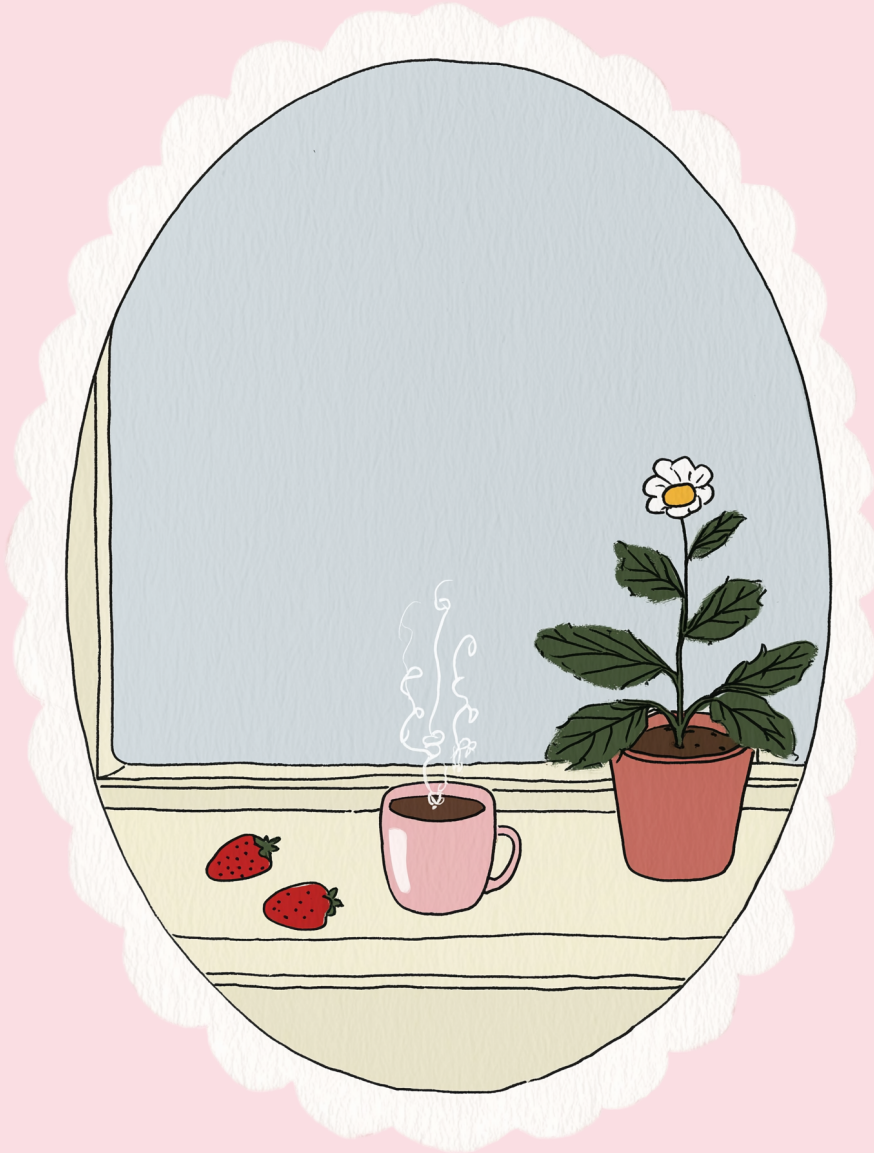


EDITION
9/7/26

63

closer



THE WORLD COUNTS OUTPUT,
ALLAH LOOKS AT HEARTS.

*Trying to measure my days
by heart-put, not out-put.*

9 Jul 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

The world measures
output and volume.
Islam measures
depth and presence.

Assalamualaikum my Champions 💕

Somewhere along the way, we were sold a story: that a good day is a "productive" day. That we should batch our tasks, monetise our hobbies, and fall asleep to a podcast on how to do even more tomorrow. Rest became something we have to earn. Stillness became something we have to *justify*.

But the word "productivity" was coined in the factory era, invented to measure machines' output per hour. **How did a term used to measure machines come to be used to measure ourselves?**

Are we not human *beings*? Not human *doings*?

What made me have this realisation was sitting with the power of Zikir, i.e., the remembrance of Allah.

Rasulullah ﷺ told us that "SubhanAllah wa Alhamdulillah" fill what is between **the heavens and the earth** ([Muslim](#)).

Let us sit with this for a bit and try to make that tangible - when we utter "SubhanAllah wa Alhamdulillah", it FILLS the space between the heavens and the earth. Meaning, beyond the atmosphere, beyond the stars we can see, beyond the 93 billion light-years of the observable universe. All of that... filled by words that take three seconds to say.

And in another Hadith, Rasulullah ﷺ said that "SubhanAllahi wa bihamdihi, SubhanAllahi-l-'Adhim" are "two words light on the tongue, heavy on the scale, (and) most beloved to the Most Merciful". ([Bukhari 6682](#)).

Light on the tongue. Heavy on the scale.

That's when it clicked for me: with Allah, with our Deen, it was never about the output or the quantity. It's the quality. The mindfulness. The presence. A single SubhanAllah said with a present heart carries a weight no to-do list ever could.

Allah doesn't measure us the way the world does. The world counts output - emails sent, boxes ticked, goals crushed. [Allah looks at hearts.](#)

So this is what I'm practising now: I'm trying not to measure my days by my output, but by my *heart-put*.

