



# My Moral & Spiritual Health Check-Up

Every 12 months we must get an MOT for our car, otherwise we can't drive it.  
Ever had a Moral and Spiritual MOT? Well, here's your chance to have one!

Tick Yes or No for each statement below:	Yes	No
1. I was in the state of Wudu for most of the day.		
2. I prayed the 5 prayers with Jamaat.		
3. I prayed Nawafil prayers e.g. Ishraq/Awabeen.		
4. I prayed Tahajjud prayer.		
5. Before bed, I recited, Ayat ul Kursi/Surah Mulk.		
6. I read Quran with translation.		
7. I listened to an Islamic speech and read a book.		
8. I didn't interrupt another person during conversation.		
9. I know the Six Kalimas with English translation.		
10. I know Iman-e-Mufassal with English translation.		
11. I know Iman-e-Mujjmal with English translation.		
12. I know the Adhan and the Dua after it.		
13. I prayed to Allah with humility and sincerity at least once.		
14. I used terms in my conversation like; Subhanallah, Alhamdulillah etc.		
15. I spoke to a friend who I had lost touch with.		
16. I controlled my anger and forgave the offender.		
17. I avoided listening to vulgar music.		
18. I avoided looking at haram things.		
19. I spoke the truth and didn't lie.		
20. I didn't backbite or gossip.		

**SCORE:** Excellent (16-20), Good (13-15), Satisfactory (10-12), Poor (9-1)