling**, daily for **at least 10 minutes**, so that I can **live the guidance** by **September 2017**

Affirmation Formula: I am committed to _____, daily, for _____, so that I can _____ by _____

Begin with Barakah — My Visualisations

My days are amazing, I'm growing, glowing and achieving my goals. I'm grateful and content, my cup is full.

I go to bed early daily, I pray my prayers on time. I am more committed than I ever have been in my life and I'm already seeing results.

Visualisation Formula: What it feels like to achieve your goals, imagine yourself going through the process and enjoying it. Experience the joy of what you'll create

Begin with Barakah tracker — September 2016

Task	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	
Daily Quran	█	█	█	█	█	█	█		█	█	█	█																			
Morning Athkar	█	█	█	█	█	█	█	█	█	█	█	█																			
Affirmations	█	█	█	█	█	█	█	█	█	█	█	█																			
Visualisation	█	█	█	█	█	█	█	█	█	█	█	█																			
Exercise	█	█		█		█	█	█	█	█		█																			
Write	█	█	█	█	█	█	█	█		█	█	█																			
Water	█	█	█	█	█		█	█	█	█	█																				
Evening Athkar																															
Witr																															
Sleep Athkar																															
Began with Barakah																															
Monthly Challenge (Sep)																															

Begin with Barakah — My Dua list

Anything you want to ask Allah (swt) to give you, provide for you, assist you with etc. Anything that comes to mind, jot it down here for future reference, when there's an opportunity for accepted duas, come back here and run through your list inshallah.