

LIFE WITH DEEN

7-Day Deen Reset Planner

A practical week to rebuild Salah, reconnect with the Qur'an, strengthen consistency, return through Tawbah, and keep moving toward Allah.

THIS PLANNER IS FOR YOU IF...

You want to reconnect with your Deen but feel stuck, inconsistent, overwhelmed, or unsure where to begin.

YOUR INTENTION

I want this week to help me...

HOW TO USE IT

Spend 10-20 minutes each day. Read the guidance, complete the small actions, write one honest reflection, and carry one practical change into tomorrow. Missing a day does not mean the planner has failed; return to the next step.

Qur'an and hadith references are included as foundations for reflection. For questions involving a specific fiqh ruling or personal circumstances, consult a qualified scholar.

DAY 1 • RESTART SALAH

Make the next prayer your restart point.

WHAT ISLAM TEACHES

Salah is prescribed at appointed times (Qur'an 4:103). The Prophet Muhammad taught that a prayer missed through sleep or forgetfulness should be prayed when remembered (Sahih Muslim 684a and related narrations).

THE PRINCIPLE FOR TODAY

Do not wait to become perfect. Start with the prayer in front of you.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Identify the next Salah time and prepare for it.
☐	Make the prayer area ready.
☐	Put distractions away during the prayer window.
☐	Mark today's restart point after praying.

MY REFLECTION

REFLECT

What usually makes Salah difficult for me?

TOMORROW

One change I will make before the next difficult prayer:

DAY 2 • PROTECT THE HARDEST PRAYER

Fix the bottleneck, not everything at once.

WHAT ISLAM TEACHES

Prayer has appointed times (Qur'an 4:103). A practical restart becomes easier when you identify the prayer you most often struggle with and change the conditions around it.

THE PRINCIPLE FOR TODAY

Instead of only saying 'I need more discipline,' ask what happens immediately before the missed or delayed prayer.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Name the prayer that is hardest for you.
☐	Write down the main obstacle before it.
☐	Set one practical barrier or reminder.
☐	Protect that prayer today.

MY REFLECTION

REFLECT

What happens in the 30-60 minutes before I usually delay or miss this prayer?

TOMORROW

The barrier I will strengthen if today's plan fails:

DAY 3 • UNDERSTAND THE QUR'AN

Read less, understand more.

WHAT ISLAM TEACHES

The Qur'an invites people to reflect upon its verses (Qur'an 38:29). You do not need to rush through a large amount to make your reading meaningful.

THE PRINCIPLE FOR TODAY

Choose a short passage, read its meaning, and ask what it teaches you about Allah, yourself, or your choices.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Choose one short Qur'anic passage.
☐	Read it slowly with translation or explanation.
☐	Write one thing you learned.
☐	Write one action or attitude the passage makes you consider.

MY REFLECTION

REFLECT

What changed when I slowed down and focused on meaning?

TOMORROW

The next short passage I want to understand:

DAY 4 • BUILD ONE SUSTAINABLE HABIT

Make your routine small enough to return to.

WHAT ISLAM TEACHES

The Prophet Muhammad taught that the deeds most beloved to Allah are those done regularly, even if they are few (Sahih al-Bukhari 6464).

THE PRINCIPLE FOR TODAY

Consistency is not the same as intensity. Build a realistic minimum, use a clear cue, and grow when your circumstances allow.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Choose one additional Deen practice.
☐	Define the smallest version you can sustain.
☐	Attach it to a clear daily cue.
☐	Decide what you will do after a missed day.

MY REFLECTION

REFLECT

What makes my current Deen routine too difficult to sustain?

TOMORROW

My minimum daily practice for the next 7 days:

DAY 5 • TAWBAH & REBUILDING

Turn regret into a changed path.

WHAT ISLAM TEACHES

Allah tells His servants not to despair of His mercy (Qur'an 39:53) and calls believers to sincere repentance (Qur'an 66:8).

THE PRINCIPLE FOR TODAY

Take the sin seriously without turning the setback into hopelessness. Along with Tawbah, change one condition that repeatedly leads you toward the sin.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Make sincere Tawbah.
☐	Name the strongest trigger.
☐	Close one door to that trigger.
☐	Choose a halal replacement for the vulnerable moment.

MY REFLECTION

REFLECT

What usually happens immediately before I fall into the same mistake?

TOMORROW

One door I will close before that trigger returns:

DAY 6 • WHEN MOTIVATION IS LOW

Let commitment carry you when feelings do not.

WHAT ISLAM TEACHES

Allah mentions that hearts find rest in His remembrance (Qur'an 13:28). The Qur'an also connects striving with guidance (Qur'an 29:69).

THE PRINCIPLE FOR TODAY

Spiritual motivation can rise and fall. Protect the obligations, keep a small connection with Qur'an and dhikr, make honest dua, and reduce distractions.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Protect today's obligatory Salah.
☐	Spend a few quiet minutes with Qur'an or authentic dhikr.
☐	Make one honest dua about your heart.
☐	Create one distraction-free moment.

MY REFLECTION

REFLECT

What has been filling my attention lately, and what needs to be reduced?

TOMORROW

One quiet moment with Allah I will protect:

DAY 7 • BUILD YOUR ONGOING ROUTINE

Keep what worked. Remove what did not.

WHAT ISLAM TEACHES

The aim of this week is not a perfect seven-day streak. It is to discover a sustainable pattern of returning to Allah through Salah, Qur'an, repentance and consistent good deeds.

THE PRINCIPLE FOR TODAY

Review the week honestly. Keep what you can sustain, adjust what repeatedly breaks, and continue gradually.

TODAY'S ACTIONS

CHECK	TODAY'S ACTION
☐	Choose the practice that helped most.
☐	Name the main obstacle that needs a system change.
☐	Write your core daily routine.
☐	Choose one weekly learning or reflection slot.

MY REFLECTION

REFLECT

What helped me stay connected to Allah, and what repeatedly pulled me away?

TOMORROW

My simple Deen routine for the next 7 days:

WEEKLY REVIEW

What changed this week?

Do not measure only how many days you completed. Look for what you learned about your habits, distractions, worship and the conditions that help you return to Allah.

AREA	WHAT I NOTICED
Salah	
Qur'an	
Consistency	
Tawbah	
Motivation	

MY CORE ROUTINE

Write only what you genuinely intend to protect. Keep obligatory worship at the center; add voluntary practices that you can sustain.

Daily	
3 days a week	
Once a week	

ONE THING I WILL KEEP DOING

The practice I want to protect after this planner is:

REMEMBER

A missed day does not have to become a missed month. Keep returning to Allah, keep learning, and keep taking the next faithful step.

Suggested next step: revisit the Life With Deen Deen & Daily Struggles articles when a specific challenge needs deeper guidance.