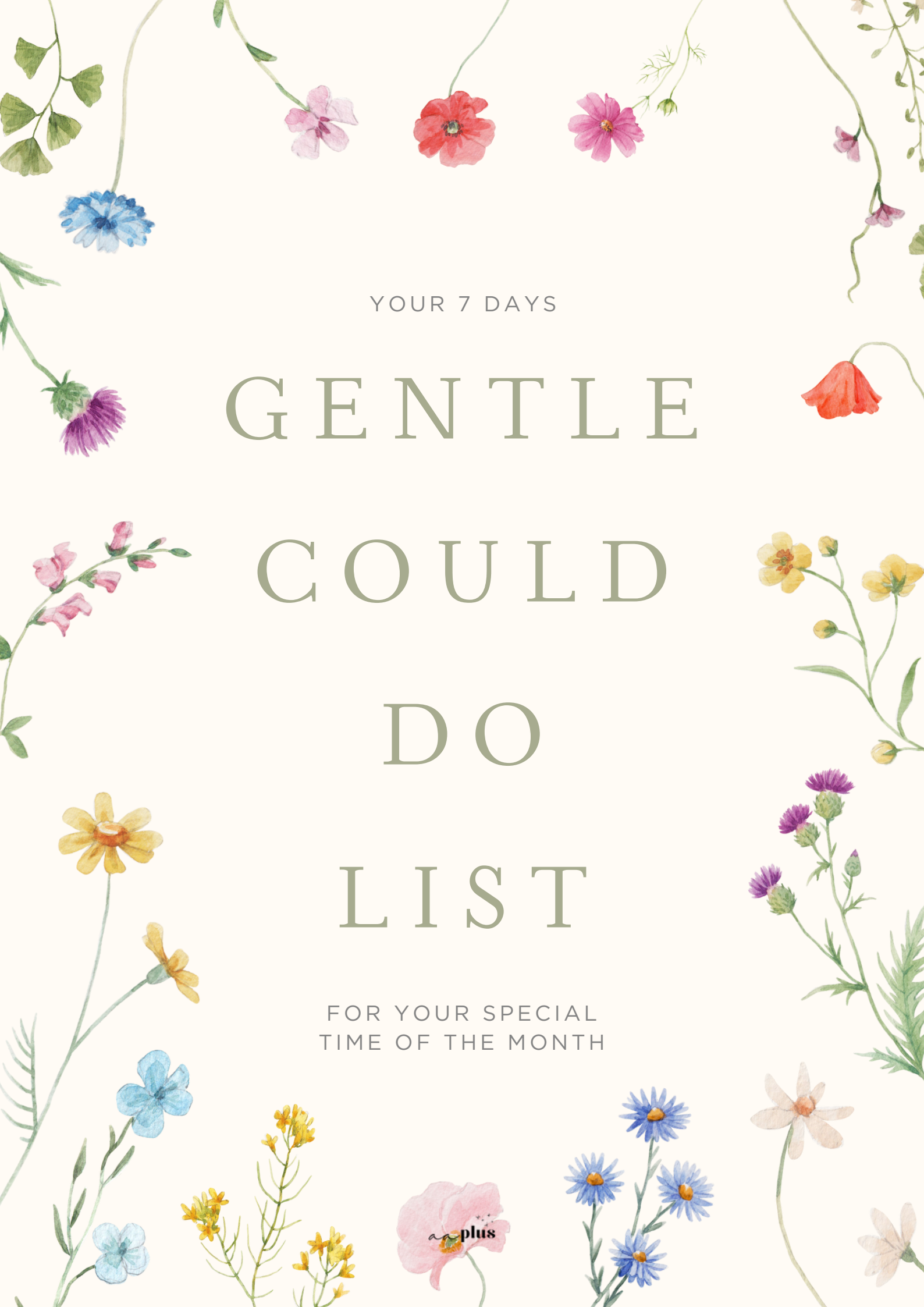


A decorative border of various watercolor flowers and greenery surrounds the central text. The flowers include pink, red, blue, yellow, and purple blooms on thin green stems with small leaves.

