



Begin ^{with} Bismillah

A Muslimah Writer's Intention
& Reflection Guide



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Always seek religious guidance from a student of knowledge and/or a scholar who is upon the Qur'an and Sunnah according to the understanding of the Salaf. Additionally, please consult with a mental health professional for matters beyond the scope of this material.

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Thank you for respecting this amanah. May it benefit you and your words,
Ameen.

Your sis in Islam,

Najah

In the Name of Allah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillahir-Rahmaanir-Raheem



A Note From

Najah



As Salaamu Alaykum Wa Rahmatullahi Wa Barakatuh,
my dear sister in Islam. ♥

Allah ﷻ brought you here for a reason.

You may not realize it, but you've already taken your first step towards success. You're here because that passionate part of you still believes in your words. Still believes in your story. Still believes in your voice. Still believes in you.

I know, I know. You don't have to tell me. You're tired. You're not sure. You don't know what to do with all those unfinished pages and half-written ideas you have piling up (I may or may not have some myself...don't tell anyone).

One moment you're feeling super inspired and scribbling (or typing) away, and then that chilling, devastating feeling starts creeping up on you again like ice starting to freeze over.

You're stuck. Confused. Lost. Again.
You've now started to overthink,

feel guilty, discouraged, and want to give up. And there you have it, yet another unfinished draft or idea. Just keep on adding to the pile, right? Trust me, I've been there. I know how it is, girl. But guess what?

Allah ﷻ brought you here.

He knows you're ready to take those unfinished projects by the horns (or paper... or document...) and finish this. Allah ﷻ doesn't want you to be perfect; He wants you to be consistent. He wants you to **try**.

I pray this guide helps you return to peace, purpose, and joy in a way that pleases Allah ﷻ. May He allow each page to help you refocus, rebuild consistency, bring barakah to your work, and see that you are sincere, capable, and deeply loved by your Rabb. Ameen!

Your sis, *Najah* MUSLIMAH WRITING MENTOR



Why Is This For Me?

The answer is simple (though I know all the text following this says otherwise, but you deserve the whole spiel):

Because you love writing, and forgot what it feels like to love it. And yes, though your Notes app looks like a mini graveyard of almost finished ideas, that doesn't mean you've failed. It just means you still care enough to keep trying!

Despite that, you're still tired. Tired of overthinking, comparing, and wondering where the peace went and if you'll ever actually finish something. Trust me, we don't need more of that. That in and of itself is so draining. And that's why this is for you.

In Shaa Allah this guide helps you learn to love writing again whilst also pleasing Allah ﷻ in the process (don't worry, I go through that in the guide, too. I gotchu).

By the end, you'll feel lighter. You'll stop treating your drafts like proof of failure and start seeing them as signs of growth. You'll rebuild consistency, learn to slow down, and write as a form of 'ibaadah.

You've got this girl, truly. As I said in my note, Allah ﷻ brought you here for a reason: to remind you that your words still matter, and so do you.

So take a breath, open that notebook, and start again. Bismillah. I'm rooting for you, girl. I can't wait to see what you write next, In Shaa Allah!



How to Use This Guide

This isn't a workbook you rush through (if you have to pee, go now). It's an invitation to come back to your writing in a way that's pleasing to Allah, Alhamdulillah. You'll walk through 6 brief sections covering the following principles:



1. Niyyah

Why are you writing? For whom?

2. Istiqamah

Are you writing consistently? Peacefully?

3. Ihsaan

How present are you when you write? Is it reflected?

4. Shukr

Are you grateful for writing? If so, do you show it?

5. Sabr

Are you patient with and kind to yourself when you write?

6. Dhikr

Do you remember Allah ﷻ when you write? Are you thinking of Him?

If you answered no to any of these, *don't worry!*

And please don't feel bad! Everyone starts somewhere, Alhamdulillah. I'll show you what all of these mean and how they look in practice, help you see and integrate them, and how to please Allah ﷻ in the process, In Shaa Allah!

