

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، أَحْمَدُهُ سُبْحَانَهُ حَمْدًا طَيِّبًا مَبَارَكًا فِيهِ كَمَا يَحِبُّ
وَيَرْضَى، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ
وَصَحْبِهِ أَجْمَعِينَ، وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah the Lord of the worlds, I praise His glorious status and majesty as is befitting to Him. I bear witness there is no deity except Allah, He is alone having no partners. And I bear witness that Muhammad is His servant and Messenger. May the peace and blessings of Allah be upon him, his family, his companions, and all those who live like them till the Day of Resurrection.

Your 7 Daily Goals From Al-Fatihah - The Opener

- Time is limited and a precious commodity, therefore we set targets and develop strategies to accomplish our daily goals in order to have productive days

Allah ﷻ provides the answer to our daily goals in 7 steps – Al-Fatihah The Opener

Goal 1: Always begin with BISMILLAH before any task—In the Name of Allah, the Most Beneficent, the Most Merciful: Start each task with the name of Allah ﷻ. It increases *Barakah*. Hadith: say *Bismillah* before eating, starting something new, entering the house, procreation, sacrifice, cure, burial, Hanafi – Salah – not read aloud.

عَنْ أَنَسٍ، قَالَ صَلَّيْتُ مَعَ رَسُولِ اللَّهِ وَأَبِي بَكْرٍ وَعُمَرُ وَعُثْمَانُ فَلَمْ أَسْمَعْ أَحَدًا مِنْهُمْ يَقْرَأُ { بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ } (Sahih Muslim)

Goal 2: Thank Allah ﷻ often - All praise is due to Allah, Lord of the worlds: A true believer is grateful in all circumstances. Look around you and acknowledge the blessings of Allah ﷻ and thank Him for them each day. This will help in dealing with traumatic situations and fighting discontentment, increasing a stress-free lifestyle

تُسَبِّحُ لَهُ السَّمَاوَاتُ السَّبْعُ وَالْأَرْضُ وَمَنْ فِيهِنَّ وَإِنْ مِنْ شَيْءٍ إِلَّا يُسَبِّحُ بِحَمْدِهِ وَلَكِنْ لَّا تَفْقَهُونَ تَسْبِيحَهُمْ إِنَّهُ كَانَ حَلِيمًا غَفُورًا

The seven heavens and the earth and whatever is in them exalt Him. And there is not a thing except that it exalts [Allah] by His praise, but you do not understand their [way of] exalting. Indeed, He is ever Forbearing and Forgiving. (17:44)

Your 7 Daily Goals From Al-Fatihah - The Opener

Goal 3: Be Kind—The Entirely Merciful, the Especially Merciful: Allah ﷻ's beautiful qualities must be adopted in our daily lives. Be kind to your wife, children, family, neighbours and friends. Take a pot of chicken soup to someone with a cold, or give a ride to someone to the mosque/town study circles

الرَّاحِمُونَ يَرْحَمُهُمُ الرَّحْمَنُ ارْحَمُوا مَنْ فِي الْأَرْضِ يَرْحَمَكُم مِّنْ فِي السَّمَاءِ

"The merciful are shown mercy by Ar-Rahman. Be merciful on the earth, and you will be shown mercy from Who is above the heavens" (Trimdihi)

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ - كَتَبَ عَلَيَّ نَفْسِهِ الرَّحْمَةَ

Goal 4: Remember the Day of Judgment—Sovereign of the Day of Recompense: Tell yourself each day that this *Dunya* (life, universe) is just "Play and Amusement" and very soon that day will come when Allah ﷻ will recompense us for each good and bad deed done. Visit the graves, visit the ill, read Surah Haaqah, Mulk, Waaqiah as these will assist you in balancing the *Dunya* and the *Akhirah*

فَمَنْ يَعْمَلْ مِثْقَالَ ذَرَّةٍ خَيْرًا يَرَهُ وَمَنْ يَعْمَلْ مِثْقَالَ ذَرَّةٍ شَرًّا يَرَهُ

"So whoever does an atom's weight of good will see it, - And whoever does an atom's weight of evil will see it." (98:7-8)