YOUR 7 DAYS

GENTLE COULD DO LIST

FOR YOUR SPECIAL
TIME OF THE MONTH

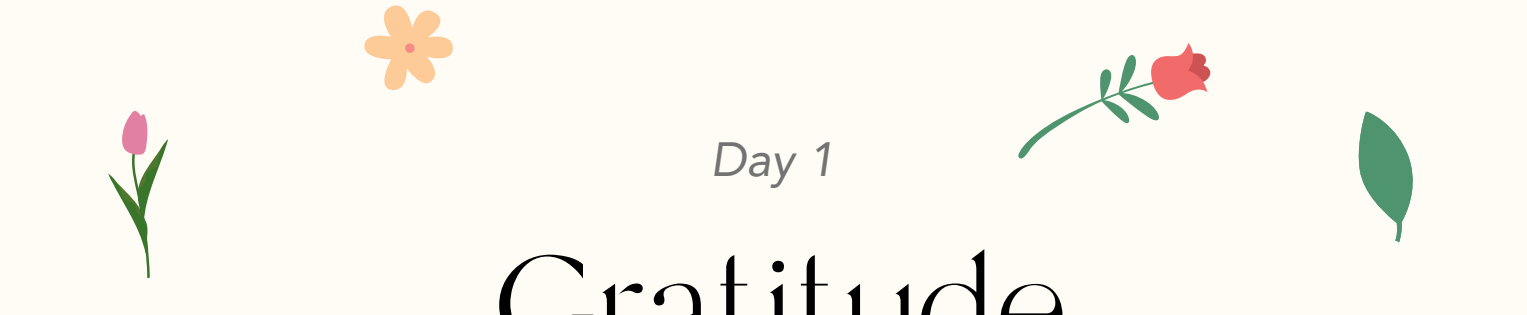
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



Gently, but surely.

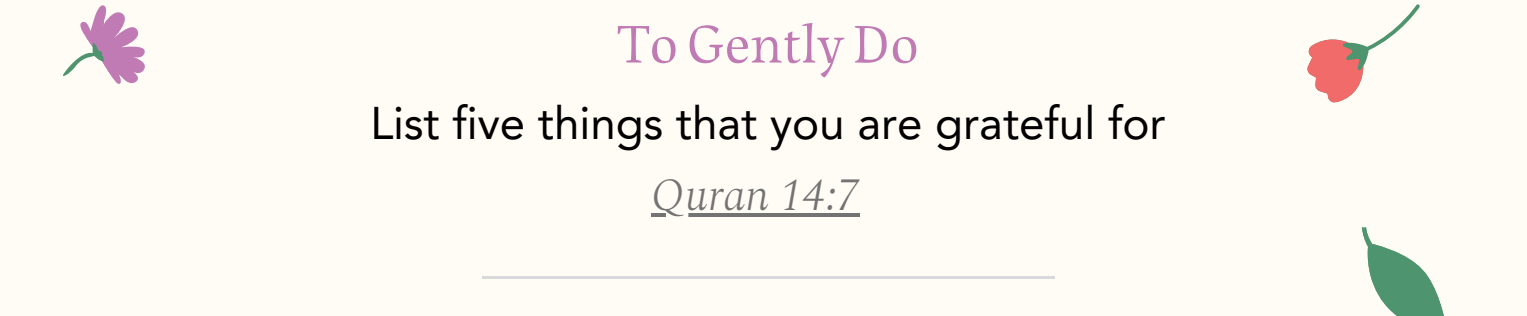
Our time of the month is a gift given by Allah SWT Himself for us to rest and slow down, but that doesn't mean our worship has to stop. Based on the verses of the Quran and Hadiths, my team and I have compiled a 7-Day Gentle "Could-Do" List that might inspire you to do, move, nourish, give and reflect during this blessed period of rest. We pray may this be of benefit!





