

Weekly Spiritual Habits Audit Worksheet

Embracing Femininity ? Free Resource

Track your week with sincerity (ikhlas), not perfectionism.

Prayers: Fajr on time, five daily prayers, sunnah where possible.

Quran: daily recitation or reflection, even a few verses.

Charity: sadaqah, kindness, and helping family or neighbors.

Character: one habit to improve and one blessing to thank Allah for.

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