

The 5 Blocks of Barakah – Toolkit

■ How to Use the Barakah Toolkit

This section is the practical "Action Zone" of the book. While the chapters provided the *why*, these Appendices provide the *how*. To bridge the gap between intention and reality, I suggest the following implementation strategy:

1. The Daily Rhythms (Appendices A, B, & I)

The 30-Second Reset: Start every new block by performing the reset in **Appendix A**. This is your primary defense against "Meaningless Movement".

Transition Duas: Use the specific anchors in **Appendix I** to turn your mundane tasks—like emails or family dinners—into acts of worship.

2. The Audit System (Appendices C, D, E, & F)

Nightly Muhasabah (Daily): Each night before sleep, fill out the **Daily Barakah Audit (Appendix C)**. Follow this immediately with the three **Daily Post-Audit Questions (Appendix D)** to close your mental loops for the night.

Weekly Strategy (Friday/Sunday): Use **Appendix E** to look at your weekly trends. This helps you identify if a specific "Thief of Barakah" is repeatedly stealing your time.

The Pivot: Use **Appendix F** to decide on your "One Adjustment" for the coming week. Consistency, even in small adjustments, is the secret to lasting Barakah.

3. Printing for Excellence (Ihsan)

The Physical Connection: Printing these out and writing by hand enhances memory and commitment. Keep your daily audit sheet on your nightstand or in your workspace as a constant reminder of your **Amanah**. You can also print two copies of Appendix G or H on may be one copy of each and keep one in your bedroom and one at your office or workplace.

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

- **Transliteration:** Ya Muqallibal-qulubi thabbit qalbi 'ala dinik.
- **Translation:** "O Turner of hearts, keep my heart firm upon Your religion."

The 30-Second Niyyah Reset



A Simple Daily Practice to Align Your Heart Before Your Tasks Begin

Use this quick spiritual reset to enter each Barakah Block with clarity, calm, and purpose.

1. Pause (~10 seconds)



Step back. Still your mind.

- Close your eyes.
- Take one deep breath.
- Detach from your to-do list.
- Disconnect from the dunya, reconnect with the Divine.



2. Declare (~10 seconds)



Set your Niyyah (intention).

Silently say:

- “Bismillah. I begin this block for the sake of Allah, to fulfill my duties and honor the time He has loaned me:

This turns your ordinary work into **worship**.



3. Surrender (~10 seconds)



Let go of control. Embrace Tawakkul.

Whisper the beautiful words:

“La hawla wa la quwwata illa billah.”

There is no power or might except **with Allah**.

You plan — but He grants the outcome. This frees your heart from anxiety.



Final Note: Repeat this Reset before starting each block in your day.

It only takes 30 seconds, but it's Barakah lasts all day.

Remember, Niyyah is not just the beginning of action — it's the soul of it.

Appendix B

Intentional Duas for Transitioning Between Blocks

Use these short spiritual anchors when moving from one Barakah Block to the next. They reconnect your actions with your intention.



The Awakening Block (Fajr – Dhuh):

“O Allah, bless my morning hours. I intend this time for spiritual grounding, mental clarity, and honoring the start of my day.”



The Action Block (Dhuh – Asr):

“O Allah, I intend this work as a means of Halal sustenance. Let my efforts be an act of Ihsan.”



The Connection Block (Asr – Maghrib):

“O Allah, I intend this time to fulfill the rights of my family and community with presence and care.”



The Social Block (Maghrib – Isha):

“O Allah, I seek Your forgiveness for the shortcomings of my day and thank You for the Barakah of this evening.”



The Reflection Block (Isha – Fajr):

“O Allah, I intend this rest to restore my body and protect the Amanah You’ve entrusted to me, so I may serve You better tomorrow.”

Appendix C: The Daily Barakah Audit Sheet			
The Five Blocks	Specific Reflection Questions	Status (Y/N)	Quality (1-5)
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The Five Blocks	Specific Reflection Questions	Status (Y/N)	Quality (1-5)
1. The Fajr Awakening Block - The Golden Hours			
The Foundation	Did I pray Fajr on time and stay awake?		
The Quranic Witness	Did I spend at time with the Quran before my phone?		
Deep Work	Did I dedicate time to my most important "Deep Work"?		
Block Sub-Total			
2. The Dhuhr Action Block - Sustaining the Momentum			
The Reset:	Did I use Dhuhr Salah to "offload" my mental tabs?		
The Sunnah Rest:	Did I take a Qailulah (midday nap) or a mental reset?		
Tawakkul Check:	Did I focus on my Effort rather than worrying about the Result?		
Block Sub-Total			
3. The Asr Connection Block - The Great Transition			
Salat al-Wusta:	Did I guard Salat al-Wusta (Asr) despite the rush?		
Family Amanah:	Was I "Phone-Free" during my time with family/parents?		
Transition:	Did I use Istighfar to de-load work stress before Maghrib?		
Block Sub-Total			
4. The Maghrib Social Block – Community & Sustenance			
Sustenance:	Did I eat a mindful, early dinner to protect my health?		
Brother/Sisterhood:	Did I connect with my brothers/community at the Masjid?		
Block Sub-Total			
5. The Isha Reflection Block – Sacred Rest and The Ultimate Peak			
Muhasabah:	Did I perform Muhasabah and set my Niyyah for tomorrow?		
The Night Protection:	Did I recite Surah Al-Mulk or my night Adhkar?		
Digital Sunset:	Were all digital screens off 30-60 minutes before sleep?		
Block Sub-Total			
The Daily Barakah Audit Grand Total			

