WEEKLY · ONE SMALL STEP AT A TIME

Habits I'm Changing

عَادَاتٌ أَتْرُكُهَا

Name _____ Week of _____

Tip for parents: Instead of only "don't do this", say "let's replace it with something better." Tick a box for each day your child resists the habit or uses the better choice.

#	Habit to let go	My better choice	Sat	Sun	Mon	Tue	Wed	Thu	Fri
1			☐	☐	☐	☐	☐	☐	☐
2			☐	☐	☐	☐	☐	☐	☐
3			☐	☐	☐	☐	☐	☐	☐
4			☐	☐	☐	☐	☐	☐	☐
5			☐	☐	☐	☐	☐	☐	☐
6			☐	☐	☐	☐	☐	☐	☐
7			☐	☐	☐	☐	☐	☐	☐
8			☐	☐	☐	☐	☐	☐	☐

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ

"Allah does not change the condition of a people until they change what is in themselves."

Ar-Ra'd 13:11

CHOOSE 1–3 AT A TIME

Habits & Better Choices

Common habits to work on

- **Body:** nail biting, nose picking, thumb sucking, teeth grinding
- **Words:** lying, answering back, name-calling, teasing, rude words
- **Behaviour:** whining, interrupting, hitting, shouting, snatching
- **Daily:** leaving shoes out, lights left on, forgetting to flush
- **Screens:** arguing over screen time, sneaking a device
- **Social:** pushing in line, not sharing, not returning salam

Replace it with something better

Instead of...	Try this
Anger or hitting	Stop, stay quiet, sit down, say a'udhu billahi min ash-shaytan, or walk away and tell an adult. Bukhari 6115, 6116
Lying	Tell the truth straight away — even when it is hard. Truth leads to good. Bukhari 6094
Rude words or teasing	Say something good or stay silent. Bukhari 2989
Eating with the left hand	Bismillah, right hand, eat from what is in front of me. Bukhari 5376
Interrupting	Wait, say "excuse me", or raise a hand.
Nail biting	Keep hands busy: clay, threading beads, a stress ball.
Leaving things out	"Everything has a home" — put it back straight away.
Screen arguments	Agree a timer together; when it rings, screen time is done.

FOLLOW A SLIP WITH GOOD

وَأَتْبِعِ السَّيِّئَةَ الْحَسَنَةَ تَمْحُهَا، وَخَالِقِ النَّاسَ بِخُلُقٍ حَسَنٍ

"Follow a bad deed with a good deed and it will wipe it out, and treat people with good character." Tirmidhi 1987 · hasan

FROM THE QUR'AN

إِنَّ الْحَسَنَاتِ يُذْهِبْنَ السَّيِّئَاتِ

"Indeed, good deeds wipe away bad deeds." Hud 11:114

NOTICE THE WINS

Reflection & Rewards

Name _____ Month _____

☆ 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**

Colour one star for each day without the habit. At 10, 20 and 30 — celebrate the progress.

What went well this week?

_____

_____

_____

_____

What was hard?

_____

_____

_____

_____

A dua I will make for help

_____

_____

Remember: Change takes time. Be patient, make dua with your child, and praise every small step. Slips are normal — follow them with a good deed and try again tomorrow.

إِنَّ مَعَ الْعُسْرِ يُسْرًا

"Indeed, with hardship comes ease."

Ash-Sharh 94:6