1. Today, did you observe virtuous intentions before performing some of the permissible acts? Moreover, did you persuade at least two others to do the same?
2. Today, did you offer all of the Five Daily Salahs? (It is Mustahab to fix some area of home for Salah; such an area is called ‘Masjid ul Bayt’).
3. Today, did you recite Ayat-ul-Kursi Tasbih-e-Fatimah and Surah-tul-Ikhlas after offering each of the daily Salah, and before going to sleep? Did you recite or listen to Surah- tul-Mulk at night?
4. Today, did you respond to Aizam [call for Salah] discontinuing all activities e.g. talking, walking, cooking, picking up and putting down things, talking on the phone, etc.? (If Azan starts while one is already eating/ drinking, she may continue).
5. Today, did you recite some Awrad from your Shajarah and invoked Salat-‘Alan-Nabi at least 313 times? Moreover, did you avail the virtue of reciting or listening to at least three verses of the Noble Quran from Kanz-ul-lman (with the translation and commentary)?
6. Today, did you converse courteously with everybody (at home and outside) whether younger or older, even with your mother (and even with a one day old infant)?
7. Today, during meals, did you try your utmost to sit according to the Sunnah, observe ‘Purdah over Purdah" and use earthenware utensils? Moreover, did you make an effort to observe ‘Qufl-e-Madinah of the Stomach’ (i.e. eating less than the appetite)?
8. Today, did you offer Salah-tut-Taubah at least once (preferably before going to bed) and repent of the sins committed today as well as in the past? Further, in case some sin got committed, Allah forbid, did you repent instantly and vow never to commit that sin again?
9. Today, did you offer the Sunnah Salah preceding the farz Rak’ats of f‘ajr, Zuhr, ‘A$sr and ‘Ishé and the Nafl Salah that follows the farz Salah?
10. Today, did you offer the Nafl Salah of Tailajjud, Ishraq, Chasht and Awwabin?
11. Did you offer Nafl Salah of Tahiyya-tul-Wudu at least once today?
12. Apart from the members of your households, did you refrain from borrowing and using other people’s belongings (e.g. clothes, phone, jewellery etc.) today? (Only use your own things and keep the things you need, adequately marked and well secured, with you).
13. Today, when felt anger on someone (in household or outside), did you react by speaking out or controlled your anger by observing silence? Moreover, did you forgive or did you keep on seeking opportunities for settling the score?
14. Today, did you refrain from asking such useless questions which usually led to other people committing the major sin of telling lie? (For example, asking ‘Did you like our meal?’ or ‘1)did you suffer troubles during the travel?’ needlessly etc.)
15. Today, did you abstain from unlawful act of talking laughingly and in over-interactive manner with Na-Mahram relatives, neighbors and also brother-in-law? Did you avoid coming in front of them and did you observe Shar’i Purdah?
16. Today, did you refrain from laying false blame on others and name calling (in the home and outside) and swearing at others? (Don’t call anybody thief, witch, lanky, shorty, etc.)
17. Today, did you refrain from intruding into other’s conversation interrupting their words without listening to their point properly Moreover, despite understanding the point, did you bother others to repeat themselves, by your casual gestures, facial expressions, or by saying words like: ‘what?’, ‘pardon?’ etc.
18. Today, did you refrain from telling lie to the children of your households for making them follow you? (For example saying “Eat your food; then give you a toy” or “Go to sleep; the cat’s coming,” etc. - It is lie when all this is not factual).
19. Did you remain in the state of Wudu [Ritual Ablution] for most part of the day today? Did you make effort to practise the Sunnah of keeping face towards the Holy Qiblah most of the time whilst seating?
20. Did you make effort today to refrain from peeping (needlessly) outside from the veranda of your home or peeping inside other’s homes through their doors etc?
21. Did you avoid delay in paying back your debts (despite being capable of paying back) today without the consent of the creditor (3)? Did you return back the (temporarily) borrowed belongings after the fulfillment of their use, within the stipulated time?
22. Upon knowing weakness of some Muslim today, did you guard their good name by concealing it or disclose (without Shar’i requirement)? Did you refrain from revealing somebody’s secret (without his consent) thereby avoiding breach of trust?
23. Did you succeed in refraining from telling lie, backbiting, tale-telling, jealousy, arrogance and breaking promises today?
24. Did you make an effort to observe fearfulness in body and heart from Allah ? (Khushu & Khudu whilst offering Salah and making Dua today? Also, did you keep palms of your hands towards sky whilst making Dua?
25. Did you refrain from committing hypocrisy and ostentation today by avoiding expressing humility when these virtues were absent in the heart? (For example, Someone says: ‘I am disgraced’ or ‘I am malicious’ but in fact, in her heart she considers herself as extremely good and pious).
26. Did you succeed in refraining from joking, taunting, laughing aloud and hurting other’s feelings (at home and outside) today? (Remember, it is a major sin to hurt the feelings of a Muslim).
27. Did you make an effort to make use of minimum words even during unavoidable conversations today? Also, in case useless words slipped out, did you immediately feel remorse and invoke Zikr of Allah or Salat-‘Alan-Nabi at least once?
28. Have you cooked personal relations with one or a few (bearing no Shar’i purpose) or do you maintain uniform conduct with all? (It is a common observation that personal friendships and grouping usually hinder progress of Sunnah inspiring movement. However there is no harm in being with a trustworthy pious Islamic sister when it is necessary to go outside).
29. Today, in the case that you were permitted to go out by Shari’ali, did you wear abaya , hand-gloves and socks? (abaya, hand-gloves and socks are the best things to observe Shar’i Purdah. The colour of the skin should not be Visible across the gloves and the socks.)
30. Did you practise ‘Qufl-e-Madinab of the Tongue’ to inculcate habit of refraining from useless talks today by communicating occasionally through gestures, and at least four times by writing?