[#SpiritualProductiveHabits](https://web.facebook.com/hashtag/spiritualproductivehabits?__eep__=6&__cft__%5b0%5d=AZX8QkH3ipPVi5cD0-nHevPJ1VDLyaT0FmBAzM0qAReHWQsIbG0eXiyUZGzB7be0PQ5FywhtuFkMWoX57AdMF_Kmln0a17xaweVroYKvOcGAdQ&__tn__=*NK-R)

Spirituality means two things. One is to be religious. The second is something related to our soul/spirits. We have some productive Sunnah’s that develop our spirituality. These Sunnah’s are stress relievers, energy boosters and blesses our day and evening. Let me write them:

1) We should recite one hour of Qur’an (Not necessarily one Juz or One Surah)

2) Supplications before sleep (For beautiful sleep and ease in waking up for Fajr insha ALLAH)

3) DHIKR after SALAH (Takes 5-7 minutes we may use mobile app)

4) Morning+Evening AZKAR ( Recite Dua’s before sunrise and after sunset from pocket book or App )

[#RememberMeInSpecialPrayers](https://web.facebook.com/hashtag/remembermeinspecialprayers?__eep__=6&__cft__%5b0%5d=AZX8QkH3ipPVi5cD0-nHevPJ1VDLyaT0FmBAzM0qAReHWQsIbG0eXiyUZGzB7be0PQ5FywhtuFkMWoX57AdMF_Kmln0a17xaweVroYKvOcGAdQ&__tn__=*NK-R)