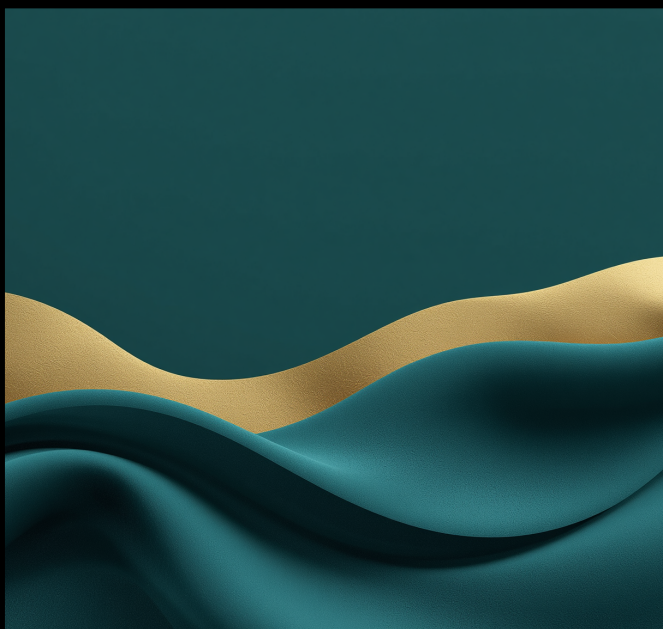


The 90-Second Wazifa

INTRODUCTION

This infographic presents a simple yet powerful **3-step micro-habit loop** to help you overcome daily overwhelm and mental blocks through spiritual practice.

THE MICRO-HABIT LOOP



The Trigger: Recognize when stress or overwhelm sets in.

The Action: Pause, breathe deeply, and recite the verse.



The Result: Shift from panic to Tawakkul through recitation.

Build your spiritual shield!