There are also **three bonus tools** included in this guide:

- My Niyyah Card
- My Barakah Writing Routine
- Simple Writing Schedule Template

Do it at your own pace. Breeeatheeee. *cue inhale and exhale* Bismillah.
Let this be a gift to your heart.



Niyyah



Writing with Niyyah

Rediscovering Your Why

Writing with Niyyah (Intention) is the most essential part. Everything we do begins with your niyyah. I cannot express this enough.

The Prophet Muhammad ﷺ teaches us that,

"Actions are but by intentions, and every person will have only what they intended."

Allah ﷻ accepts your deeds based on what you intended by it. So, why do you write? Do you write just because? Do you have an actual drive or reason behind your writing?

"Intention is the seed from which meaningful work blooms."

It gives your writing purpose and meaning. Alhamdulillah, as growing Muslimahs, the importance and beauty of setting a sincere intention before starting anything is essential.

I know you may be thinking, *"Hey, Najah. Chill. It's just writing. It's not that deep."* Well, it is. And you never know, this may be part of the reason you're having a hard time with your writing. Worth a shot, right? Everything we do as Muslims should be taken seriously and done sincerely, and this cannot be done without a pure and clear intention for Allah's Sake.

It's when we do this that we also begin to take it seriously, and only then can we expect growth and barakah in our actions. Isn't this what we want as Muslims? Isn't this why we were created to worship Allah ﷻ? Shouldn't we be doing everything we can to ensure our acts and efforts are accepted by Him and seen as acts of 'ibaadah?

Reflection prompts

Here are some reflection prompts to get that pink brain of yours kickin':

- What drew you to write today, if you did? If you didn't, why?
- When you imagine Allah ﷻ knowing of your effort and true intentions, how does it change your approach? **Does it?**
- Do you write to remember, to heal, to share, or simply to understand yourself better?
- Are you writing purely for Allah ﷻ, or for the approval and/or praise of others (or another dunya benefit)?

I want you to *really* think about these questions. Take a moment to reflect, and then jot any thoughts/responses in the space below:



My *Niggah* **Card™**

Here is a tool you can use to help you refocus
and center your intention as you write.

How to Use It

Before writing: Read through each intention slowly, out loud if you can.

During: If you get distracted or doubtful, pause and re-read the one that grounds or resonates with you most.

After: Tick any intentions you honored today and say Alhamdulillah.

Intentions *checklist*

- ☒ I intend to write seeking Allah's Pleasure, not the praise of others/dunya.
- ☒ I aim to heal, inspire, or learn through my words.
- ☒ I intend to use my gifts with adab in mind.
- ☒ I will revive my intention when I start to compare, lose focus, or get discouraged.
- ☒ I will forgive and be patient with myself and restart if I start to make mistakes or have setbacks.
- ☒ I will remember that being sincere and consistent is what matters to Allah ﷻ, not speed and/or perfection.

Did any of those resonate with you? If not, what sorts of intentions mean the most and are most important to you? Use the space below to reflect.



My Du'aa for Writing:

Ya Allah! Make my writing a means of remembering You and benefiting others. Place barakah in every word and keep my intentions pure. Ameen.

Feel free to come up with your own!

Some Added Reflections

What does “writing for Allah’s Sake” look like for you right now?

Which intention feels most natural, and which needs work?

"The reward of deeds
depends upon the intentions,
and every person will get the
reward according to what he
has intended."

Prophet Muhammad, ﷺ
Sahih al-Bukhari 54

Istiqamah



Writing with Istiqamah

Writing with Istiqamah (Steadfastness)

The persistent, beautiful discipline of coming back to your writing even when you don't have the energy or inspiration to do so.

