

MASTERMAN

THE 90-DAY WORKBOOK

Win the war within your nafs.

A workbook for the Muslim man done with the loop.

TASFIYAH · TAKHLIYAH · TAHLIYAH

Clean the ground. Remove the blocks. Build the container.

The work starts when you decide it does.

Read this once. Then begin.

As-salāmu ‘alaykum, my brother.

If you're reading this, you've already done something most men never do. You sat through the workshop. You stayed past the close. You took the gift. That's not nothing — that's the first move out of the loop.

Now you're holding 90 days in your hands. Let me tell you plainly what this is and what it isn't.

This is not motivation. Motivation is weather — it comes and it goes. By the time you finish this letter, half the inspiration from the workshop will already be fading. That's by design. That's how Allah made you.

This is structure.

For 90 days, this workbook will ask you to do three things, in order. Tasfiyah — clean the ground in your heart and your beliefs. Takhliyah — remove what's making obedience nearly impossible in your life right now. Tahliyah — adorn the cleared ground with real habits, real men, and an identity that survives when the next "life hits" moment comes.

Skip a layer and you crash again. I've seen it in hundreds of brothers.

Don't try to be perfect. Don't try to catch up if you miss a day. Don't write what you think a "good Muslim man" would write. Write the truth — the one you only tell yourself when no one is watching. That's the man we're working with.

This workbook is the smaller container. The Inner Circle and the Retreat are the bigger ones. Some of you will need both. We'll talk about that on Day 91.

For now: turn the page. Write the number. Begin.

May Allah bless you, my brother.

— *Abdullah Oduro*

Founder, Masterman

HOW TO USE THIS WORKBOOK

Five rules. Read them once.

01 Print it, or tap to type.

Tap any box and start typing. The fillable version saves your answers. If you'd rather write by hand, print the page — the boxes print as clean writing lines.

02 Don't catch up.

Miss a day, start again on the next one. The brother who skips guilt-spiraling is the one who finishes.

03 Write the truth, not the polish.

If your nafs talks back like a dog, write that. The Shaykh's words: don't write what a "good Muslim man" would write.

04 One brother sees this.

Choose one brother who can ask, "how's the work?" If you don't have one yet, that's data — and Day 91 has a fix.

05 Phases lock. Don't skip ahead.

Tasfiyah before Takhliyah before Tahliyah. Skip a layer and the Shaykh's promise stands: you crash again.

YOUR 90 DAYS

TASFIYAH

Days 1–30

Clean the ground.

TAKHLIYAH

Days 31–60

Remove the blocks.

TAHLIYAH

Days 61–90

Build the container.

PHASE 1 · DAYS 1–30

Tasfiyah

Clean the ground.

Before you remove anything, before you build anything, before you ask Allah for one more thing — you have to look at the ground you've been planting on.

Tasfiyah is the work of seeing what's been quietly rotting underneath the prayer, the du'ā, the good intentions. The hidden habits. The corrupted inputs. The self-excusing stories you've told yourself for so long they sound like truth.

For the next 30 days, you're not adding anything. You're surfacing what's already there — so it can be dealt with.

Worship built on baggage always collapses.

ANCHOR FOR THIS PHASE

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

— SŪRAT AR-RA'D, 13:11

TASFIYAH · DIAGNOSTIC 1

Map your loop.

The Shaykh asked you to rate the loop 1–10 in the workshop. Now we get specific. The loop is only as fixable as it is visible.

MY LOOP NUMBER (1 – 10)

Where the loop usually starts for me

(the trigger, the hour of day, the season, the situation)

What I tell myself in the middle of it

(the excuse, the promise, the justification)

What I'm left with after — every time

(the shame, the silence, the same man in the mirror)

Loop number 7+? Don't wait 90 days. apply.mastermangroup.com

"The intelligent person is the one who takes himself to account, and works for what comes after death."

— HADITH, TIRMIDHI

TASFIYAH · DIAGNOSTIC 2

Name the man you're done being.

