
Practical steps on implementing the 100 Sunnats



Sunnats of the toilet

1. Have a hook at the entrance of the toilet, where the topi or burka can be hung to remind us to cover our heads when going to toilet.
2. Have a pair of toilet sandals by the toilet (which is to be used only in the toilet). This will remind us not to go bare-feet into the toilet.
3. Duas for entering and leaving the toilet should be stuck outside the toilet and taught to our little ones as well.
4. We should try and ensure that we enter with the left foot even if it means asking someone in the house to remind us. OR, have a ribbon or sticker on one sandal which would remind us.
5. When building a house, ensure that the toilet pan does not face north or south (our front or back should not face the Qiblah whilst in the toilet).
6. Try not to speak to someone who is in the toilet. It will make it easier for them not to speak.

Sunnats of eating

1. If we are in the habit of sitting on the table and eating, try at least once a week to sit on the dastarkhaan (slowly increasing the days).
2. If there are elders in the home who object, have a spot for your dastarkhaan next to the table in the same room where they are eating.
3. If we go visiting and we don't want to inconvenience the host, sit in the sunnah posture on the chair without leaning.
4. If we are unmarried, make intention that in my married home we will eat on the dastarkhaan.
5. Have all the sunnats of eating stuck on the wall in the eating room.
6. Read Bismillah before eating ALOUD so that everyone will get reminded.

Sunnats of drinking

1. Have the sunnats (at least the dua) stuck (water proof sticker) near the water jug.

Sunnats of sleeping

1. Try to finish off all your tasks before Esha. Make intention to sleep immediately after Esha.
2. Don't make any appointments for after Esha.
3. Keep your Surmah, miswaak and pyjamas near you, next to your bed.
4. Have the sunnats of sleeping stuck next to your bed.
5. Complete all azkaar and masnoon surahs etc, whilst sitting, because as we know, sleep will overcome us if we get too comfortable.

Sunnats on awakening

1. Waking up for Tahajjud should be our aspiration.
2. Sleeping early helps us to wake up early.
3. If we sleep next to someone or in the same room, have a competition who does the sunnats on awakening first.
4. Ask your mother not to make your bed. Make it yourself even if you are late.

Sunnats on wearing clothes

1. Keep the sunnats stuck by the place of dressing. (Not in the bathroom)
2. Look in the mirror and ask yourself, "Do I look like a Muslim today?"

Sunnats when entering the home

1. Make salaam and recite the dua loudly when entering.
2. Stick the duas by the door.
3. Enter with a smile.

Miscellaneous

1. Miswaak: keep one in your kurta pocket, handbag, in the car, bathroom, bedroom. It will remind us to use it.
2. Try and get out of the habit of saying Slmz. Say the whole salaam.
3. Keep some sweets in the car or handbag and give it to some kids we see. It will create mercy for the young ones in our heart.
4. Ask our parents for maaf at least once a week for causing them takleef.
5. Keep a cheerful face even if you are sad.
6. Occasionally, give gifts to our family members.
7. Try and give the beggar something. (Keep a packet of coins in the car and at home specifically to be given to the beggars).