أَسْتَغْفِرُ الله (ثَلاثاً) الله مَّ أَنْتَ السَّلامُ ، وَمِنْكَ السَّلام ، تَبارَكْتَ يا ذا الجَلالِ وَالإِكْرام

Astaghfirul-lah (three times)
Allahumma antas-salam waminkassalam, tabarakta ya thal-jalali walikram

'I ask Allah for forgiveness.' (three times)

'O Allah, You are As-Salam and from You is all peace, blessed are You, O Possessor of majesty and honour.'

لا إله إلا الله وحدة لا شريك له، له المُلك وله الحَمْد، وهو على كل شيءٍ قدير، الله مم لا مانِعَ لِما أَعْطَيْت، وَلا مُعْطِيَ لِما مَنعْت، وَلا مُعْطِيَ لِما مَنعْت، وَلا مَنعْت، وَلا مَنعْت، وَلا مَنعْت، لا الجَدِّ منعَ ذا الجَدِّ منعَ الجَد

La ilaha illal-lahu wahdahu la shareeka lah, lahul-mulku walahul-hamd, wahuwa ala kulli shayin qadeer, allahumma la maania lima atayt, wala mutiya lima manat, wala yanfaAAu thaljaddi minkal-jad

'None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent.O Allah, none can prevent what You have willed to bestow and none can bestow what You have willed to prevent, and no wealth or majesty can benefit anyone, as from You is all wealth and majesty.'

لا إلهَ إلا الله, وحدَهُ لا شريكَ لهُ، لهُ الملكُ ولهُ الحَمد، وهوَ على كلّ شيءٍ قدير، لا حَوْلَ وَلا قوَّةَ إلاّ باللهِ، لا إلهَ إلاّ الله، وَلا نَعْبُدُ إلاّ إيّاه, لَهُ النِّعْمَةُ وَلَهُ الفَضْل وَلَهُ الثَّناءُ الحَسن، لا إلهَ إلاّ اللهُ مخْلِصينَ لَهُ الدِّينَ وَلَوْ كُرهَ الكافِرون

La ilaha illal-lah, wahdahu la shareeka lah, lahul-mulku walahul-hamd, wahuwa ala kulli shayin qadeer. la hawla wala quwwata illa billah, la ilaha illal-lah, wala naAAbudu illa iyyah, lahun-niimatu walahul-fadl walahuth-thanaol- hasan, la ilaha illal-lah mukhliseena lahud-deen walaw karihal-kafiroon.

'None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. There is no might nor power except with Allah, none has the right to be worshipped except Allah and we worship none except Him. For Him is all favour, grace, and glorious praise. None has the right to be worshipped except Allah and we are sincere in faith and devotion to Him although the disbelievers detest it.

سُبْحانَ اللهِ (ثلاثاً وثلاثين) والحَمْدُ لله (ثلاثاً وثلاثين) والحَمْدُ لله (ثلاثاً وثلاثين) واللهُ أَكْبَر (ثلاثاً وثلاثين)

لا إلهَ إلا اللهُ وَحْدَهُ لا شريكَ لهُ، لهُ الملكُ ولهُ الحَمْد، وهُوَ على كُلّ الملكُ ولهُ الحَمْد، وهُوَ على كُلّ شيء قدير شيء قدير (تمام المائة)

Subhanal-lah (thirty-three times).

Walhamdu lillah (thirty-three times).

Wallahu akbar (thirty-three times).

La ilaha illal-lahu wahdahu la shareeka lah, lahul-mulku walahulhamd, wahuwa AAala kulli shayin qadeer (once)

'None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent.'

The following three chapters should be recited once after Thuhr, asr and isha prayers and thrice after Fajr and Maghrib.

{Qul huwa Allahu ahad...} [Al-Ikhlas]

{Qul aAAoothu birabbi alfalaq.....}

[Al-Falaq]

{Qul aAAoothu birabbi alnnas.....}

[An-Nas]

It is also from the sunnah to recite the verse of the Footstool (Ayat-Al-Kursiy) after each prayer:

{Allahu la ilaha illa huwa alhayyu alqayyoomu la ta-khuthuhu sinatun wala nawm...}

[Al-Baqarah:255]

لا إله إلا الله وحده لا شريك له له الملك وهُو الملك وله الحمد، يُحيي وَيُميتُ وهُو المُلكُ وله الحمد، يُحيي وَيُميتُ وهُو على كُل شيءٍ قدير (عَشْر مَرّات بَعْدَ المَعْرب وَالصّبْح)

La ilaha illal-lahu wahdahu la shareeka lah, lahul-mulku walahulhamd, yuhyee wayumeet, wahuwa ala kulli shayin qadeer. (ten times after the maghrib & fajr prayers)

'None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise, He gives life and causes death and He is over all things omnipotent.'

(بَعْد السّلامِ من صَلاةِ الفَجْر)

Allahumma innee as-aluka ilman nafian, warizqan tayyiban, waamalan mutaqabbalan

(To be said after salam from fajr prayer).

'O Allah, I ask You for knowledge which is beneficial and sustenance which is good, and deeds which are acceptable.'