



# Rediscover *Dhul-Hijjah!* 10-Day Gameplan

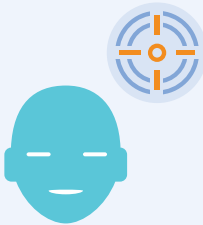
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## Fast

It's common to fast on the 9th day of *Dhul-Hijjah*, the Day of 'Arafah, but it's *sunnah* to fast all of the first 8 as well. This year, set that alarm for suhoor every day; fasting reminds you to stay engaged and mindful of your goals during the 10 days.

2



## Set your intentions

What is it you want to accomplish during these blessed days? Set aside a few minutes to really think it through and write out your goals. Set your intention based on those goals and refer back to them when you need a reminder.

3



## Give in charity

All deeds are worth more during the sacred hours of *Dhul-Hijjah*, and few of them more so than giving in charity. Choose one or more organizations to give a little to each day. If your organization of choice is Yaqeen, we've made it easy for you! **DONATE** at [yaqeeninstitute.org/donate](https://yaqeeninstitute.org/donate).

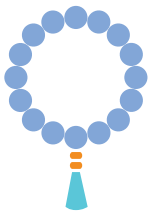
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## Volunteer

In the midst of increased fasting, prayer, and charity, there is no better time to dedicate a few hours to your community. Sign up for a shift at a food shelter, help clean a highway, or assist with a halaqa at your local mosque—there are endless ways to get involved.

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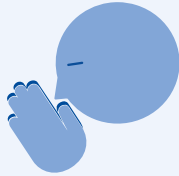
## Make more Dhikr

The Prophet ﷺ said, "During [the 10 days of *Dhul-Hijjah*] recite a great deal of *tahlil*, *takbir*, and *tahmid*."

*La ilaha illa Allah, Allahu akbar, Alhamdulillah*

Make these three sayings a centerpoint of your days!

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## Practice Gratitude

Being grateful is both a core component of an Islamic mindset and a frequently recommended mindfulness method. A practice of regular gratitude through reflecting on one's blessings and saying "*alhamdulillah*" can keep you mindful and connected during the 10 days.

7



## Pray

Prayer is, of course, a year round practice. But this is a chance to hone in on your daily prayers—spend a little more time on each of them, aim to bring more focus and intent to each prayer, and, if you can, sprinkle in extra sunnah prayers or qiyam into your day and night.

8



## Follow along with Hajj

This year's hujjaj have begun their journeys, and although many of us could not make it this year, we can still follow along online. A livestream of the Ka'ba as we go about our day can keep us in tune with the sacred pilgrimage.

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## Reflect

The 9th day of Dhul-Hijjah, the Day of 'Arafa, is a time for extra devotion. Those on Hajj are spending it deep in dua, while many of us at home are fasting before Eid celebrations begin. Take a moment to reflect on your progress in *Dhul-Hijjah*: did you reach your goals? What can you do on this extra-blessed day to end your 10 days on a high note?

10



## Celebrate

Eid mubarak! The sacred days come to a close with celebratory prayers, food, and gatherings of family and friends. Enjoy the holiday, celebrate what you've accomplished in these 10 blessed days, and evaluate how you can continue the practices you've begun to upkeep that spiritual growth.