Most brothers can't change because they've never let themselves describe — out loud, on paper — exactly who they're tired of being. So the man stays in the shadows, where he wins.

Drag him into the light. Be specific. Be unflattering. This page is between you and Allah.

THE MAN I'M DONE BEING — IN MY OWN WORDS

PIT STOP

Read this back at the end of every week of Phase 1. The man you wrote about isn't your enemy — he's your starting line.

TASFIYAH · DIAGNOSTIC 3

Audit your beliefs.

Every man is operating on three sets of beliefs: about Allah, about himself, and about what success as a Muslim man actually looks like. Most have never been audited. Today they get audited.

ABOUT ALLAH

What I secretly believe about Allah — His mercy, His judgment, His response when I slip:

ABOUT MYSELF

What I secretly believe about myself as a Muslim man — what I'm capable of, what I'm not:

ABOUT SUCCESS

What I've been measuring "a successful Muslim man" by — and where that measure came from:

"And He is with you wherever you are."

— SŪRAT AL-ḤADĪD, 57:4

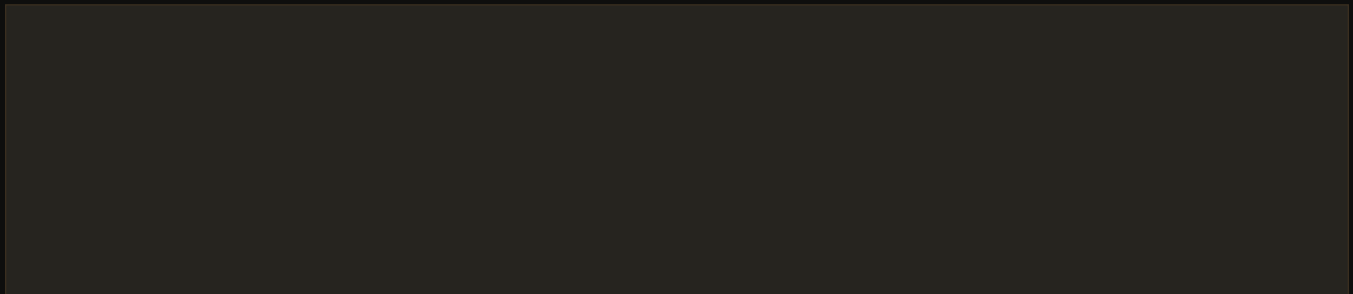
TASFIYAH · DIAGNOSTIC 4

Strip the baggage.

Three categories — exactly the ones the Shaykh named in the workshop. List them honestly. Nobody sees this list but you. If your hand pauses, write what you would write if your hand didn't pause.

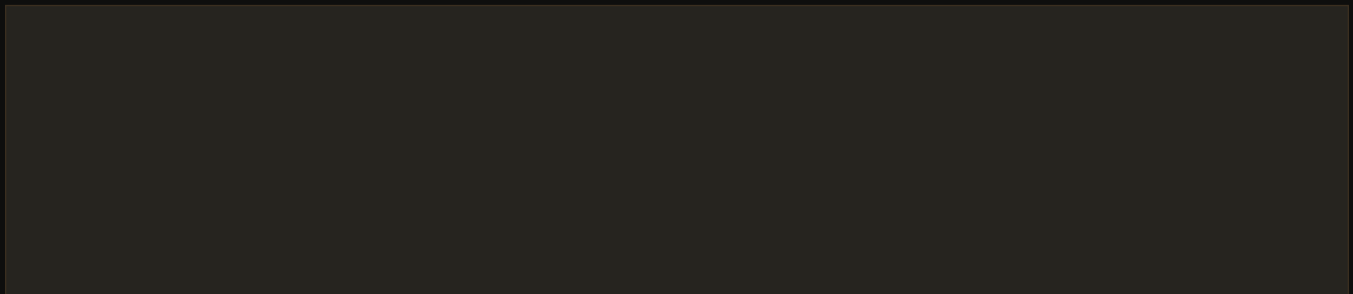
HIDDEN HABITS

Things I do when no one is watching — that I wouldn't say out loud.



