CHEAT SHEET

The sleepy body steps



Get ready the sunnah way

1. Make wudu
2. Dust the bed three times
3. Lie on your right side, hand under your cheek
4. Say “Bismika Allahumma amutu wa ahya”
5. Recite Ayat al-Kursi
6. Recite the three Quls, blow, wipe your body

Melt from head to toes

1. Hand your worries to Allah
2. Let the Beyblade slow down
3. Soft face, loose jaw, floppy tongue
4. Shoulders down, noodle arms
5. Smell the flower, blow out the candle
6. Heavy legs, goodnight toes
7. Float on still water
8. Whisper SubhanAllah, Alhamdulillah, Allahu Akbar

Allah never sleeps, so I can.

Every sunnah is a star in your hasanat jar, one step closer to Jannah.

MY HASANAT JAR

Sleepy stars

Each night you go to sleep the sunnah way, with a good intention, color a star. When all seven are bright, you've filled your jar, one step closer to Jannah!



My name: ----------