



THE FIVE ANCHORS

The Fajr Reset

Anchor the first hour after Fajr.

A free one-page morning sheet — plus a seven-day tracker — to help you take the most blessed hour of the day and actually use it.

PLAN THE DAY AROUND THE PRAYERS
NOT THE PRAYERS AROUND THE DAY

The most blessed hour you already have

You don't need a new morning. You need to stop sleeping through the one you've already been given. The hour after Fajr is quiet, undefended by the world, and — we're told — carried by barakah. Most of us hand it straight back to the pillow. This sheet is my attempt to stop doing that, written while I'm still learning to do it myself.

i.

The Prophet (peace be upon him) asked Allah to place blessing in the early part of the day for his community — and he would send out his caravans and expeditions at the very start of the morning.

Abu Dawud · Tirmidhi 1212 · Ibn Majah 2236 — graded hasan / sahih (al-Albani)

ii.

Whoever prays Fajr is under the protection of Allah for that day. The hardest prayer to keep is the one that puts you in His care.

Sahih Muslim 657

iii.

Whoever prays Fajr in congregation, then stays in the remembrance of Allah until the sun rises, then prays two rak'ahs — has a reward likened to a complete Hajj and Umrah.

Tirmidhi 586 — graded hasan (al-Albani)

The sources are printed so you can check them yourself — that's the whole point. Honest over polished.

Four moves, every morning

1

Pray Fajr first.

Everything else waits. In congregation if you can; on time if you can't. This is the anchor the rest of the day hangs from.

2

Don't leave your spot.

Stay in dhikr and a little Qur'an while the sky lightens. Even ten minutes counts. This is the hour with barakah in it — spend it before the world wakes.

3

Fill one sheet.

Name the single task that would make today a win. Not twenty things. One anchor, then a few that matter.

4

Close it at Isha.

Mark what held and what drifted. No guilt — just data you can use tomorrow. A builder reviews the build.

Print it, or keep it open on your phone. The format matters less than showing up. Begin with one honest week before you decide whether it works.

The Fajr Reset

DAILY MORNING SHEET



DATE _____ DAY _____

FAJR ☐ On time ☐ In congregation ☐ Stayed until the sky lightened

MORNING ADHKAR — MARK WHAT YOU KEPT

☐ Ayat al-Kursi ☐ Al-Ikhlās, Al-Falaq, An-Nas (×3)
☐ Sayyid al-Istighfar ☐ SubhanAllah wa bihamdihi ×100

Full wordings in Hisn al-Muslim (Fortress of the Muslim).

QUR'AN TODAY _____ MINUTES _____

THE ONE ANCHOR

The single task that would make today a win.

THREE THAT MATTER

1 _____
2 _____
3 _____

ONE THING I'M GRATEFUL FOR (SHUKR) _____

MY NIYYAH FOR TODAY (ONE SENTENCE)

EVENING CHECK · AT ISHA ☐ Anchored ☐ Drifted

One line — why: _____

BONUS

Seven mornings

One week. Mark the box. Streaks are quiet proof — aim for one honest week before you judge it.

	DATE	FAJR ON TIME	SAT TILL SUNRISE	ANCHOR DONE
DAY 1		☐	☐	☐
DAY 2		☐	☐	☐
DAY 3		☐	☐	☐
DAY 4		☐	☐	☐
DAY 5		☐	☐	☐
DAY 6		☐	☐	☐
DAY 7		☐	☐	☐

Don't aim for perfect. Aim for present. A box left empty is information, not failure.

WHAT'S NEXT

This is one anchor. The system has five.

The Fajr Reset is the first block of a larger system — a planner that structures the whole day around the five daily prayers. I'm building it in the open, testing it as I go, and sharing what actually holds. If this sheet helped, that's where it goes next.

i

Fajr

Reset & intention

ii

Dhuhr

Deep work

iii

Asr

Follow-through

iv

Maghrib

Close & connect

v

Isha

Review & rest

FOLLOW THE BUILD

@thefiveanchors

Plan the day around the prayers — not the prayers around the day.