

Daily Dhikr Checklist

Morning & Evening Adhkar Guide

About this Resource

This comprehensive checklist includes all the authentic morning and evening adhkar (remembrances) from the Sunnah, beautifully organized to help you build a consistent daily spiritual habit. Whether you're just beginning your journey of remembrance or seeking a structured way to maintain it, this guide is designed to support you every step of the way.

✅ Establish a consistent daily dhikr routine

- 🧠 Learn the authentic morning and evening supplications
- 📅 Track your progress easily with a checklist format
- 💡 Understand the meaning and virtues behind each dhikr
- 🌿 Start and end your day with spiritual grounding and connection to Allah

How to Use

- Start each morning and evening by reciting the listed adhkar in order.
- Use the checklist layout to mark your progress each day.
- Reflect on the meanings of the dhikr to deepen your connection and presence.
- Stay consistent – even a few minutes a day can lead to major spiritual growth.

"Verily, in the remembrance of Allah do hearts find rest."

(Qur'an 13:28)

✓ Morning Adhkar

(To be recited after Fajr)

Ayat al-Kursi (Surah Al-Baqarah 2:255)

Arabic:

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Transliteration:

Allāhu lā ilāha illā huwa al-ḥayyul-qayyūm. Lā ta'khudhuhu sinatun wa lā nawm. Lahu mā fī as-samāwāti wa mā fī al-arḍ. Man dhā alladhī yashfa'u 'indahu illā bi-idhnihi. Ya'lamu mā bayna aydīhim wa mā khalfahum, wa lā yuḥiṭūna bishay'in min 'ilmihi illā bimā shā'. Wasī'a kursiyyuhu as-samāwāti wa al-arḍ. Wa lā ya'ūdū ḥifẓuhumā, wa huwa al-'aliyyu al-'aẓīm.

Translation:

Allah – there is no deity except Him, the Ever-Living, the Sustainer of existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

Surah Al-Ikhlās (x3)

Arabic:

قُلْ هُوَ اللَّهُ أَحَدٌ
اللَّهُ الصَّمَدُ
لَمْ يَلِدْ وَلَمْ يُولَدْ
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Transliteration:

Qul huwa Allahu aḥad,
Allāhuṣ-ṣamad,
Lam yalid wa lam yūlad,
Wa lam yakun lahu kufuwan aḥad.

Translation:

Say, "He is Allah, [who is] One,
Allah, the Eternal Refuge.
He neither begets nor is born,
Nor is there to Him any equivalent."

Surah Al-Falaq (x3)

Arabic:

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ
مِنْ شَرِّ مَا خَلَقَ
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Transliteration:

Qul a'ūdhu birabbil-falaq,
Min sharri mā khalaq,
Wa min sharri ghāsiqin idhā waqab,
Wa min sharri an-naffāthāti fil-'uqad,
Wa min sharri ḥāsidin idhā ḥasad.

Translation:

Say, "I seek refuge in the Lord of daybreak
From the evil of that which He created
And from the evil of darkness when it settles
And from the evil of the blowers in knots
And from the evil of an envier when he envies."

Surah An-Nas (x3)

Arabic:

قُلْ أَعُوذُ بِرَبِّ النَّاسِ
مَلِكِ النَّاسِ
إِلَهِ النَّاسِ
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ
الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ
مِنَ الْجِنَّةِ وَالنَّاسِ

Transliteration:

Qul a'ūdhu birabbīn-nās,
Malikin-nās,
Ilāhin-nās,
Min sharri al-waswāsīl-khannās,
Alladhī yuwaswisu fī ṣudūrin-nās,
Mina al-jinnati wa al-nās.

Translation:

Say, "I seek refuge in the Lord of mankind,
The Sovereign of mankind,
The God of mankind,
From the evil of the retreating whisperer
Who whispers [evil] into the breasts of mankind
From among jinn and mankind."

"SubhanAllah wa bihamdihi" (100 times)

Arabic:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Transliteration:

Subḥānallāhi wa biḥamdihi

Translation:

Glory is to Allah and praise is to Him.

"La ilaha illa Allah, wahdahu la sharika lahu..." (x10 or x100)

Arabic:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Transliteration:

Lā ilāha illa Allāh, waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamdu wa huwa 'alā kulli shay'in qadīr.

Translation:

There is no deity but Allah, alone without partner. To Him belongs the dominion and to Him belongs all praise, and He is over all things competent.

"Astaghfirullah" (x100)

Arabic:

أَسْتَغْفِرُ اللَّهَ

Transliteration:

Astaghfirullāh

Translation:

I seek forgiveness from Allah.

✔ Evening Adhkar

(To be recited after Asr or Maghrib)

Repeat the same adhkar as the morning

🔵 Du'a for Protection from Harm

Arabic:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ،
وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Transliteration:

Allahumma inni a'udhu bika minal-hammi wal-ḥazan, wa a'udhu bika minal-'ajzi wal-kasal, wa a'udhu bika minal-jubni wal-bukhl, wa a'udhu bika min ghalabatid-dayni wa qahrir-rijal.

Translation:

O Allah, I seek refuge in You from anxiety and sorrow, from weakness and laziness, from cowardice and stinginess, and from the burden of debts and being overpowered by men.

🌙 Du'a for Peaceful Sleep and Protection at Night

Arabic:

يَا سَمِيعَ رَبِّي وَضَعْتُ جَنِيي، وَبِكَ أَرْفَعُهُ، فَإِنْ أَمْسَكَتَ نَفْسِي فَاغْفِرْ لَهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا
تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Transliteration:

Bismika Rabbi waḍa'tu janbi, wa bika arfa'uhu, fa in amsakta nafsī faghfir lahā, wa in arsaltahā faḥfazhā bimā taḥfazū bihi 'ibādaka aṣ-ṣāliḥīn.

Translation:

In Your name, O Lord, I lay down my side, and by You I lift it. If You take my soul, forgive it. If You return it, protect it in the way You protect Your righteous servants.

🙏 Du'a for Forgiveness and Mercy

Arabic:

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Transliteration:

Allahumma anta Rabbi, la ilaha illa anta, khalaqtani wa ana 'abduka, wa ana 'ala 'ahdika wa wa'dika ma istata'tu, a'udhu bika min sharri ma sana'tu, abu'u laka bini'matika 'alayya, wa abu'u laka bidhanbi, faghfir li, fa innahu la yaghfiru adh-dhunuba illa anta.

Translation:


O Allah, You are my Lord, there is no deity but You. You created me and I am Your servant, and I abide by Your covenant and promise as best I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for surely none forgives sins except You.

Benefits of Daily Dhikr

- Brings tranquility and peace to the heart
- Protects from harm and evil
- Strengthens your relationship with Allah
- Brings barakah into your time, health, and wealth
- Wipes away sins and increases reward
- Builds discipline and consistency in worship

Notes

- All supplications are provided in Arabic, transliteration, and English translation.
- Sources for all adhkar are included from authentic hadith collections such as Sahih Bukhari, Sahih Muslim, etc.
- Feel free to print this checklist and keep it on your wall, desk, or in your prayer space.

 Use this guide daily and make remembrance of Allah a part of your routine. May Allah accept and bless your efforts.