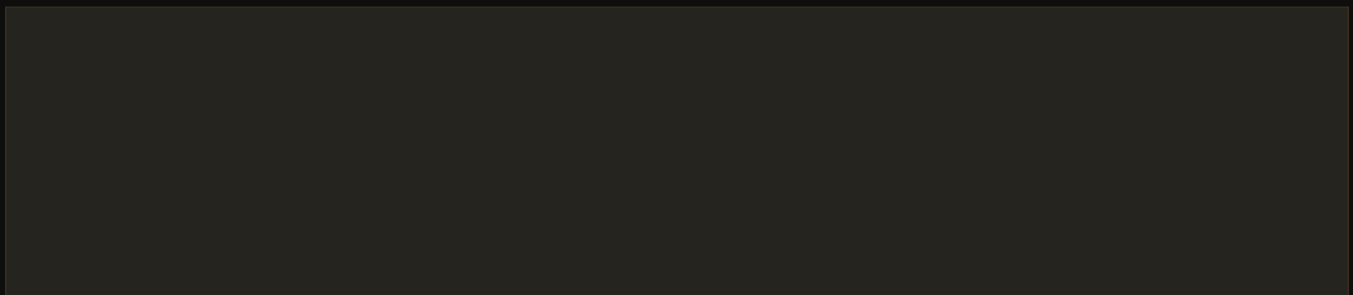
CORRUPTED INPUTS

What I'm letting into my eyes, ears, and feed — that's quietly shaping my nafs.



SELF-EXCUSING STORIES

The lines I keep telling myself to make the slip feel okay.



TASFIYAH · YOUR COMMITMENT

Your three non-negotiables.

Not five. Not ten. Three. Three things you will hold for the next 90 days no matter what — bad days, busy weeks, sick kids, late nights, travel, fights, fatigue.

Pick small. Pick keepable. Pick the floor, not the ceiling.

01

e.g. Fajr on time, every day, no exceptions.

02

e.g. Phone out of the bedroom by 'Ishā'.

03

e.g. One page of Qur'ān every day after Maghrib.

I COMMIT TO THESE FOR 90 DAYS.

Not as a wish. Not as an attempt. As a non-negotiable — the way I treat fajr, the way I show up for my children. Allah is my witness.

SIGNATURE

DATE

TASFIYAH · WEEK 1 · DAYS 1–7

Surface the truth.

This week's only job is to see clearly. Not fix. Not improve. See. Five prayers, the keystone you wrote, and one honest line a day. That's it. Don't add anything you can't repeat in month three.

PIT STOP — QUESTION OF THE WEEK

If nothing about my outer life changed — only my honesty about it — what would I have to admit by Sunday?

ANCHOR PRACTICE — THE PAUSE

Once a day this week — before you reply, before you scroll, before you snap — pause for three breaths. Don't change anything you do. Just notice what your nafs wanted you to do before you paused. Write it on your day's line.

PAUSE

Three breaths. Don't act.

EVALUATE

What does the impulse want from you?

CHOOSE

Then act — or don't.

NAFS STATE KEY

A — Ammārah (commanding to evil) L — Lawwāmah (self-reproaching) M — Muṭma'innah (tranquil)

"And as for him who feared standing before his Lord, and restrained the soul from low desire — Paradise is his refuge."

— SŪRAT AN-NĀZĪ'ĀT, 79:40–41

WEEK 1 · DAILY TRACKER

7 days. One page.

Tap the boxes to fill in. Print the page if you'd rather write it.

DAY	FAJR	DHUHR	ASR	MAGH	ISHA	NAFS	KEYSTONE + ONE HONEST LINE
DAY 1 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 2 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 3 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 4 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 5 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 6 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 7 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>

END OF WEEK 1 — ONE LINE

What did this week show me about the man underneath the season?

TASFIYAH · DAY 30

30 days in. What's different?

Don't grade yourself. Don't compare to who you imagined you'd be by now. Just look at what's actually shifted — and what hasn't.