Appendix D



Daily Post-Audit Questions

— (Muhasabah Prompts) —

Use these three questions at the end of each day to assess your Barakah and reset for tomorrow:



The 'Khiyanah' Check:

Where did I lose the most time to heedlessness today?



The 'Ihsan' Moment:

Which block felt the most Barakah-filled and present?

One Adjustment for Tomorrow:

What is the one small change I will make tomorrow to protect my time better?



Appendix E : The Weekly Barakah Audit Sheet

Date: | **Every Friday or Sunday**

The 5 Blocks	Individual Goals & High-Performance Anchors	Score	Goal
1. FAJR TO DHUHR (The Awakening)	Spiritual Grounding: (Fajr, Tahajjud, or Morning Adhkar)	/ 10	/ 10
	Health: (Hydration, Sunnah Fasting, or Movement)	/ 10	/ 10
	Strategic Planning: (The 3 MITs* & The Niyyah Reset)	/ 10	/ 10
(* The Most Important Tasks) BLOCK SUB-TOTAL:		/ 30	/ 30
2. DHUHR TO ASR (The Action)	High-Focus Work: (Deep Work, No Multitasking)	/ 10	/ 10
	Energy Management: (The Midday "Strategic Rinse")	/ 10	/ 10
	Spiritual Alignment: (Dhuhr Prayer & Dhikr in the Gap)	/ 10	/ 10
BLOCK SUB-TOTAL:		/ 30	/ 30
3. ASR TO MAGHRIB (The Connection)	Emotional Presence: (Family Time & Active Listening)	/ 10	/ 10
	Stress Decompression: (The Asr "Strategic Rinse")	/ 10	/ 10
	Duty of Care: (Fulfilling the Rights of Loved Ones)	/ 10	/ 10
BLOCK SUB-TOTAL:		/ 30	/ 30
4. MAGHRIB TO ISHA (The Reflection)	Communal Worship: (Maghrib/Isha & Social Barakah)	/ 10	/ 10
	Mental Wind-down: (Digital Sunset & Screen-Free Time)	/ 10	/ 10
	Knowledge: (Reading, Learning, or Family Halaqah)	/ 10	/ 10
BLOCK SUB-TOTAL:		/ 30	/ 30
5. ISHA TO SLEEP (The Surrender)	Physical Recovery: (Sunnah Sleep Habits & Wudhu)	/ 10	/ 10
	Spiritual Accounting: (The Nightly Muhasabah)	/ 10	/ 10
	Total Trust: (The Final Niyyah: Returning the Amanah)	/ 10	/ 10
BLOCK SUB-TOTAL:		/ 30	/ 30
GRAND TOTAL	THE WEEKLY BARAKAH INDEX (DBI)	/150	/ 150

Please find the Weekly Barakah Index (WBI) Key on Appendix F - The Weekly Post Audit Questions

Appendix F: The Weekly Barakah Post Audit (Systemic Muhasabah & Growth Strategy)

“Indeed, the most beloved deeds to Allah are those that are consistent, even if small.”

The Weekly Barakah Index (WBI) Key

To calculate your WBI, take your average daily score for each of the 15 categories over the past seven days (0–10) and total them.

Your Score This Week _____

Your Score Last Week _____

- 0 – 50 (The Blocked State): You are experiencing high "Time Poverty." Prioritize the Awakening Block next week to reset your foundational rhythm.
- 51 – 100 (The Transition State): You have consistent moments of Barakah. Use the “Strategic Rinses” mid-day to stop energy leaks.
- 101 – 150 (The Flow State): You are honoring the Amanah on a systemic level. Focus now on deepening the Niyah behind your actions.

Use these three strategic questions at the end of each week (Friday or Sunday) to identify patterns, plug energy leaks, and prepare for the week ahead.

1. The ‘Rhythm’ Analysis

Prompt: Looking at my scores for the past 7 days, which specific Block consistently showed the most stability and Ihsan?

Strategic Purpose: This identifies your "Success Anchor." By understanding why one block is working well, you can replicate those habits in your more challenging hours.