When this is practiced, you learn that being consistent is what increases your barakah, and in turn, your writing. As you stay consistent, you're also building up the discipline for beautiful qualities we should embrace and practice all the time in our day-to-day lives: **steadfastness and uprightness.**

What's even better? Showing up a little, as long as it's consistent, can be an act of 'ibaadah. Consistency isn't about perfection. Let me say that again. **It is not about perfection.**

Try to get that expectation out of your mind. Nothing needs to be perfect, and you don't have to have a certain amount done to count as being consistent. You did something. That's all that matters!

Sometimes the world says "do more, write faster", but Allah ﷻ loves the true, steady steps you can actually maintain. A peaceful writing rhythm can be as simple as writing a few lines after Fajr, one reflective page a week, etc.

The Prophet ﷺ said: "The most beloved deeds to Allah ﷻ are those that are consistent, even if they are little."

(Sahih Al-Bukhari, 6464)





What Could Your
Peaceful
Routine
Look Like?

- **Choose days/times:**

Monday and Thursday evenings.

- **Begin with a du'aa:**

“O Allah ﷻ, open my heart and guide my words sincerely for Your sake, Ameen.”

- **Create your writing nook:**

By the window, with my favorite tea.

Prep my mind and heart by listening to the Qur'aan.

Allah ﷻ just wants you to try and be consistent. Hey, if you can only write 10 words, then you go, girl. The next day you'll have 20. In a week, that's 70 words. You're already on your way to getting a paragraph done! That's better than having a blank page. Set your niyyah for His Sake and watch how He aids you, In Shaa Allah.



The background of the page features a soft-focus photograph of several large, pink peonies in bloom, resting on a light-colored surface. To the right, the spine of a book is partially visible. A dark blue rectangular box with rounded corners is centered over the image, containing the title text.

My *Barakah* Writing Routine

Let's start working on your
framework for success.

Step 1: Pick Your Regular Days & Times

Try to pick times you'll be consistent with to increase your likelihood of success, and that are easy to maintain (i.e. after Fajr, before bed, etc.).

☐ _____

☐ _____

☐ _____

Tip: Don't pick a time like “after Fajr” just because it sounds good (I know it's tempting). Pick honest and truly good times that work for you. Remember, this is **your** guide and **your** writing journey. Pick what works for **you**.

And remember not to have high expectations (or any, for that matter). If you come to your slot and only write for about ten minutes or less, or you don't even write anything and you just stare at your desk or laptop watching the cursor blink for what feels like 40 years, that's **amazing**.

We're working on being **consistent**. Even one minute counts when you act for Allah's Sake, Alhamdulillah. Just keep coming!





Step 2: Set Your Writing Space

If you could imagine the most ideal space/vibe to write in to get that brain pumpin' and creative juices flowing, what would it be?

- | | |
|---|--------------------------------|
| ☐ Quiet spot with light | ☐ _____ |
| ☐ Listening to Qur'an recitation | ☐ _____ |
| ☐ Tea, notebook, and pen | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Step 3 – Begin With Du'aa

Write your own du'aa below or use this one each time you sit to write. Calling out to Allah ﷻ for His Aid and Guidance should never be underestimated, and is a lovely habit to develop.

An example you can use: “O Allah ﷻ, allow my words to be sincere, grant me clarity, and accept my efforts, even if they're small. Ameen.”

My personal du'aa:

Step 4 – End With Shukr

When you finish, say Alhamdulillah, even if you only wrote a sentence! As Muslims, we should always keep our tongues moist with dhikr, istighfaar, and shukr. Be thankful to Allah ﷻ for the time, inspiration/motivation, and guidance He gave you. This is a beautiful habit to develop not just for writing, but in your lives as you continue to flourish and grow, In Shaa Allah. Allah ﷻ loves those who are grateful.

Mini Reflection: What felt different about today's session when you approached it this way?

Simple Writing Schedule Template

Day	Time	Goal (#of words/pages, or just 'show up')	Du'aa Made? (✓)

Fill out this schedule, update weekly, and allow it to grow as you grow.

