



7 DUAS THAT UPGRADE YOUR LIFE

A Daily Devotional & Wall Poster — Part I

1. MORNING CLARITY (GUIDANCE)

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ

"O Allah, I seek Your guidance through Your knowledge, and I seek ability through Your power, and I ask You from Your great bounty."

2. ANXIETY RELIEF (REMOVING WORRY)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

"O Allah, I seek refuge in You from anxiety and sorrow, from weakness and laziness, from cowardice and miserliness, and from being overwhelmed by debt and the oppression of men."

3. HEART PEACE (TRANQUILITY)

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

"My Lord, expand for me my chest and ease for me my task." (Surah Taha 20:25–26)

4. STRENGTH IN HARDSHIP (PATIENCE)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

"Our Lord, pour upon us patience and let us die as Muslims [in submission to You]." (Surah Al-A'raf 7:126)



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5. GRATITUDE ACTIVATION (THANKFULNESS)

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ

"My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to do righteousness that You are pleased with." (Surah An-Naml 27:19)

6. SUCCESS & EASE (HELP IN TASKS)

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

"O Allah, nothing is easy except what You make easy, and You make the difficult easy if You will."

7. NIGHT REFLECTION (THE MASTER OF FORGIVENESS)

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

"O Allah, You are my Lord, none has the right to be worshipped but You. You created me and I am Your servant. I uphold Your covenant and promise as best I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for none forgives sins except You." (Sahih al-Bukhari)



DAILY REMINDERS

- Consistency > Perfection: Pick 2-3 duas to heavily focus on this week.
- Habit: Recite intentionally after Fajr prayer and right before sleep.
- Intention: Reflect deeply on the meanings while reciting.