RISE OF MUSLIMS · FAITH

Free Starter *Guide*

A short, practical guide to building daily habits around your faith, focus and goals.

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How to use this guide

Most of us do not fail because we lack motivation. We fail because we try to change everything at once. This guide gives you five small anchors for your day. Each one takes ten to thirty minutes, and each one supports the next.

The rule: pick one anchor this week. Do it for seven days. Only then add the next. A small habit you keep is worth more than a big plan you drop.

> A note before you start. This is general, practical guidance for building routine. It is not a religious ruling. For questions about how to practise, ask a qualified teacher or scholar you trust.

The five anchors

#	Anchor	Time	The point
1	Plan your day around your prayers	5 min	Prayer times are fixed points. Build your study and work blocks between them, not around them.
2	A daily Quran moment	10–15 min	Same time, same place. Read a little, slowly, and stop on one line to think about it.
3	A short dhikr and dua habit	2–5 min	Attach it to something you already do: after prayer, on a commute, before sleep.
4	One focused block	60–90 min	Your most important task, phone away, one tab open. Do it before the day fills up.
5	An evening reckoning	5 min	Three honest questions (below). It keeps the other four anchors honest.

Anchor 1: Plan your day around your prayers

At the start of the day, write down your prayer times, then look at the gaps between them. Those gaps are your working windows. A two-hour gap is a deep-work block; a thirty-minute gap is for messages, errands or a walk.

Try this: before each prayer, finish what you are doing and step away. After prayer, start the next block with a clear mind. Many people find that this alone ends the habit of working in one long, tired stretch.

Anchor 2: A daily Quran moment

Choose a time you can protect, for example right after the first prayer of the day or just before bed. Begin with ten minutes. Read slowly. If you read in translation, that is fine: the aim is to understand and reflect.

At the end, pick one line and ask: What is this asking of me today? Write the answer in one sentence. Over a month you will have thirty sentences that are entirely yours.

Anchor 3: Dhikr and dua

Keep it short and regular rather than long and rare. Choose one remembrance you already know and attach it to an existing habit, such as after each prayer, while the kettle boils or when you lock your phone for the night.

Anchor 4: One focused block

Decide the night before what your one important task is. When the block starts, silence your phone, close everything except what you need, and work until the timer ends. When you finish, stop and rest. Protecting the end of the block matters as much as protecting the start.

Anchor 5: The evening reckoning

Before sleep, answer three questions in a notebook, one line each:

- What did I do well today that I am grateful for?
- Where did I fall short, and what is one small fix for tomorrow?
- Who can I thank, forgive or check on?

Your 7-day tracker

Tick each anchor when you complete it. Print this page, or copy it into a notebook.

Anchor	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Plan around prayers							
2 Quran moment							
3 Dhikr & dua							
4 Focused block							
5 Evening reckoning							

Your weekly review (10 minutes, same day each week)

- Which anchor was easiest this week? Why?
- Which anchor did I skip most? What got in the way?
- What is one change that would make next week 10% easier?
- Which anchor will I add, keep or pause?

Remember: consistency beats intensity. If you miss a day, do not restart from zero. Just do the next small thing at the next opportunity.