Adapt as your routine forms! 💕

"Take one step. One step is better than no steps at all. Your efforts matter more than you think, and Allah ﷻ is Aware of and will reward you for all of them, In Shaa Allah."

Najah ❤️

Ihsaan



Writing with Ihsaan

Writing with Ihsaan (Awareness)

The pursuit of perfection can leave our hearts anxious and blocked (kind of like if you eat a cheeseburger really fast and then you choke on a piece on accident and try to wash it down really quickly with soda).

But Alhamdulillah, Islam calls us to ihsaan. Ihsaan in writing is showing up with your heart, giving what you honestly can, and trusting Allah ﷻ with the outcome. Knowing that Allah ﷻ is Aware Of, Knows, Hears, Sees, etc. everything we do is one of the most important principles a Muslim should know.

Doing your best work knowing Allah ﷻ sees your effort and consistency (not perfection) is a crucial and beautiful lesson.

But what does ihsaan look like in my writing?

- **Ihsaan** means writing with care and not comparing.
- **Ihsaan** is trying your best even when your words feel small.
- **Ihsaan** is letting your writing be real: messy drafts, edits, and not overthinking or correcting.
- **Ihsaan** is trusting (and knowing) that your true, heartfelt effort is always beautiful to Allah ﷻ.
- **Ihsaan** is being content and happy that Allah ﷻ is aware of and with you the entire way, and not judging you at all (or feeling like you're being judged).

Now that you know what it looks like,
do you write with **ihsaan**?

[illegible]

writefully
hers



Writing with Shukr

Writing with Shukr (Gratitude)

We should always, **always** be grateful to Allah ﷻ for all of the blessings He's bestowed upon us.

As you complete your writing project (and even your growth throughout), you will see and feel all moments where you can reflect on how Allah ﷻ carried you through, accepted your du'as, aided you in your journey, etc. Making a habit of thanking Allah ﷻ often for His Blessings is so, so important for so many reasons. Gratitude turns each small effort into worship, which is another reason to ensure it's shown as often as possible.

Our beloved Prophet Muhammad ﷺ would always say Alhamdulillah for blessings, big and small. He taught us to notice, to appreciate, and to remember *Al-Wahhaab* (The Bestower/Giver). On your writing journey, celebrate every bit of progress with shukr. Each page, sentence, and/or intention is a beautiful gift and sign of Allah's Kindness, Allahu Akbar.

Reflection prompt

What in your writing journey are you grateful for today? List three things, big or small, and say Alhamdulillah for each. Explain why you chose those three things, and why you're grateful for those blessings specifically.

Giving thanks for small progress is a beautiful sunnah of the heart. Alhamdulillah for every line, every new try, and every word written by Allah's Permission.



Writing with Sabr & Dhikr



Writing with Sabr (Patience)

Sabr is more than just waiting for a good writing idea. Sabr is how you process that empty stillness. You wait with Imaan and peace instead of frustration and desperation. It soothes the heart. Trust in Allah's Timing. He will give you the spark when the time is right.

I know. This is all easier said than done.

Patience is probably one of the hardest virtues to master; however, that's why it's the most beautiful and rewarding. When you choose to wait, your heart becomes softer, your words truer. Writing stops being about control and starts becoming about trust. Trust in Allah ﷻ. Trust in yourself.

“Allah loves those who are patient.”
(3:146)

Sabr is so beautiful, as sincerely practicing the beauty of patience in the process of writing is priceless. Writing and personal growth take time, and sabr reminds you that slow progress is not failure.

It's trusting Allah's Timing while doing your part with consistency (istiqamah). Through sabr, you learn that pauses are not punishments, and that creative blocks can be moments of mercy! *Allahu Akbar!*



Writing with Dhikr (Rememberance)

Undoubtedly, all of these principles, especially when practiced together, are a form of dhikr. Every time you set your niyyah, show up with istiqamah, write with ihsaan, wait with sabr, and make shukr, you're remembering Allah ﷻ.

