



♥ There are many Dua & Atkar to say and many good habits to do throughout your day. Here are just a few ♥



**After  
waking  
up**

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillahil-latheeh ahyana baAAda ma amatana wa-ilayhin-nushoor.*

All praise is for Allah who gave us life after having taken it from us and unto Him is the Return. (Al-Bukhari 11:113, Muslim 4:2083)

**Before  
Eating or  
any Good  
Action**



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismi-llāhi r-rahmāni r-raḥīm*

In the name of Allah, the Entirely Merciful, the Especially Merciful.

♥♥♥Remember: Use your right hand for eating and drinking.

**Before &  
After  
going to  
the Toilet**



✓ Before entering (with left foot):

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

*Allaahumma innee aAAoothu bika minal-khubthi wal-ghaba-ith*

Oh Allah, I take refuge with you from all evil and evil doers. (Al-Bukhari 1:45).

✓ After leaving the bathroom (with right foot):

*Ghufranak*

غُفْرَانَكَ.

I ask You (Allah) for forgiveness. (Zadul-Ma'ad 2:387)

**When  
leaving  
your Home**

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

*Bismil-lah, tawakkaltu AAalal-lah, wala hawla wala quwwata illa billah.*

In the name of Allah, I place my trust in Allah, and there is no might nor power except with Allah. (Abu Dawud 4:325, At-Tirmidhi 5:490)

**Morning &  
Evening Dua  
& Qur'an  
for  
protection**

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ

السَّمِيعُ الْعَلِيمُ. (ثلاثاً)

*Bismil-lahil-latheeh la yadurru maAAas-mihi shay-on fil-ardi wala fis-sama-i wahuwas-sameeAAul-AAaleem.*

In the name of Allah with whose name nothing is harmed on earth nor in the heavens and He is The All-Seeing, The All-Knowing. (3x). (Abu Dawud 4:323)



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ. (ثلاثاً)

*aAAoothu bikalimatil-lahit-tammati min sharri ma khalaq.*

I take refuge in Allah's perfect words from the evil He has created. (3x). (Ahmad 2:290)

✓ **Ayat al Kursi (Qur'an 2:255) & the 3 Quls (Surat Al-Ikhlās, 112, Surat Al Falaq, 113 & Surat An-Nas, 114).**

(♥♥ See next page for 3 Quls).



- ✓ Do Wudu.
- ✓ Pat down bed and say:

*Bismikal-lahumma 'amootu wa-'ahya.*

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

In Your Name, O Allah, I live and die. (Al-Bukhari 11:113, Muslim 4:2083).

- ✓ Lay down to sleep on your right side.
- ✓ Recite the 3 Quls (Surat Al-Ikhlās, 112, Surat Al-Falaq, 113 & Surat An-Nas, 114), blow air into your cupped hands and wipe hands gently over body (Muslim 4/1723):

قُلْ هُوَ اللَّهُ أَحَدٌ \* اللَّهُ الصَّمَدُ \* لَمْ يَلِدْ وَلَمْ يُولَدْ \* وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ . بِسْمِ  
اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ \* مِنْ شَرِّ مَا خَلَقَ \* وَمِنْ شَرِّ غَاسِقٍ إِذَا  
وَقَبَ \* وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ \* وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ . سَمِ اللَّهُ الرَّحْمَنِ  
الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ النَّاسِ \* مَلِكِ النَّاسِ \* إِلَهِ النَّاسِ \* مِنْ شَرِّ الْوَسْوَاسِ  
الْخَنَّاسِ \* الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ \* مِنَ الْجِنَّةِ وَالنَّاسِ

*Bismillaahir-Rahmaanir-Raheem. Qul Huwallaahu 'Ahad. Allaahus-Samad. Lam yalid wa lam. yoolad. Wa lam yakun lahu kufuwan 'ahad. Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbil-falaq. Min sharri maa khalaq. Wa min sharri ghaasiqin 'ithaa waqab. Wa min sharrin-naffaathaati fil-'uqad. Wa min sharri haasidin 'ithaa hasad. Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbil-naas. Malikin-naas. 'Ilaahin-naas. Min sharril-waswasil-khannaas. Allathee yuwaswisu fee sudoorin-naas. Minal-jinnati wannaas.*

In the Name of Allah, the Most Gracious, the Most Merciful. Say: He is Allah (the) One. The Self-Sufficient Master, Who all creatures need, He begets not nor was He begotten, and none is equal to Him. In the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkness when it settles, and from the evil of the blowers in knots, and from the evil of the envier when he envies. In the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind, the God of mankind, from the evil of the retreating whisperer, who whispers in the hearts of mankind, from among the Jinns and mankind.

- ✓ Recite Ayat al Kursi (Qur'an 2:255) ♥♥For a guardian angel to remain with until morning (Al-Bukhari, 4/487.)
- ✓ Surat al Mulk (Quran, Chapter 67) ♥♥Also called "the protector" because, for whoever recites it each night, the Surah will protect in the grave and Hereafter (Al-Nasa'i, 6/179).
- ✓ Do Tasbeh ♥♥♥To lessen burdens and tiredness. *Subhaanallaahi, - Walhamdu lillaahi, - Wallaahu 'Akbar (33x)*

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ

Glory is to Allah (33x), praise is to Allah (33x), Allah is the Greatest (34x).

- ✓ Ask Allah SWT for forgiveness as much as you can by saying: *Astaghfirullaah wa 'atoobu 'ilayh*

I seek the forgiveness of Allah and repent to Him.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