



A 90-DAY PLANNING COMPANION

The 90-Day Blueprint

Turn your intention into who you become

You already made the intention.

This is how you keep it.



The drift no one warns you about

There is a moment you know well. Standing in prayer, or on the plains, or in the last nights of Ramadan, something settles in you. You make an intention — clear, sincere, almost effortless. *This time I will hold it.*

Then life resumes. The intention doesn't break dramatically. It just thins. A missed Fajr becomes a missed week. The resolve that felt unshakable becomes a memory you're slightly embarrassed to revisit.

This is not a flaw in your faith. It is what happens to almost every sincere intention that isn't given a place to live. Feeling is a beginning, not a structure.

The next 90 days matter because they are long enough to become who you said you wanted to be, and short enough to still feel close to the moment you decided. This is not a program to impress anyone. It is a gentle scaffold for the covenant you already made — kept quietly, between you and Allah.

A note: This is a planning companion, not a source of religious rulings. For any question of what is permitted, obligatory, or sound in worship, please return to a qualified scholar.



i THE FIRST PAGE

Make Your Covenant

Before any habit, name the thing underneath it.

A covenant is not a goal. A goal is something you achieve and leave behind. A covenant is a promise about who you are becoming — something you return to, again and again, on the good days and the slow ones.

Take five quiet minutes. Write by hand if you can.

The moment I'm carrying forward

The person I am becoming, by the mercy of Allah

Write it in the present, as if it were already true.

"I am someone who

My 1–3 core intentions for these 90 days

Keep them few. Three sincere intentions held are worth more than ten written and forgotten.

Example prompts, if you're unsure where to begin

- ◆ *I want to meet every Fajr with my Lord, not rush past it.*

- ◆ *I want my family to feel my full presence, not my distracted one.*

- ◆ *I want my money to be clean, accounted for, and generous.*

- ◆ *I want to treat my body as a trust I'll one day return.*

- ◆ *I want to take one real step toward the work I feel called to.*

When it's written, read it once, slowly. This page is yours alone. You don't owe anyone a copy.



ii THE PATH

The Three Arcs

Ninety days, held in three thirty-day arcs. Each arc builds on the last. You are not adding more and more until you collapse — you are letting habits settle deep enough that they stop costing you effort.

Across all three arcs, you'll keep one small, prayer-anchored habit in each of five domains, so that no part of your life is quietly neglected: **Faith, Family, Wealth, Health, Mission.**

Keep every habit small enough that you'd feel slightly silly skipping it.

Foundation

Theme: Show up.

This arc has one job: prove to yourself that you arrive. Not perfectly. Just reliably. Tie each habit to a prayer you already pray, so the day carries it for you.

Faith	Meet one prayer fully — unrushed, present. Start with the one you struggle with most.	<i>Fajr</i>
Family	One unhurried conversation with someone in your home.	<i>After Maghrib</i>
Wealth	A two-minute money glance: what came in, what went out.	<i>After Dhuhr</i>
Health	A short walk, or a full glass of water.	<i>After Isha</i>
Mission	Five honest minutes toward the thing you feel called to.	<i>After Asr</i>

Weekly cadence. Hold the small habits five to six days. Let one day be lighter — rest is part of the rhythm, not a failure of it. On a set day (Friday is natural for many), read your covenant again and notice, without judgment, how the week actually went.

Rhythm

Theme: Let it become automatic.

By now, showing up is familiar. This arc weaves the habits into the day so they no longer depend on willpower or mood. You expand gently — never doubling, just deepening.

Faith	Add a small steady act — a few verses of Qur'an, or the adhkar after one prayer.	<i>After Fajr</i>
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Family	Protect one weekly anchor: a shared meal or outing nothing displaces.	<i>Weekly</i>
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Wealth	Set aside one small fixed amount each week — savings, sadaqah, or both.	<i>After Jumu'ah</i>
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Health	Add light movement to a second prayer anchor; let Isha become your cue to wind down.	<i>Dhuhr & Isha</i>
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Mission	Turn the five minutes into one protected weekly block.	<i>Weekly</i>
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Weekly cadence. Same gentle five-to-six-day rhythm, plus your protected family anchor and your one mission block. Keep the weekly review. You are no longer asking *did I do it* — you're asking *is this becoming part of me*.

Identity

Theme: Become.

In the final arc the habits stop being tasks on a list. They become description. You don't do Fajr; you are someone who meets the dawn with their Lord. Reduce any remaining friction. Deepen what has taken root.

Faith	Steady prayer, plus one quiet act of worship that is now simply yours. <i>"I am someone who keeps their appointments with Allah."</i>	Daily
Family	Presence as a default, not an effort. Name the role you hold. <i>"I am present for the people entrusted to me."</i>	Daily
Wealth	Generosity and order as identity, not transaction. <i>"I am a careful, open-handed steward of what I'm given."</i>	Ongoing
Health	Care for the body as care for an amanah. <i>"I tend the trust I was given."</i>	Daily
Mission	One small, visible step into the world — share it, teach it, begin it. <i>"I am moving, in His name, toward what I was made for."</i>	This arc

Weekly cadence. Lighter than you'd expect. The point of these ninety days was never effort — it was for effort to become unnecessary. Keep the weekly review as a permanent fixture; it will outlast the blueprint.



iii THE DAILY RHYTHM

Your Daily Page

One page. One minute to fill in the morning, a minute to close at night. Print it, copy it, or keep it in your notes.

Day ____ of 90

____ / ____ / ____

Today's one focus

PRAYER-ANCHORED HABITS

☐

Fajr

☐

Dhuhr

☐

Asr

☐

Maghrib

☐

Isha

One thing I'm grateful for

The 60-Second Muhasabah

Muhasabah is the quiet self-accounting the righteous kept before sleep — not to punish, but to stay awake to their own lives. After Isha, before you sleep, sit for one minute with three questions.

1 Where did I keep the covenant today?

Name one real moment. Let it count.

2 Where did I drift?

Say it plainly, without scolding yourself. Naming is not the same as shaming.

3 What is the one small return I'll make tomorrow?

One. Not a new life — one return.

Then close the day. The accounting is done. Sleep is also worship.



iv THE RETURN

When You Slip

You will slip. Not as a warning — as a fact. Everyone who has ever held an intention has also dropped it. The question was never *whether* but *what you do next*.

So here is the whole method, and it is older than any planner:

Slip. Return. Continue.

Notice the word that isn't there: *restart*. You are not starting over. There is no broken streak, because the streak was never the point. A streak counts days. A covenant counts your return — and the return itself is *tawbah*, which is not the embarrassing thing you do after failing. It is one of the most beloved acts there is.

The door does not close because you walked away from it for a day, or a week, or a season. It was built to be returned to.

A SHORT RETURN, WHENEVER YOU NEED IT

I drifted from

I return today by doing this one small thing

And I continue — not from the beginning, but from here.

No guilt is required. No penance, no catching up, no proving yourself. Drop the day you lost. Pick up the day in front of you. That is the entire practice.



Keep the rhythm going

These ninety days were enough to begin. They are rarely enough to finish — because the people we are becoming is not a finished thing.

If you'd like a calm place to hold the covenant going forward — your intentions, your prayer-anchored habits, your nightly muhasabah, all five domains in one quiet view — that is exactly what we built **Muslim Life OS** to be. It keeps the rhythm so you can keep your attention where it belongs.

It's free to start, and like everything here, it stays between you and Allah.

Whatever you decide, the intention you made was real. May it be accepted, and may you be among those who return — gently, and often.

— *The Muslim Life OS team*

Muslim Life OS · A quiet place to hold what matters