WHAT THE GROUND LOOKS LIKE NOW

What about your inner life is clearer than it was 30 days ago?

WHAT'S STILL ROTTING

What did this phase surface that you haven't dealt with yet?

WHAT YOU CAN'T LIE ABOUT ANYMORE

Name one thing — clearly — that you'll never be able to tell yourself the same way again.

WHEN YOU NEED MORE THAN A WORKBOOK

If you finished Phase 1 and you already know the loop is tighter than 30 days of writing can solve — that isn't failure, it's clarity. Brothers in that place book a Plan Call.

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click or scan



scan or click

NEXT — TAKHLIYAH

The ground is cleaner. Now we remove the blocks. Phase 2 starts tomorrow. Don't read ahead.

PHASE 2 · DAYS 31–60

Takhliyah

Remove the blocks.

You can't Takhliyah on a battlefield. The ground is cleaner now — Phase 1 surfaced what's there. Phase 2 removes what makes obedience nearly impossible in your life right now.

The phone. The scroll. The 1 a.m. inputs. The room you only fall in when no one is watching. The friend who pulls the worst out of you. The story you keep telling yourself about why this time isn't the time to change.

For the next 30 days you're not adding new worship. You're removing the friction that's been keeping the worship you have from holding.

What you don't remove, removes you.

ANCHOR FOR THIS PHASE

"He has succeeded who purifies it, and he has failed who corrupts it."

— SŪRAT ASH-SHAMS, 91:9–10

TAKHLIYAH · DIAGNOSTIC 1

Audit your phone.

The phone is the most successful campaign on the nafs ever deployed. You won't out-discipline it. You'll out-distance it. Today we count the cost.

DAILY SCREEN TIME (HOURS / DAY)

TOP THREE APPS EATING MY HOURS

01

02

03

WHEN THE PHONE WINS

Where, when, with whom — be specific:

WHAT I'M WILLING TO REMOVE

Apps to delete. Notifications to kill. The bedroom rule. The first-15-minutes-of-the-day rule. Be brutal:

"Indeed, the [evil] inclination of the soul is to evil — except those upon which my Lord has mercy."

— SŪRAT YŪSUF, 12:53

TAKHLIYAH · DIAGNOSTIC 2

Map the battlefield.

The slip is rarely about willpower. It's about geography. Where do you fall? When? After what? Once you can name it, you can move out of its line of sight.

ROOMS, PLACES, CONTEXTS

The bathroom at 1 a.m. The car after a hard day. The desk after the kids are asleep. Where does the loop find you?

TIMES OF DAY

Hours and seasons when you're most exposed. Be exact:

WHAT COMES BEFORE THE SLIP

Tired. Lonely. Argued. Hungry. Idle. Embarrassed. Map your trigger pattern:

"Whoever fears Allah, He will make for him a way out, and provide for him from where he does not expect."

— SŪRAT AṬ-ṬALĀQ, 65:2-3

Stack your day on salah.

You already have five anchors a day. Allah gave you those before any habit app did. The stack is simple — after each prayer, attach one small action. Not a goal. Something you can do in the next 60 seconds.

FAJR

After fajr, I will...

e.g. read one page of Qur'ān before opening any phone.

DHUHR

After dhuhr, I will...

e.g. send one du'ā for my parents.

'ASR

After 'asr, I will...

e.g. step outside for three minutes — no phone.

MAGHRIB

After maghrib, I will...

e.g. sit with my family. No screens until 'ishā'.

'ISHĀ'

After 'ishā', I will...

e.g. write one line of today on this workbook. Phone in another room.

"Indeed, prayer prohibits immorality and wrongdoing."

— SŪRAT AL-'ANKABŪT, 29:45

TAKHLIYAH · YOUR COMMITMENT

Your three removals.

Phase 1, you committed to three things you'll do. Phase 2, three things you'll remove. Things that, if they stayed in your life, would hold the loop together — even if everything else changed.

Pick small. Pick keepable. Pick what's actually killing you, not what looks impressive on paper.

01

e.g. Phone out of the bedroom. Charger in the kitchen.

