



A MUSLIM LIFE OS COMPANION

The New Muslim Blueprint

Your First 90 Days, Gently

You don't have to get it all right. You just have to begin —
gently.

Faith · Family · Wealth · Health · Mission

◆ A GENTLE NOTE BEFORE WE BEGIN

This is a companion for planning and encouragement — not a source of religious rulings. It will never teach you the mechanics of worship or tell you the "correct" way to practice. For anything about *how* — how to pray, what to say, what's required — we'll always point you toward a qualified local imam, scholar, or trusted institution, and a real-life mentor. That's not us passing you off. That's the safest, most loving path there is.

Welcome. You've already done the hardest part.

Take a breath. You're here — and that means the biggest step is already behind you.

Choosing this path took courage most people never have to find. Whatever you're feeling right now — joy, nervousness, loneliness, a strange new lightness, or all of it at once — it's allowed. You don't have to feel any particular way to belong.

Here's the truth everyone wishes someone had told them at the start: **Islam is not a test you pass or fail in week one.** It was never meant to land on you all at once. It's built the way a home is built — gently, one steady piece at a time.

So we're framing your next 90 days not as a finish line, but as a *soft beginning*. No pressure to be "a good Muslim" by a deadline. No catching up. Just small, kind steps, in an order that lets you breathe.

You're not behind. You're right on time. Let's begin together.



02

Start where you are

Before any plan, a quiet moment with yourself. There's no wrong answer here, and no one else needs to read this. This is just you, naming what's already true in your heart. Grab a notebook, your phone notes, or the margin of this page.

Three soft prompts — answer in a sentence or two each:

- *What drew me here?* The moment, the feeling, the question, or the person that opened the door.



- *Who do I hope to become?* Not perfect — just the version of you that feels a little more at peace.
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- *What am I afraid of?* Naming the fear takes most of its power away.

Now, in your own words, write one simple line you can return to on hard days. Some people call this their *covenant* — a promise to themselves. It might be as plain as:

*I'm doing this sincerely. I'll go gently. I'll
keep returning.*

That's it. That's enough. **Sincerity comes before perfection — always.** Keep this somewhere you'll see it.



03

Your first 90 days: three gentle arcs

Three 30-day chapters. Each one tiny. Each one judgment-free. You move at your pace — if a step doesn't fit yet, leave it and come back. Nothing here is a streak you can break.

As you go, you'll naturally start orienting your days around the **five daily prayers** as you learn them. Don't worry about getting the prayers themselves right yet — that's something a local teacher will walk you through, gently and properly. For now, just let those five moments become soft anchors in your day: little pauses to return to your intention.



DAYS 1-30

Settle

Arrive. Breathe. Lower the pressure.

FAITH

Begin building a relationship with the five daily prayer times as gentle anchors, even before you've learned the prayers themselves. Reach out to one local mosque or qualified teacher this month and simply ask: "I'm new — where do I start?" Let them guide you on the *how*.

FAMILY

Tell one safe person, in your own time and only if you feel ready. You owe no one an announcement; you just deserve not to carry this alone.

WEALTH

No big changes. Just notice your money honestly for a week — where it comes from, where it goes. Awareness first; decisions later.

HEALTH

Protect your sleep and drink more water. A steady body makes a steady heart. That's the whole task.

MISSION

Write down *why* you came — revisit your covenant from Section 2 once this month.

This month's only real goal: make contact with one real-life person or place who can teach you. You don't have to learn alone, and you were never meant to.



DAYS 31-60

Steady

Gentle rhythm. Small repetitions. Kindness to yourself.

FAITH

Keep returning to those five daily anchor-points. Ask your mentor or imam to help you take the next small step in worship — and let them set the pace. If you slip a day, you simply return. That's the whole skill.

FAMILY

Choose one relationship to nourish. A call, a visit, a kind message. Faith grows in how we treat the people closest to us.

WEALTH

Pick one small, honest habit: a tiny regular giving (even a coin in a jar), or trimming one wasteful expense. Small and sustainable beats big and brief.

HEALTH

Add gentle movement: a ten-minute walk a few times a week. Movement clears the mind and lifts the mood.

MISSION

Notice what you're naturally drawn to help with. Don't act on it yet — just pay attention.

This month's only real goal: let one or two habits become familiar, not flawless. Familiar is how habits survive.



DAYS 61-90

Belong

Find your people. Feel less alone. Plant roots.

FAITH

Show up somewhere, even briefly — a prayer space, a class, a community gathering. Belonging is learned by being present, not by being perfect. Keep your questions flowing to your teacher.

FAMILY

If anyone close to you has questions or worries, meet them with patience. You can be a calm, kind presence without having every answer.

WEALTH

Set one modest, values-aligned money goal for the season ahead. Write it down. Keep it small enough to actually reach.

HEALTH

Build one calming end-of-day ritual (see the nightly reflection below). Rest is not laziness; it's maintenance.

