



## Day 2: Welcome & Instructions

Bismillah

As'salaamu alaykum

How was your Challenge for Day 1?

Not too heavy I hope?

Maybe you were not expecting it to be like that? I mean maybe you thought it was quick tips and khalas.

Nah! I thought let's really get you super-charged in this 10 Day Challenge.

And think about it - when one does take upon a challenge it usually does push us.

You may have felt the resistance and not wanted to push through.

In life if we are going to make any changes then we have to do it from within.

And this is exactly where and why all the resistance comes through.

So fight through it.

And here is something to inspire you.

A sister wrote in with her feedback and I will share with you the start of it only as the rest was her personal reflection from Day 1 (by the way, i'm waiting for your email homework - the thing is if you don't actively apply the challenge and journal it and feedback - it won't work!)

Here is what she said; 'First, I'd like to thank you for such a nice opportunity to recharge my Imaan. You know, some days before during my prayer I was asking Allah to send me a person, who can help me to recharge my Imaan, coz so far I don't feel very good about it, it's too low, and in fact I'm really worried. Yesterday I saw information about the 10 Day Challenge and thought "Why not to try?"



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Her email was just so beautiful masha'Allah that I had tears in my eyes and a smile on my face.

This sister is definitely going to succeed this challenge insha'Allah.

And so will YOU! :)

So, without further ado click [on Day 2 Challenge - Fasting and the Furious.](#)

Oh and today's challenge is not just about fasting - it's actually much more than that - you'll be surprised for sure and I share a personal story to help you! :)