

7-DAY SPIRITUAL HABIT LOOP

إِنَّ رَبِّي قَرِيبٌ مُجِيبٌ

"Indeed, my Lord is near and responsive."

SURAH HUD 11:61

Welcome to your 7-Day Practice Plan. In the noise of modern family life, it is incredibly easy to feel overwhelmed and disconnected. This structured workbook is designed to help you and your family anchor your daily routine to the divine guarantee that Allah is perfectly near (**Qareeb**) and actively responsive (**Mujeeb**).

THE 3-STEP HABIT FRAMEWORK

1. TRIGGER

Recognize a moment of sudden stress, anxiety, or family frustration.

2. ROUTINE

Pause instantly and whisper: *Inna rabbi qareebun mujeeb.*

3. REWARD

Acknowledge the immediate wave of calm, knowing your call is heard.

Your Weekly Protocol

DAY

PRACTICE & REFLECTION
PROMPTS

STATUS

Day 1: Anchor	Visual Cue: Write the verse on a sticky note and place it on your fridge or mirror. Explain its meaning to your family.	<input type="checkbox"/>
Day 2: Morning	The Morning Whisper: Begin your day by reciting the verse quietly while preparing breakfast or commuting to work.	<input type="checkbox"/>
Day 3: Check-in	Post-School/Work: Ask your family, "Was there a moment today you needed help? Remember, the Qareeb was with you."	<input type="checkbox"/>
Day 4: Trigger	Identify Stressors: Note one specific moment today that triggered overwhelm. Did you remember to use the routine?	<input type="checkbox"/>
Day 5: Practice	The Silent Dua: Intentionally use the verse during a moment of frustration before reacting to your children or spouse.	<input type="checkbox"/>
Day 6: Reward	Bedtime Gratitude: Ask your family to share one way they felt Allah respond (Mujeeb) to their specific needs today.	<input type="checkbox"/>
Day 7: Commit	Family Circle: Review the week together. Discuss how practicing this habit shifted the household's energy.	<input type="checkbox"/>

END OF WEEK REFLECTION NOTES

Write down any shifts in your family's dynamic or moments of answered prayers you noticed this week.

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