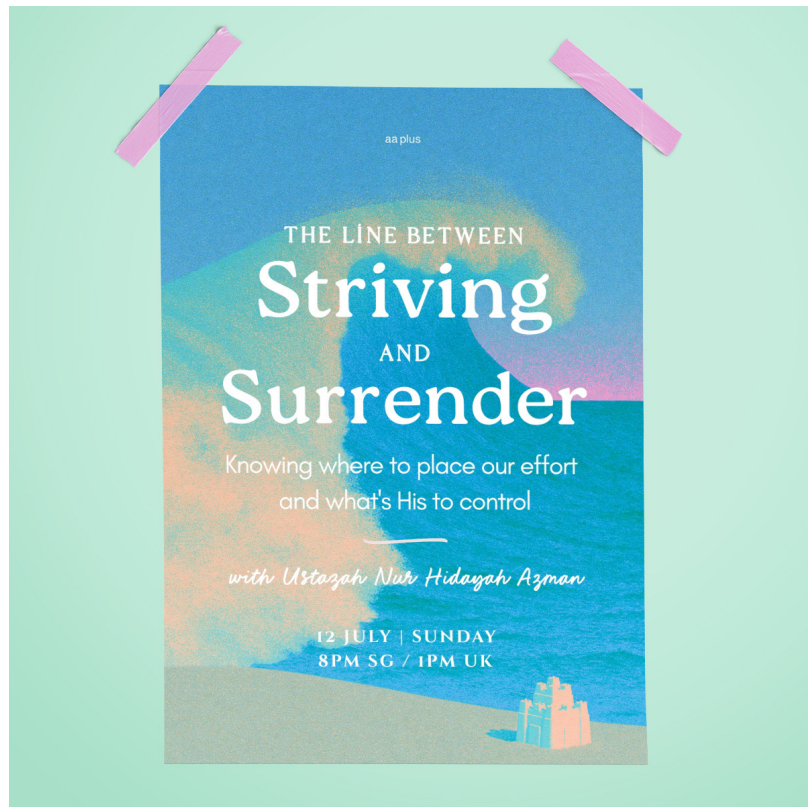
Was my heart present in my Solah today? Was I actually there when my loved one was talking to me, or was I mentally drafting tomorrow's list? Did I say Alhamdulillah today and mean it?

Some days, my heart-put will be quiet and unimpressive by the world's standards. Nothing to show. But if my heart was present, with Allah, with the people around me, with my own life as it was actually happening - then it was a full day. A successful day.

And perhaps, maybe being present is the most "productive" thing I can do as a Muslimah. :)

Champs, I pray that Allah makes us among those whose hearts are always present with Him. And if you have a minute, share with me - what would a full day measured by heart-put look like for you? 💕

aa plus event!



If you have ever wondered, ***"Where does my effort end and Allah's decree begin?"*** then this Sunday's Session is for you! I am so excited for it as we will also be welcoming a new teacher, the ever-gentle and reflective **Ustazah Nur Hidayah Azman**. She is an alumna of Madrasah Aljunied Al-Islamiah, and she went on to major in Quran and Hadith at the University of Malaya (B.A. Usuluddin), then pursued Applied and Positive Psychology. With deep knowledge of the Deen and the heart, she's spent years in faith-learning circles, and it shows in the way she teaches. Together, In Sha Allah, we will reflect on Allah's beautiful Names **al-Qaadir and al-Qadeer** - The All-Capable, The All-Powerful - as presented in the Quran and Hadith, and revisit where our responsibility begins, where it ends, and how the heart finds peace in the process. So come with your questions, and leave with a lighter heart, In Sha Allah!

 This Sunday, 12 July | 8PM SG / 1PM UK, In Sha Allah

[Join Event Here!](#)

[\(Sync Event to Your Gcal Here\)](#)

a beautiful du'a

Ya Allah,
remove the masks
I have learned to
wear so that I may
come to You with
my most honest,
unguarded self.

aaplus.co

#abeautifuldua

We spend so much of our days pretending we're okay - being the strong one, the one who has to find solutions for others. And sometimes we get so used to it that we bring that act into our Du'as and prayers too. But Champs, Allah knows the deepest corners of our hearts. The masks were never hiding us from Him, only from our own selves. So this week, may we come to Him as we actually are: tired, hopeful, unsure.

the art of noticing



THE FIRST SIP

THE ART OF NOTICING

Tomorrow morning, pause before your first sip. Feel the cup in your hands, take that sip slowly, and say *Alhamdulillah* like you mean it. It

reminds me of Maryam AS at her heaviest moment, when Allah's comfort came as something so simple: *"Do not grieve; your Lord has placed beneath you a stream"* ([19:24](#)). Water, for a burdened soul. So maybe that's what the first sip can be for us too: a small daily reminder that Allah provides for our heaviness in the simplest of ways, every single morning, before we've done anything to earn it.

#areads



This week's read is extra close to my heart because it's written by our very own Ustazah Hidayah, our guest teacher this Sunday. (This book is actually what inspired the session!) Written as a reflection on one single Ayah, verse 59 of Surah Al-An'am: "*Not a leaf falls but that He knows it*", Ustazah goes through the Ayah word by word in such loving detail that you cannot help but pause, slow down, and contemplate. It's a beautiful reminder of what the Quran asks of us - to not just rush through His words, but to *sit* with them. One Ayah can hold a whole world if we let it. (PS: I have every intention of inviting Ustazah back for a book club on this one, so make dua that it happens! 💕)

ps:



*Champs, a little reminder before I go - pre-orders for our **Everyday Champ Tee** close on **15 July** (that's next Wednesday!). We introduced it during our 7th anniversary call, and this tee is made with 100% cotton, something soft for the days you just want to feel held. For your slow mornings, long halaqahs, school runs, and everything in between!*

[Get Your Champs Tee Here!](#)

FIN.
x
a