Dhikr isn't only spoken on the tongue, though our tongues should be moist with it. It's also lived through presence, and you can definitely feel it when writing (if you practice and are conscious of it).

It's felt in the stillness before a sentence, in the patience it takes to edit, in the du'aa you made before you start. When you write with awareness of the One Who gave you the ability to write, your work becomes dhikr itself. Every letter you form becomes an act of worship, MashaAllah.

Allah ﷻ says, "Remember Me, and I will remember you."
(2:152)



Reflection prompts

How can I turn my writing practice into a form of dhikr?

- What moments during writing remind me most of Allah ﷻ?
- Which principle (niyyah, istiqamah, ihsaan, sabr, shukr, or dhikr) do I find hardest to embody, and why?
- How can dhikr shape the way I handle writer's block or creative silence?
- What ayah, du'aa, or Name of Allah ﷻ grounds me when I write?
- How can I begin and end each session with remembrance?

I want you to *really* think about these questions. Take a moment to reflect, and then jot any thoughts/responses in the space below:

Final Reflection

Final Reflection & Next Steps



Believe in yourself
and your potential.

A few things to reflect on before you go:

- What did this guide remind you of about yourself or your writing?
- What did you learn? Which principle stood out to and/or resonated with you the most?
- How do you plan on changing your writing approach/routine?

[illegible]

A note from *my heart* to yours

Alhamdulillah, I'm so grateful you spent this time with me! If you've made it here, you've already done so much more than you think, and I'm so proud of you for it. You showed up. You opened your heart, your notebook, and a small space of your day for your words, that means something! ❤️

Before you close this guide, think about what changed while you were here, even in small ways. Maybe you wrote a few lines. Maybe you remembered why you love words. Maybe you just slowed down. Every bit of that counts. And every bit is seen by Allah ﷻ.

You've now learned how to not only continue your writing but also how to live through your words with Imaan. Not only will these principles assist you in your writing journeys, but they will also aid you in growing closer to Allah ﷻ and becoming better Muslimahs in the process, In Shaa Allah!

Alhamdulillah, that's the most beautiful benefit of this approach, that we can apply these principles in our real lives. We can feel the peace and happiness that comes from practicing them sincerely and correctly, In Shaa Allah.

May Allah ﷻ accept our efforts and allow this to be a means of growing closer to, worshipping, loving, and appreciating Him.

Ameen.

If something here helped you, or if you just want to share where your writing is taking you, I would absolutely love to hear from you! Hearing your stories and reflections reminds me why I started to see parts of my own journey in so many of you, and it makes this work feel deeply personal and real. It's always an honor when you allow me to be part of your journey, and I will always be grateful to Allah ﷻ for it and cherish it.

Keep writing sincerely for His Sake first. Begin with Bismillah, conclude with shukr and dhikr.

Your sis,

Najah


Some Thoughts From Other Sisters

Engaging teaching and...she makes learning fun. She is also very understanding and patient."

~Sister F.D.

"I wanted to take a moment to...point out the amount of inspiration you provided during our creative writing journey. You taught me how to express my emotions and feelings in what i write and that's helped me so much and that gave me more support to express myself in what i write and have more confidence. So I thank you I'll always think about you and the lessons you taught me on both page and beyond."

~Sister A.F.

Next Steps

You've done the reading. Now do the becoming.

If you love this guide as much as I loved making it...honey, we are just getting started. 100

So... are you really about to finish this guide, close it, and just think about writing again?

Naaah, sis. Not after all this ✨reflection.✨ Let's tie that camel and turn your niyyah into some **ACTION** 🎉. There are some big things coming, In Shaa Allah! And I want you to be right there and ready when they do. 🌸

Trust me, you'll want to be
first in line when they drop.

Follow along on Instagram and join my newsletter for early access, updates, **discount codes, bonuses, and more!**

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