Day 1

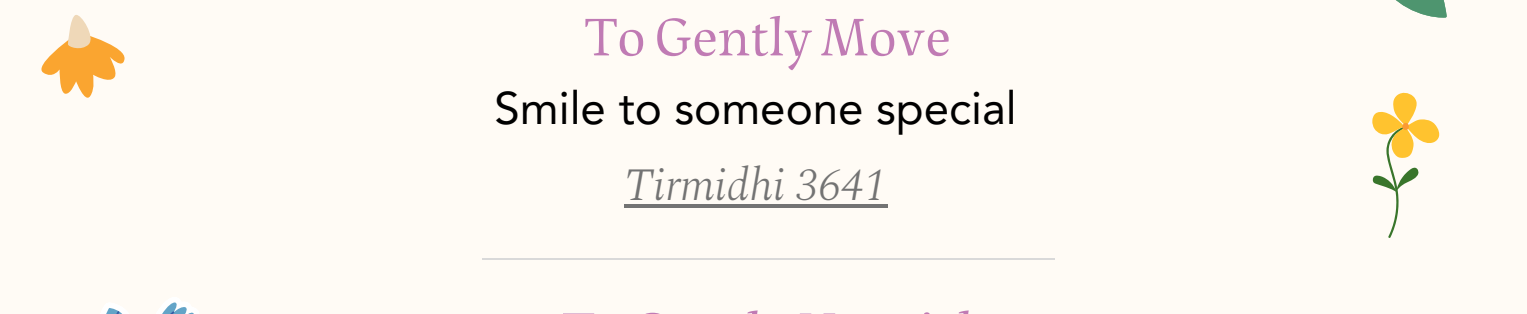
Gratitude



To Gently Do

List five things that you are grateful for

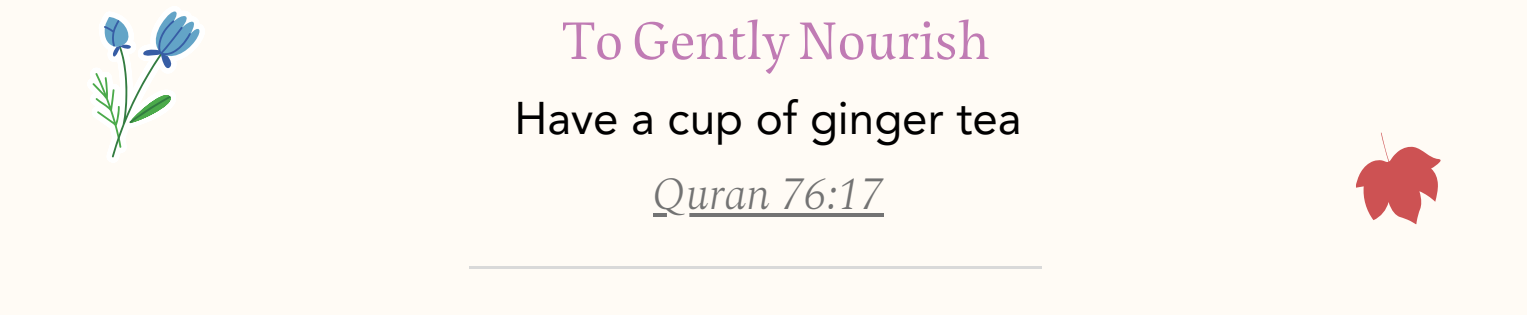
Quran 14:7



To Gently Move

Smile to someone special

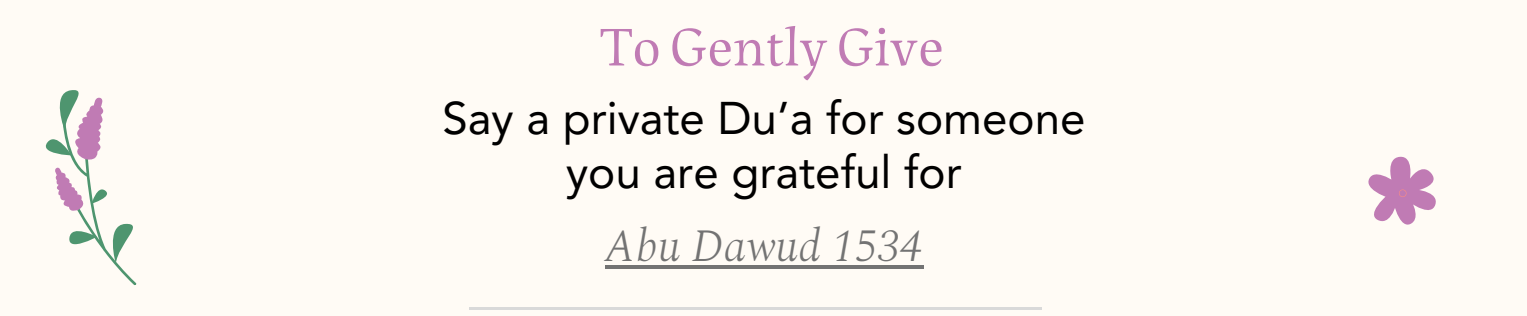
Tirmidhi 3641



To Gently Nourish

Have a cup of ginger tea

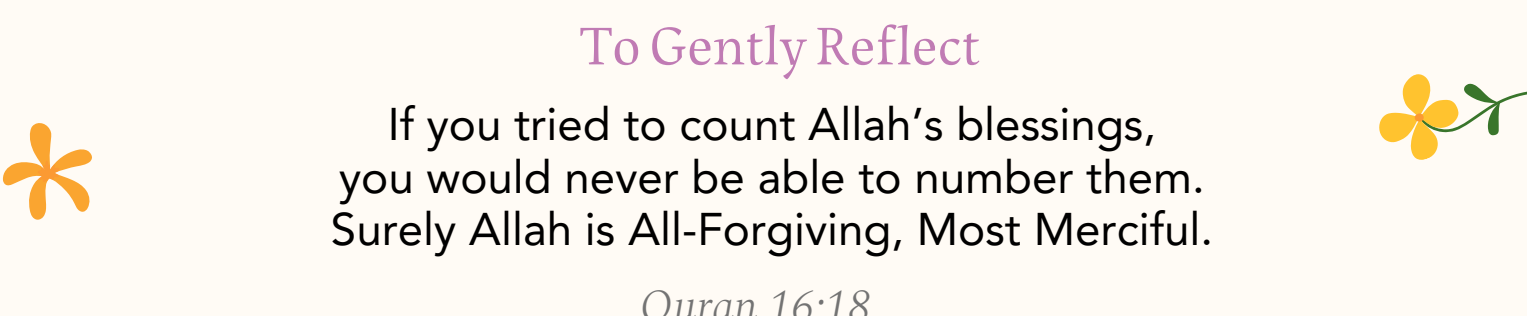
Quran 76:17



To Gently Give

Say a private Du'a for someone
you are grateful for

Abu Dawud 1534



To Gently Reflect

If you tried to count Allah's blessings,
you would never be able to number them.
Surely Allah is All-Forgiving, Most Merciful.

Quran 16:18

Day 2

Patience

To Gently Do

Begin everything with *Bismillahirrahmannirahim*

Musnad Ahmad 474

To Gently Move

A light stretch during the 5 daily prayers and make Dua after each Athan

Tirmidhi 212

To Gently Nourish

Replenish your energy with dates

Quran 19:23-26

To Gently Give

Give a gift to a family member

Ibn Majah 1844

To Gently Reflect

Do you think you will enter Paradise without Allah proving which of you 'truly' struggled 'for His cause' and patiently endured?

