

ABZIZI · TIME & LIFE MANAGEMENT

The Life Plan

Chasing ihsaan in everything.

A system for building excellence (Ihsaan) in every part of your life.
Start with long-term vision, narrow into focused outcomes,
and execute with a 12-week cycle.

Clarity → Strategy → Consistency → Ihsaan

How to use this

1 • No scoring.

Most versions of the Wheel of Life ask you to rate each area out of 10. This one doesn't. You're not here to judge your life — you're here to design it.

2 • Write the vision.

For each area, answer the prompts honestly: what does that part of your ideal life look like in 10 years? Be specific. Then narrow it to 5 years, then 3.

3 • Make it yours.

The areas here are a starting point, not a rule. Rename them, remove what doesn't apply, and add any area of your life that deserves its own plan — there's a blank one waiting at the end.

4 • Reverse-engineer.

Your 3-year vision becomes 12-week goals — 3 or 4 at a time, no more. Small enough to act on this week, connected to the life you actually want.

5 • Revisit.

This is a living document. Review it every 12 weeks. Plans change; clarity compounds.

S O U L

Deen & Spirituality

What is your relationship with Allah? What does your salah look like — and your relationship with the Quran? What good deeds are you consistent with? What sins have you eradicated from your life?

B O D Y

Health & Body

What can your body do at this age? How do you eat, train, and sleep? Which habits protect the amanah Allah gave you — and which ones have you dropped?

Rest & Recreation

What do you do purely for joy, without guilt? How do you rest in a way that actually restores you? What experiences and adventures do you want to have lived?

M I N D

Growth & Learning

What knowledge are you seeking — in deen and in dunya? What have you memorised, studied, mastered? What are you reading, and who are you learning from?

Work & Career

What work do you do, and why does it matter? What have you built or become known for? Does your work serve your akhirah — or compete with it?

Money & Finance

What do you earn, own, and owe? Is every source of income halal? How much do you give — zakat, sadaqah — and what does financial freedom mean to you?

RELATIONSHIPS

Marriage & Love

What kind of spouse are you? How do you and your spouse grow together — in deen and in life? What does your home feel like to walk into?

Family & Friends

How present are you with your parents, siblings, children? Which ties of kinship are you keeping alive? Do your closest companions pull you up — or down?

Community & Ummah

What is your role in your masjid, your neighbourhood, the ummah? Who benefits from your existence? What are you giving beyond money?

Environment & Living Space

Where do you live, and what does your home look like? What surrounds you daily — physically and digitally? Does your environment make obedience easier, or harder?

YOUR OWN

This plan is yours. Rename any area, remove what doesn't fit, and add what does. What area of your life deserves its own page?

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12-Week Goals

These are your focused goals for the next 12 weeks.

Keep it to 3 or 4 goals for best results.

Goal	Area	End date	Priority

Cycle start: ____/____/____ Cycle end (12 weeks later): ____/____/____

Keep going

This template pairs with my full life-planning video — the complete walkthrough of vision, reverse-engineering, and the 12-week cycle. You'll find it at theabzizi.com/lifeplan.

I built an app around this system — Ihsaanify · ihsaanifyapp.com