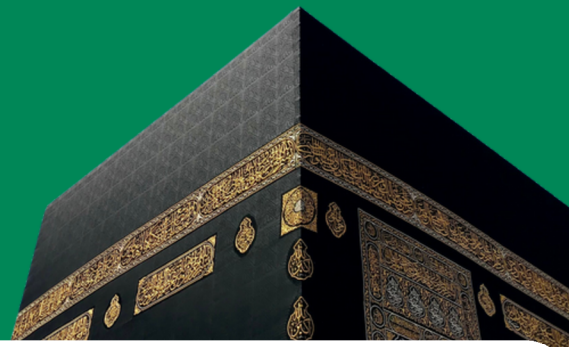


# My Best 10 Days *Guide!*

Here are 10 ways to make the most of these blessed days.



## 1 Fast

While many fast on Arafah, the 9th day of Dhul Hijjah, it's also Sunnah to fast for the first 8 days. This year, make it a goal to wake up for suhoor and set your intentions to stay connected to Allah SWT throughout these 10 days.



## 2 Practice Gratitude

During these blessed 10 days, focus on improving your character. Pause, reflect, and respond with patience. Show kindness and practice gratitude.

**Say "Alhamdulillah."**

Small acts like these strengthen your connection with Allah SWT.



## 3 Set Your Intentions

Take a moment to think about what you want to achieve during these sacred days. Write down your goals, and revisit them when you need a reminder of why you started your journey.



## 4 Prayer

Prayer is part of our everyday routine. But this is a chance to dedicate more time to your daily five by focusing and renewing your intentions for each one. Add extra Sunnah or Qiyam prayers into your schedule and make the most of these blessed days.



## 5 Give Back

Good deeds are multiplied during Dhul Hijjah – especially acts of charity. Set a goal to give a little bit each day and choose an organization to support. At IDRF we've made the process quick and easy – you can donate at [idrf.ca/qurbani](http://idrf.ca/qurbani)



## 6 Follow along with Hajj

While some of us are unable to attend Hajj this year, we can still stay connected by watching a livestream of the Ka'ba and follow along from wherever we are in the world.



## 7 Volunteer Your Time

From packing events to local initiatives, there are so many ways to get involved and give back during these blessed days. Even a few hours of your time can make an impact.



## 8 A Moment of Reflection

The 9th day of Dhul-Hijjah, known as the Day of Arafah, is a time to increase your ibadah. For those not performing Hajj, it's a valuable opportunity to engage in worship through fasting, dua, and reflection.



## 9 Increase 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 it a point to say these three sayings daily.



## 10 Celebrate Eid

Eid Mubarak! With the best 10 days coming to a close, it's also important to celebrate by going to prayer in the morning and gathering with family and friends. Enjoy the day and take a moment to reflect on how you can carry the positive habits from these 10 days into your daily life.