MISSION

Offer one small act of service — to the community, a neighbor, anyone. This is how roots go down.

This month's only real goal: know one or two faces who know yours. A single warm connection changes everything.



04

Build your circle

You can't — and shouldn't — do this from a screen alone. The single most protective thing you can do in your first year is find real people. Here's how, plainly.

Find a mosque (and don't overthink your first visit)

Look up the nearest mosque or Islamic center with a contact email, phone number, or "new Muslim" page. Many have programs built specifically for people in your exact position. It's completely normal to email first and say, *"I'm new and a little nervous —*

when's a good time to visit?" No one expects you to know the etiquette yet. Walking in is allowed to feel awkward; do it anyway, and it gets easier fast.

Find a mentor

Ask a mosque or local organization if they can connect you with someone who mentors new Muslims. A good mentor is patient, never makes you feel small, and is happy to be asked the same question twice. If someone makes you feel judged or pressured, that's information — you're allowed to look for a different guide.

Find a couple of supportive friends

You don't need a crowd. One or two people walking a similar path can carry you through the hard weeks. New-Muslim classes, community dinners, and study circles are where these friendships usually start.

How to ask scholars questions — without fear

This part matters, so read it twice: for anything about *how* to practice — what's required, what's correct, how to do something — **ask a qualified scholar or imam, not the internet, and not us**. There are no embarrassing questions. The most respected scholars were all beginners once, and a sincere question is something they welcome.

- ✓ Write your question down beforehand so nerves don't scatter it.
- ✓ It's fine to say, "I'm new — please assume I know nothing." That's a strength, not a weakness.
- ✓ If one answer confuses you, it's okay to ask another qualified person. Clarity is the goal.
- ✓ Bring your real situation. Good guidance meets you where you actually are.

◆ WHERE MUSLIM LIFE OS FITS

Muslim Life OS will never play the role of your teacher of practice. We help you *plan, reflect, and keep going*. The *how* belongs to qualified people who can see your whole life — and to the community that will know your name.



A simple daily rhythm

Not a rulebook — a soft template. Adjust everything. The point isn't to obey it perfectly; it's to give your day a few kind anchors. As you learn the prayers with your teacher, let those five times become the natural pegs you hang the rest on.

TIME OF DAY	A SMALL, KIND ANCHOR
Morning	A breath and one line of intention. <i>"Today, gently."</i>
Midday	A pause. Water. A moment to reset.
Afternoon	One small good thing — a kind message, a short walk, a task done.
Evening	Connection. A call, a meal with someone, a moment of calm.
Night	The 60-second reflection below.

As you learn them, the five daily prayer times can become these anchor points themselves — but learn the prayers from a real teacher, at your own pace.

Your 60-second nightly reflection (*muhasabah*)

Before sleep, three kind questions. No grading, no guilt — this is a gentle look back, not a courtroom.

1

What went well today, even something tiny?

Notice the good before anything else.

2

Where did I fall short — and can I meet that with mercy, not shame?

Naming it gently is enough.

3

What's one small, doable thing for tomorrow?

Tiny. Truly tiny.

Then close the day. You don't carry today into tomorrow. That's the whole point.



06

You will stumble — and that's completely okay

Read this on your hardest day.

You will miss things. You'll have days that feel flat, or doubts that arrive uninvited, or stretches where it all feels like too much. **This is not failure.** This is the human shape of every path worth walking.

Here's the rhythm to remember — and it's the most important thing in this whole document:

Slip → Return → Continue

No scoreboard. No broken streak. No counter that resets to zero.

That's *tawbah* — turning back — in its gentlest form. Falling down is not the opposite of the path; getting back up *is* the path.

When the guilt comes — and it might — try this:

- ✓ **Speak to yourself the way a kind friend would.** You'd never talk to someone you love the way guilt talks to you. Extend yourself that same mercy.
- ✓ **Make the next step smaller, not bigger.** Overwhelm is usually a sign to shrink the step, not abandon it.
- ✓ **Return without a speech.** You don't need a grand restart or the perfect Monday. You just gently begin again, right now, from wherever you are.

And when the *how* of returning feels unclear — that's exactly the moment to lean on your mentor, your imam, or your community. You were never meant to carry the heavy questions alone.

You are not "doing this wrong." You're doing it like a real person. That's the only way it's ever been done.

07 · KEEP GOING, GENTLY

Keep going — gently

If this blueprint gave you even one full breath of relief, let that be the takeaway: *you are allowed to go slowly, sincerely, and one small step at a time.*

When you're ready for a quiet, structured place to turn these intentions into gentle daily habits — across Faith, Family, Wealth, Health, and Mission — that's exactly what Muslim Life OS is built for. No guilt, no broken streaks, no pressure to perform.

It's free to start.

Begin inside Muslim Life OS

*You've already taken the hardest step.
Everything after this is just the next small one.*

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