02

e.g. No social apps before fajr or after 'ishā'.

03

e.g. The friend group chat that pulls the worst out of me.

I REMOVE THESE FOR 90 DAYS.

Not as a fast. Not as an experiment. As a man who has decided they no longer fit the life I'm building. Allah is my witness.

SIGNATURE

DATE

TAKHLIYAH · WEEK 5 · DAYS 29 – 35

Remove with mercy.

The temptation in Phase 2 is to wage a war. Don't. The man who removes things in anger always brings them back. The man who removes things with mercy keeps them gone. Less white-knuckling. More distance.

PIT STOP — QUESTION OF THE WEEK

What did I think I'd lose by removing this — and what have I actually lost?

ANCHOR PRACTICE — THE DISTANCE

Every day this week, put physical distance between you and one thing your nafs wants. The phone in another room. The browser logged out. The friend's number muted. Don't argue with the impulse — outrun it.

WEEKLY CHECKLIST

- Phone is not in the bedroom by 'ishā'.
- One social app deleted from the home screen.
- Notifications killed for at least three apps.
- Bookmarked the 'ishā'-to-fajr window as phone-free.
- Told one brother what I'm removing this week.

"Allāh does not burden a soul beyond what it can bear."

— SŪRAT AL-BAQARAH, 2:286

WEEK 5 · DAILY TRACKER

7 days. One page.

Same template as Week 1. Tap the boxes. Mark the prayers. Notice the nafs.

DAY	FAJR	DHUHR	ASR	MAGH	ISHA	NAFS	KEYSTONE + ONE HONEST LINE
DAY 29 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 30 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 31 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 32 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 33 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 34 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 35 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>

END OF WEEK 5 — ONE LINE

What's lighter in my life now that wasn't lighter a week ago?

TAKHLIYAH · DAY 60

60 days in. What's removed?

Don't grade yourself on what's still there. Look at what's gone — and at what's quietly become easier because of what's gone.

WHAT I'VE ACTUALLY REMOVED

Be specific. Apps, hours, contacts, contexts:

WHAT I COULDN'T

What's still in my life that I named in Diagnostic 1 or 2 — and why:

WHAT BECAME EASIER

What worship, what conversation, what habit — got easier because of the removal:

WHAT SELF-WORK CAN'T DO ALONE

Sixty days in, you can see what self-work can build — and you can also see where it runs out. The Plan Call is for the brother who has done what the workbook can do, and knows the next move needs another man.

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click or scan



scan or click

NEXT — TAHLIYAH

The blocks are out. Now we build. Phase 3 starts tomorrow. Don't read ahead.

PHASE 3 · DAYS 61–90

Tahliyah

Build the container.

The ground is cleaner. The blocks are out. Now we adorn the cleared ground with what holds — identity, brotherhood, leadership, and a daily structure that doesn't depend on you feeling like it.

Phase 3 is where most men think they are when they actually start a journey. They're not. Phase 3 only works on the ground Phases 1 and 2 prepared. Don't skip back. Stay forward.

These last 30 days are about becoming the man your non-negotiables already named — not in feeling, in pattern. An identity that the next "life hits" can't un-do.

Identity is what survives when motivation doesn't.

ANCHOR FOR THIS PHASE

"Whoever does righteousness, whether male or female, while being a believer — We will surely cause him to live a good life."

— SŪRAT AN-NAḤL, 16:97

TAHLIYAH · THE WORK

Who are you, anchored?

Identity isn't a feeling. It's a pattern. It's the answer your body gives — without thinking — when the moment doesn't ask for thinking. The pattern is built by repetition, anchored to who Allah made you, not what the world expects you to produce.

WHO ALLAH MADE ME

Strip the titles, the income, the followers. Underneath all of it — what kind of man did Allah make you? Be honest, not modest:

WHO I'VE BEEN PERFORMING AS

The version that gets the approval. The version that gets the silence. Where have you been performing instead of being?

THE GAP

Between the two — what's the smallest move toward who you actually are?

"And that there is not for man except that [good] for which he strives."

