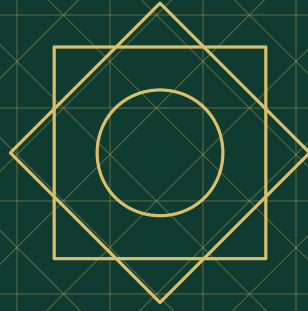


A FREE SPIRITUAL PRACTICE



المُصَوِّر

AL-MUSAWWIR

The Fashioner · The Shaper of Forms · The Giver of Beauty in Design

The 3-Minute Spiritual Habit Tracker

A gentle 30-day practice to notice how every heart,
every circumstance, and every soul is being
intentionally shaped — three quiet minutes a day.

DOWNLOAD & PRINT · FREE 30-DAY EDITION

UNDERSTANDING THE NAME

Al-Musawwir

"He is Allah — the Creator, the Originator, the Fashioner"

Among the ninety-nine beautiful Names, Al-Musawwir describes the One who gives every created thing its own particular shape, feature, and form — no two faces, fingerprints, or souls alike. Where Al-Khaliq brings something into being and Al-Bari' gives it sound proportion, Al-Musawwir is the detail and the design: the artistry within the ordinary.

To sit with this Name is to remember that you, too, were fashioned with intention — and that the parts of your character still being formed, the seasons still being shaped, are held by the same careful hand.

Reflected in Surah Al-Hashr (59:24)

Your 3-Minute Daily Practice

1

MINUTE

Pause & Remember

Sit quietly and take three slow breaths. Softly repeat *"Ya Musawwir"* a few times, letting your shoulders drop and your attention settle inward.

2

MINUTE

Notice the Shaping

Bring to mind one thing being shaped in your life right now — a habit, a relationship, a struggle. Ask gently: *what might be forming in me through this?*

3

MINUTE

Respond & Record

Jot one word on today's square in your tracker, then offer a short, sincere prayer asking to be shaped for the better — and check the box.

30-DAY PRACTICE

Your Habit Tracker

Mark each day you complete your 3 minutes — one small word of reflection is enough

01 ☐	02 ☐	03 ☐	04 ☐	05 ☐
06 ☐	07 ☐	08 ☐	09 ☐	10 ☐
11 ☐	12 ☐	13 ☐	14 ☐	15 ☐
16 ☐	17 ☐	18 ☐	19 ☐	20 ☐
21 ☐	22 ☐	23 ☐	24 ☐	25 ☐
26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

☐ Check when your 3 minutes are complete

Dotted line — one word of reflection



A CLOSING REFLECTION

“You were not shaped by accident. Return to this practice on the days it feels hardest to believe that — those are often the days the shaping matters most.”

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ

A short prayer to close your practice: ask that what is being shaped in you — your character, your patience, your heart — be shaped toward good, for your own peace and for those around you.

Ya Khaliq · Ya Bari' · Ya Musawwir

Free 30-Day Edition — Share freely, practice gently