AA PLUS

Intention Checklist

making every deed count, from start to finish.

"The (reward of) deeds depend upon the intentions, and every person will get the reward according to what he has intended." (Bukhari)

01 · SOWING

The Beginning

Bismillah

- [ ] I start my day by refreshing my intention: *"Today I intend to please Allah."*
- [ ] I ask myself **why** before I ask how.
- [ ] I make my intention bigger, adding more than one good intention to a single deed.
- [ ] I turn ordinary things (studying, working, exercising) into acts of worship.

02 · GROWING

The Middle

Bi iznillah

- [ ] I pause and ask: *"Am I still doing this for Allah?"* and renew my intention when my heart shifts.
- [ ] I'm learning to be comfortable with being unnoticed by the creations because Allah always notices!
- [ ] I focus on the quality of the deed, not the recognition it brings.
- [ ] When I'm tired or unappreciated, I remember why I started, rest if I need to, then continue.
- [ ] I'm learning to be comfortable with the monotony. Not every day is a highlight reel.

03 · HARVESTING

The End

Alhamdulillah

- [ ] After finishing, I ask Allah to accept it: *Rabbana taqabbal minna.*
- [ ] I don't remind people of the good I've done.
- [ ] I don't let pride take over what I've accomplished.
- [ ] I keep some deeds hidden, just between me and Allah.