

The Perfect Morning Ritual

This is the exact 7-step ritual I use to fully awaken & make the most out of each day, particularly on days when I'm not making my way to the mosque for Fajr.

You can use this exactly as it's laid out, or you can tweak it slightly to fit your day perfectly. If you struggle to wake up early or are tempted to hit the 'snooze' button, watch our webinar "How To Wake Up For Fajr".

I typically start at 6am, but depending on the time of year & your location, you may want to begin as early as 5am. From beginning to end, including the workout & meal, this ritual can take up to two hours – but that includes all the things you probably already do anyway, before heading out to work.

Once a week, perhaps on the weekend, I recommend you wake up early for tahajjud and/or to go and pray in the mosque, even if the timing is very early & inconvenient.

Here are the 7 Steps in order...

1. Awaken

To awaken fully to the day, I recommend starting with dhikr from the moment you open your eyes & following the Sunnah as closely as possible until the point where you are fully awake to the day. This will make an enormous difference in your life. A reference you might find useful is 'The Beginning of Guidance' by Imam al-Ghazali (ra).

2. Gratitude

Prayer is a blessing & a life upgrade. The focus of Fajr is to be grateful for the fact that you are blessed to live another day & to start the day the perfect way – in deep remembrance of Allah. Starting the day with gratitude tends to have a deep & powerful effect on the rest of the day.

3. Peace

After Fajr, it's a great idea to take a few minutes for the post-Fajr duas & recommended recitations, such as 'Al-Mathurat'. Alternatively, you may find immense benefit in sitting silently after the Fajr prayer for a few minutes, with a quiet mind, before continuing with the rest of the ritual...

4. Guidance

Spend a few minutes dipping into the Quran with one main objective: to read for inspiration & insight. Dive into the abundant ocean of wisdom, by exploring the Quran from the inside-out, with no reason other than to enjoy the blessing of being with and receiving wisdom from the 'Infinite Intelligence' behind life & the Universe.

5. Flow

Next, I spend a couple of minutes looking at my calendar & making sure I know where I need to be & when I need to be there. I also create a 'Love To Do' list & during the day, use it to focus sharply on only one activity at a time, based on what will have the biggest long-term impact. This helps me focus throughout the day and stay in a 'guided state of flow' or 'in the zone'.

6. Move

By 7am I'm ready to get some exercise in. I find that if I try working out as soon as I start the day, I miss out on all the Sunnah blessings above. Plus, trying to work out as soon as you open your eyes seems to put me off from waking up at all! The extra time to be with Allah for the first hour of each day pays off in spades in the long-term and you'll often feel the effects of your uplifted state of mind instantly. I highly recommend starting with only 10 minutes of exercise each day, to develop the pattern & turn it into an un-shakable habit.

7. Eat

After a great morning workout, you've now earned & deserve a super-healthy, nutritious, delicious meal. We tend to eat very habitually, so choose a healthy option, and within a couple of weeks your body will crave it at this time of day. Some great options are: Protein Shake; porridge with fruit; museli with fruit; egg-white ommlette with mixed grilled vegetables.