Seven days of attentive prayer

Not a scorecard. A gentle record of where your heart was, and what helped it arrive.

Day	Fajr	zuhr	'Asr	Maghrib	'Isha'	Note
1						
2						
3						
4						
5						
6						
7						

What helped

Circle any that helped this week: arriving early silencing the phone understanding the words praying in a quiet place praying with someone a short dua before takbir.

One thing to try next week

The goal is consistency, not intensity: the deeds most beloved to Allah are the steady ones, even when small. (al-Bukhari 6464)