



Day 4: Welcome & Instructions

Bismillah

As'salaamu alaykum

How are you? I pray you're well and insha'Allah enjoying 'The 10 Day Challenge'.

I'm absolutely loving it and preparing them for you and putting the challenges into practice - it is a challenge lol.

I pray that you are also putting them into practice and are actively getting involved in them as well as getting your family and friends involved.

I look forward to receiving your daily 'Reflection Homework' and if you haven't yet then please do email me and let me know how this challenge is going for you so far and what lessons you are learning.

'God does not change the condition of a people until they don't change it themselves from within' (Qur'an) and a famous proverb 'God helps those who help themselves!'

Head over to our Facebook and Twitter accounts on 'We Be Inspired' and get active over there and comment with hashtag #10DC

Go ahead now and click on your new lesson for today - **Day 4 Challenge - Dua**

This is something I know is very important to all of us so go ahead and get into this challenge now insha'Allah.