— SŪRAT AN-NAJM, 53:39

TAHLIYAH · THE WORK

Your circle of three.

No man holds this alone. The Prophet, peace and blessings upon him, didn't. The Companions didn't. You won't. By Day 90 you need three kinds of brother — not friends, not networks. Brothers.

THE ACCOUNTABILITY BROTHER

Asks the hard questions. Knows what you're working on. You can't lie to him without him noticing.

Name:

How I'll show up for him:

THE MERCY BROTHER

When you slip, you call him first. He doesn't pile on. He gets you back to fajr.

Name:

How I'll show up for him:

THE CHALLENGE BROTHER

Further down the road than you. You want what he has — not the income, the steadiness. He stretches your ceiling.

Name:

How I'll show up for him:

IF YOU DON'T HAVE THESE BROTHERS

Most men reading this don't — that's why most men crash. The Inner Circle exists to put these three brothers around you. If that's where you are, raise your hand.

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TAHLIYAH · THE WORK

Relaxed. Rooted. Home.

The ammārah comes home with you. You don't need to be louder, harder, more correct. You need to be calm and not move. Three scripts. Use them when you'd usually snap, shut down, or drown the room with your mood.

WHEN SOMETHING HOT GETS SAID

"What's the reason you said that at this moment?"

Slows the room. Makes them name what's actually underneath.

When I used it this week:

WHEN YOU'RE FLOODED

"I want to give you a real answer. Give me 30 minutes."

Buys you a salah. Comes back as a man, not a wound.

When I used it this week:

WHEN YOU'RE WRONG

"You're right. I'm sorry. I was wrong."

Three sentences. No "but." The hardest one for most men.

When I used it this week:

TAHLIYAH · DESIGN

Design your day.

Anchor the day, not just the prayers. Three windows — first hour, midday, last hour. Lock these and the rest of the day organizes itself around them.

THE FIRST HOUR

From fajr to the start of the workday. The hour that decides the man who shows up to the rest of it.

What I do in the first hour — no phone:

THE MIDDAY ANCHOR

Between dhuhr and 'asr. Where most men quietly slip back into reactive mode. Reset here.

What I do at midday to reset:

THE LAST HOUR

From 'ishā' to sleep. The hour that decides the man who wakes up tomorrow.

What I do in the last hour — phone in another room:

"The most beloved deeds to Allah are those done consistently, even if small."

— HADITH, BUKHARI

TAHLIYAH · YOUR COMMITMENT

Your three identity statements.

Phase 1, three things you'll do. Phase 2, three things you'll remove. Phase 3, three things you are. Not aspire to. Are. Write them in present tense. Write them as if Allah is reading them — because He is.

Begin each one: "I am a man who..."

01

e.g. I am a man who keeps fajr, no matter what time I went to bed.

02

e.g. I am a man who comes home calm and not loud.

03

e.g. I am a man who calls his brother before he calls a stranger.

I AM THIS MAN. ALLAH IS MY WITNESS.

Not a wish. Not a goal. The man I already am, by Allah's permission. The pattern I now carry into the days that follow Day 90.

SIGNATURE

DATE

TAHLIYAH · WEEK 9 · DAYS 57 – 63

Walk the pattern.

By now the temptation is to spike. Don't spike. Walk. Identity is built by the boring repetition of the same small choices, on the days you don't feel like making them. Stay slow. Stay rooted. Show up.

PIT STOP — QUESTION OF THE WEEK

Which of my three identity statements would my wife say I'm actually living — and which would she still call a wish?

ANCHOR PRACTICE — THE THREE WINDOWS

Every day this week, hit the three windows you designed. First hour. Midday anchor. Last hour. Don't optimize. Don't innovate. Just walk through them. Trust the pattern.

WEEKLY CHECKLIST

- Hit the first hour — fajr to start of work — every day.
- Reset at midday at least five days this week.
- Last hour with phone in another room.
- Used a Relaxed-and-Rooted script at home at least once.
- Called one of my three brothers without needing anything.