2. The ‘Systemic Leak’ Check

Prompt: Which Thief of Barakah (Distraction, Procrastination, or Laghw) repeatedly compromised my Amanah of Time this week?

Strategic Purpose: This moves you from noticing daily mistakes to identifying a "Behavioral Pattern." It highlights where your boundaries need to be strengthened for the coming week.

3. The ‘Strategic Pivot’

Prompt: What is the one Environment or Habit adjustment I will implement next week to bridge the gap between my current score and my target goal?

Strategic Purpose: This is your executive action plan. It ensures that next week isn't just a repeat of this week, but a step forward in your journey toward a Barakah-filled life.

The 5 Blocks of Barakah

The Fajr
Awakening Block
Spiritual ignition,
Qur'an, deep focus

The Dhuhr
Action Block
Execution, work,
Tawakkul

The Isha
Reflection Block
Muhasabah,
rest, renewal

The Asr
Connection
Block
Family, relationships
emotional reset

The Maghrib
Social Block
Community, nourishment,
presence

*This system is not about managing time.
It is about returning to Allah through time.*

The 5 Blocks of Barakah



Fajr – Dawn

The Fajr Awakening Block

Spiritual ignition, Qur'an, deep focus

Dhuhr – Midday

The Dhuhr Action Block

Execution, work, Tawakkul



Asr – Afternoon

The Asr Connection Block

Family, relationships, emotional reset



Maghrib – Sunset

The Maghrib Social Block

Community, nourishment, presence



Isha – Night

The Isha Reflection Block

Muhasabah, rest, renewal



*This system is not about managing time.
It is about returning to Allah through time.*

Appendix I - TRANSITIONING DUAS

A Prayer for the Journey

اللَّهُمَّ أَنْفَعْنِي بِمَا عَلَّمْتَنِي، وَعَلِّمْنِي مَا يَنْفَعُنِي، وَزِدْنِي عِلْمًا

- **Transliteration:** *Allabumman-fa'ni bima 'allamtani, wa 'allimni ma yanfa'uni, wa zidni 'ilman.*
- **Translation:** "O Allah, benefit me with what You have taught me, and teach me that which will benefit me, and increase me in knowledge."

The Fajr Awakening Block – the Golden Hours

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

- **Transliteration:** *Alhamdu lillaabil-ladbee 'ahyaanaa ba'da maa amaataanaa wa'ilayhin-nushoor.*
- **Translation:** "All praise is due to Allah, who gave us life after causing us to die, and to Him is the return."

Transition to the Dhuhr Action Block – Sustaining the Momentum

اللَّهُمَّ إِنِّي أَنْوِي هَذَا الْعَمَلَ سَبِيلًا لِلرِّزْقِ الْحَلَالِ، فَاجْعَلْ جُهدِي فِيهِ إِحْسَانًا

- **Transliteration:** *Allabumma inni anwi badbal-amala sabilan lir-rizqil-halal, faj'al jubdi fihi ihsana.*
- **Translation:** "O Allah, I intend this work as a means of Halal sustenance. Let my efforts be an act of Ihsan (excellence)."

Transition To the Asr Connection Block – The Great Transition

اللَّهُمَّ إِنِّي أَنْوِي هَذَا الْوَقْتَ لِأَدَاءِ حُقُوقِ أَهْلِي وَمُجْتَمَعِي بِحُضُورٍ وَرِعَايَةٍ

- **Transliteration:** *Allabumma inni anwi badbal-waqta li-ada'i huquqi ahli wa mujtama'i bi-hudurin wa ri'ayah.*
- **Translation:** "O Allah, I intend this time to fulfill the rights of my family and community with presence and care."

Transition to the Maghrib Social Block – Community & Sustenance

اللَّهُمَّ إِنِّي أَسْتَغْفِرُكَ لِتَقْصِيرِ يَوْمِي، وَأَشْكُرُكَ عَلَى بَرَكَاتِهِ هَذَا الْمَسَاءِ

- **Transliteration:** *Allabumma inni astaghfiruka li-taqisiri yanmi, wa ashkuruka 'ala barakati badhal-masa'.*
- **Translation:** "O Allah, I seek Your forgiveness for the shortcomings of my day and thank You for the Barakah of this evening."

Transition to the Isha Reflection Block – Sacred Rest and The Ultimate Peak

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرَّجَالِ

- **Transliteration:** *Allabumma inni a'udhu bika minal-hammi wal-hazan, wal-'ajzi wal-kasal, wal-bukhli wal-jubn, wa dala'id-dayni, wa ghalabatir-rijal.*
- **Translation:** "O Allah, I seek refuge in You from anxiety and sorrow, from inability and laziness, from miserliness and cowardice, from the burden of debt and from being overpowered by men."