Quran 3:142

Day 3

Repentance

To Gently Do

Recite Istighfar 100 times

Ibn Majah 3815

To Gently Move

Purify your prayer garment / mats / space

Muslim 223

To Gently Nourish

Take a tablespoon of honey
first thing in the morning

Quran 16:68-69

To Gently Give

Give in and be the bigger person

Al-Abani

To Gently Reflect

As for those who repent, believe, and do good deeds,
they are the ones whose evil deeds Allah will change into
good deeds. For Allah is All-Forgiving, Most Merciful.

Quran 25:70

Day 4

Remembrance

To Gently Do

Recite the Du'a of Prophet Yunus عَلَيْهِ السَّلَامُ

Tirmidhi 3505

To Gently Move

Massage your womb while reciting Ya Rahim

Quran 13:8

To Gently Nourish

Snack on pomegranate

Quran 6:141

To Gently Give

Give food for any fasting person

Tirmidhi 807

To Gently Reflect

Rasulullah ﷺ said,
"He who remembers his Lord and he who does
not are like the living and the dead."

Bukhari and Muslim



Day 5

Light

To Gently Do

Recite the Du'a of Noor

Bukhari and Muslim

To Gently Move

Purify and brighten up an area of your home

Quran 9:108

To Gently Nourish

Take a tablespoon of extra virgin olive oil

Ibn Majah 3319

To Gently Give

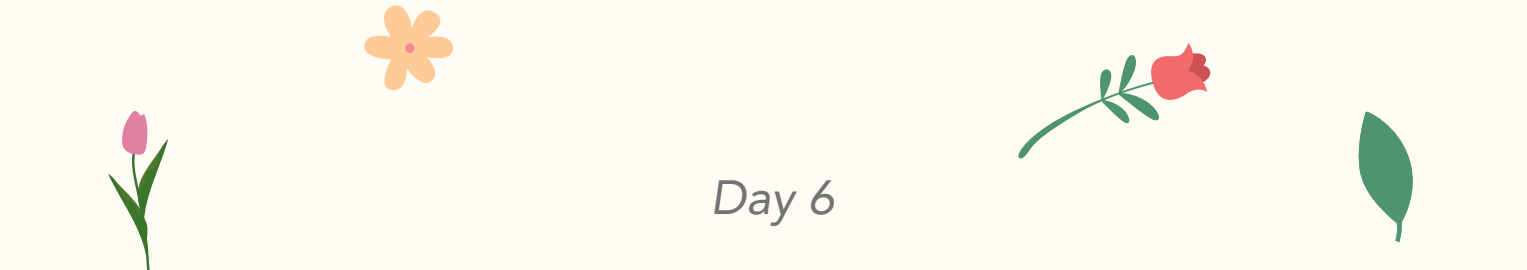
Bring calm or give ease to someone else.

Bukhari and Muslim

To Gently Reflect

He is the One Who showers His blessings upon you
—and His angels pray for you—so that He may bring
you out of darkness and into light.

Quran 33:43



Day 6

Mercy

To Gently Do

Recite the Du'a of Prophet Ayub عَلَيْهِ السَّلَامُ

Quran 21:83

To Gently Move

Take a mid-day nap

Al-Abani

To Gently Nourish

Munch on some cucumbers

Muslim 2043

To Gently Give

Be kind in thought and speech,
and say something kind to someone

Bukhari 6136

To Gently Reflect

Verily, My Mercy prevailed over My Wrath

Bukhari and Muslim

Day 7

Jannah

To Gently Do

Recite the Du'a of Asiya رضي الله عنها

Quran 66:11

To Gently Move

Be the first to extend Salam today

Muslim

To Gently Nourish

Drink the drinks of the inhabitants of Jannah
- fresh water, milk or honey

Quran 47:15

To Gently Give

Leave a lasting legacy after your
death by making a *Sadaqah Jariyah*

Muslim

To Gently Reflect

Rasulullah ﷺ said, "I guarantee a house
in the highest part of Jannah for one
who has good manners."

Abu Dawud