

Sayyiduna Umar radhiyallahu anhu says, "Take account of yourself (now) before you are taken account of (by Allah Ta'ala in the Hereafter)."

(Muhaasabat al-Nafs)

My Self Check Chart

F Z A M I

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Let's write

- 1 What you did good today
- 2 What wasn't good today
- 3 What you will do better tomorrow

What I am pleased with



What I am unhappy with



What I want to improve on

