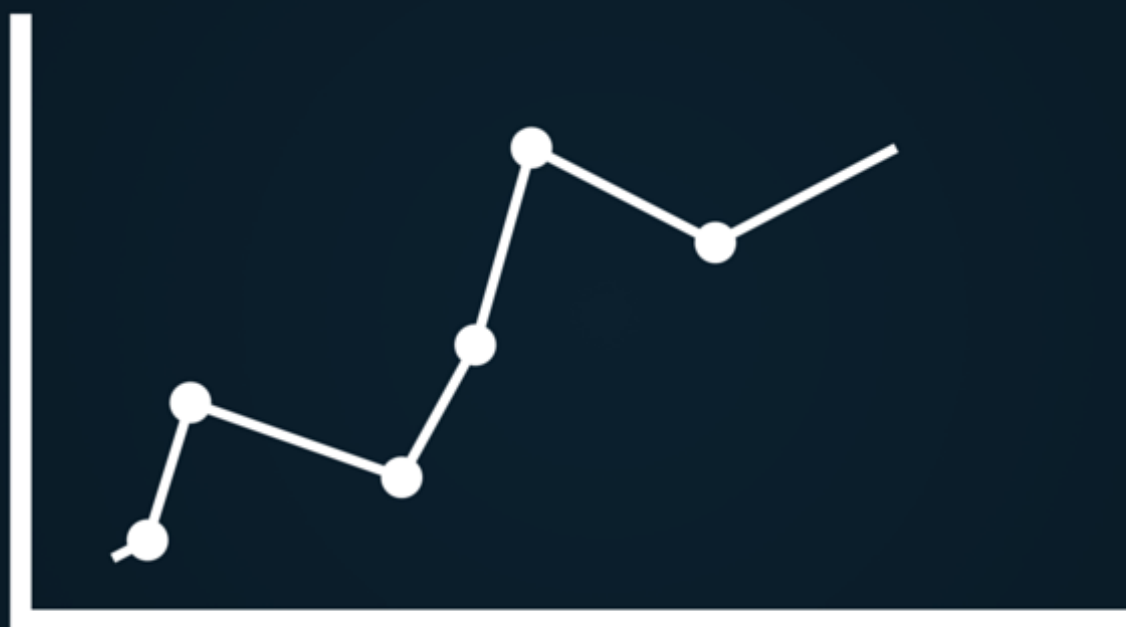


KHUSHOO'

TRACKER

(Printable Worksheet)



Khushoo' Tracking Worksheet

Dear Friend,

Congratulations on downloading the '30 Top Tips for Attaining Khushoo' in Prayer' eBook. We hope you enjoyed it and learned some new, easy-to-implement tips and tricks for attaining better humility and focus in your prayers.

What was your favourite tip? Let us know on [Facebook](#), [Twitter](#) or by [Email](#).

Now that you've read the eBook, it's time to start putting some of the tips into action and measuring your progress. As we know, one of the best ways to achieve any goal is to take strategic, measured steps towards it over a period of time.

To help us achieve this, our brother Ameen from [Seera Masters](#) has put together this Khushoo' Tracking Worksheet (see next 2 pages). In order to get the most out of this worksheet, it is recommended to print off the tracking table on the last page and keep it somewhere where you can regularly access it to fill it in.

The tracker is based on monthly goals, encouraging you to give yourself a score from 1-10 for your selected Khushoo' goal for that particular month. Choose any Khushoo' goal to focus on from the eBook (or your own), and try your best to consistently improve your performance over the course of 30 days. In the next month, choose a different goal to achieve.

As the months go on, the aim is to improve in as many aspects of Salah as possible, contributing to your overall ability to attain true focus and closeness to Allah SWT whilst praying.

All the best, and may Allah SWT bless you!

- Usman (Deenspiration)

P.S. (If you haven't downloaded the Khushoo' Tips eBook yet, get it here:
www.deenspiration.com/focusinprayer)

For more beneficial downloads, tips and tricks, visit:

www.seeramasters.com

www.deenspiration.com

Principles for getting results in behaviour change

By Ameen from Seera Masters

- **Start small** - Don't underestimate the effects and reward of establishing a small but consistent habit. Don't overburden yourself because it'll make you stop eventually.
- **Look for the long term** - the changes you will make to improve your salah are some of the most important and life changing you will ever make. Anything with so much value will take determination and effort. So don't worry about not excelling in all parts of the salah from day 1. Instead, pick 1 tip from this ebook and look at how these small, consistent changes will add up over the years. Allah knows your intentions.
- **Forgive yourself** - In this journey of mastering your salah you will slip up. You will have days where you don't put in 100% effort to improve. Research shows that those that forgive themselves when cheating on a diet are more likely to continue the diet than those that are harsh. So, yes, you will slip up. Just forgive yourself and focus on the next day/prayer.
- **Think of the reward** - This isn't an exercise in changing a habit for fun, or for status. This is improving the most important act of worship! So even if we don't get quick results, the effort itself is rewarded by Allah! The reward is firstly from Allah in the akhira and secondly in the form of that uplift in iman.
- **It's the journey** - This is a lifelong journey, you will never reach the destination. You will keep trying to improve and increase your salah until you die. What a great ride it is! Therefore, don't focus too much on results and don't let it get you down if you only see slow improvement. When you focus on the journey, enjoying that striving for Allah, then the results will come without the stress.
- **Reward yourself** - Set yourself a goal for how many days you will actively implement 1 tip from the ebook. For example, you want to improve your focus when making wudhu for June. If you do this for 20 days out of the month then you gift yourself with a weekend trip, a new gadget or simply a meal out.

Khushoo' TRACKER

Days of the month (Give yourself a score /10)

Khushoo' Goal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total		
Slow down in salah	3	3	3	4	3	5	4	4	4	5	2	2	6	6	5	4	5	4	5	5	5	5	3	3	3	3	3	5	5	6	5	278/ 300	

Note: The first line (indicating one month) has been filled in as an example to guide you.

Use this tracker to slowly but surely boost your khushoo'! This is the real nitty gritty that will change your salah and your life! Without implementing with a framework it's likely you won't benefit at all!

How to use the Khushoo' Tracker:

1. Pick 1 (or 2) tips from the eBook to implement each month
2. Define what 1/10 is and what 10/10 is for these tips
3. Give yourself a daily score for how well you implemented the tips before sleeping. Reflect on your score and how to improve the next day.
4. Monitor your progress, reward your success and adapt accordingly