"And those who strive for Us — We will surely guide them to Our ways."

— SŪRAT AL-'ANKABŪT, 29:69

WEEK 9 · DAILY TRACKER

7 days. One page.

The tracker doesn't change in Phase 3. The man filling it in is the change.

DAY	FAJR	DHUHR	ASR	MAGH	ISHA	NAFS	KEYSTONE + ONE HONEST LINE
DAY 57 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 58 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 59 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 60 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 61 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 62 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>
DAY 63 <input type="text"/> DATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> A <input type="radio"/> L <input type="radio"/> M	KEYSTONE <input type="text"/> <input type="text"/>

END OF WEEK 9 — ONE LINE

Which of my identity statements showed up in my body this week, not just in my words?

TAHLIYAH · DAY 90

90 days. Look back.

Don't make this big. Don't write what you think a graduating man should write. Look at the brother who wrote on Day 1 — and tell him plainly what changed.

WHAT SURVIVED

What's still here that you started on Day 1 — non-negotiables, removals, identity statements:

WHAT BROKE

Where you slipped, what you couldn't hold, and what you learned from it:

WHAT YOU SEE NOW THAT YOU DIDN'T SEE THEN

About yourself. About Allah. About what's actually possible:

TOMORROW — DAY 91

You finished. Now what? Turn the page.

Carry these.

Bookmark this page. When the loop calls, this is the page you turn to first.

PAUSE · EVALUATE · CHOOSE

PAUSE

Three breaths. Don't act.

EVALUATE

What does the impulse want from you?

CHOOSE

Then act — or don't.

PIT STOP — QUESTIONS BANK

Use any of these when the moment is heavier than the man.

- 01 What does my nafs want from me right now?
- 02 Will the version of me one prayer from now thank me for this?
- 03 Whose man am I being — the one Allah made, or the one my appetite made?
- 04 If a brother I respect saw me right now, what would he ask me?
- 05 When was the last time I asked Allah for help in this exact moment?
- 06 Am I tired, hungry, lonely, angry — or actually facing something real?
- 07 What story am I telling myself? Is it true?
- 08 What would relaxed and rooted look like in this moment?
- 09 Three breaths — what do I notice now?
- 10 What's the smallest thing I can do that's still in line with my non-negotiables?

QUICK REFERENCE · 2 OF 2

The stack and the scripts.

Two structures you carry past Day 90 — for when motivation runs out and you still need something to grab.

THE SALAH STACK

After each prayer, attach one small action. Five anchors a day, given to you by Allah before any habit app existed.

- FAJR** Read. Plan. Move slowly. No phone for 60 minutes.
- DHUHR** One du'ā for someone you love. Then back to work.
- 'ASR** Step outside. Breathe. The day isn't over.
- MAGHRIB** Family. Food. No screens until 'ishā'.
- 'ISHĀ'** One line of today on this workbook. Phone in another room.

RELAXED AND ROOTED — SCRIPTS

Three sentences for the moments when the ammārah comes home with you.

WHEN SOMETHING HOT GETS SAID

"What's the reason you said that at this moment?"

WHEN YOU'RE FLOODED

"I want to give you a real answer. Give me 30 minutes."

WHEN YOU'RE WRONG

"You're right. I'm sorry. I was wrong."

"The strong man is not the one who can wrestle another man down — the strong man is the one who controls himself when angry."
— HADITH, BUKHARI & MUSLIM

DAY 91

Now what?

If you finished, you've done what most men never finish. Take that in for one breath. Then look at the next thing.

Phase 1 cleaned the ground. Phase 2 cleared the blocks. Phase 3 built the container. The pattern you walk past Day 90 is the man you become. But some of you already know — the next chapter doesn't get built alone.

BOOK YOUR

Plan Call.

30 minutes. Free. Worth it.

If you've named what you need but you can't see how to build it without a man across from you — this is the call.

BEST FOR THE BROTHER WHO:

- *knows what's broken but not how to fix it*
- *wants the Inner Circle structure*
- *is ready to do this with brothers, not alone*



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