

AMWASA

Authors Collective



Writing Habits Tracker

Build consistent, barakah-filled writing habits — one day at a time

Author name:

Year:

My primary writing project this year:

A resource for members of the AMWASA Authors Collective

Empowering Muslim Women Writers • Curating Clean Literature

amwasa.co.za

How to Use This Tracker

Barakah doesn't come from writing a thousand words a day. It comes from showing up — sincerely, consistently, with your niyyah set and your pen in hand.

This tracker is not about perfection. It is about progress. One line a day is a writing habit. Picking up your manuscript after a month away is a writing habit. The goal is to build a life in which your writing has a home.

DAILY	Each day you write, mark your habits in the monthly tracker. Simply tick the box, colour it in, or write your word count. No explanation needed. Just show up.
WEEKLY	At the end of each week, complete a brief reflection. What did you write? What got in the way? What will you carry into next week?
MONTHLY	At the end of each month, complete the monthly reflection. Review your stats, celebrate your wins, and renew your niyyah for the month ahead.
ANNUALLY	At year's end, you will have 12 months of your writing life documented. Use the annual summary to see how far you have come — then set your intentions for the next season.

Setting Your Annual Writing Goals

Before you begin tracking, take time to set your intentions for the year. Be honest — and be kind to yourself. These are goals, not obligations.

My word count goal for this year:

My primary writing project (title and a one-line description):

How many days per week do I realistically commit to writing?

My preferred writing time and space (e.g. After Fajr, at the kitchen table):

What do I want to have completed by the end of this year?

My Annual Niyyah

I write because:

This year I choose consistency over perfection. Bismillah.

A Short Reminder for Hard Days

On the days when you do not write:

- You are not a failure. You are a person with a full life.
- Missing one day does not break the habit. Starting again does.
- Your story is still waiting. It has not gone anywhere.
- Make istighfar and start fresh tomorrow. That is the Sunnah.

"Verily, with hardship comes ease." — Surah Ash-Sharh, 94:6

Month 1

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Made Bismillah before writing																																
☞ Wrote (any amount)																																
🎯 Met my word/time goal																																
📖 Read for craft																																
🌿 Reflection / journaling																																
Words written today																																

Notes:

Month 1 — Weekly Reflections

Week 1 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 1 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 1				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 2 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 2				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 3 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 3				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ **My Niyah for Next Month**

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 4 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 4				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 5 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 5				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 6 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 6				

Three things I'm proud of this month:

One thing I want to do differently next month:





An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Month 7

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Made Bismillah before writing																																
 Wrote (any amount)																																
 Met my word/time goal																																
 Read for craft																																
 Reflection / journaling																																
Words written today																																

Notes:

Month 7 — Weekly Reflections

Week 1 Dates: _____ to _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 7 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 7				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 8 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 8				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 9 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 9				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 10 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 10				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 11 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 11				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Week 2 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 3 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Week 4 Dates: _____ **to** _____

Total Words Written _____	Days I Wrote _____
What I wrote / worked on: _____	
What went well this week: _____	What got in the way: _____
My intention for next week: _____	

Month 12 — End of Month Reflection

Stats	Total Words	Days Written	Goal Met?	Project Progress
Month 12				

Three things I'm proud of this month:

One thing I want to do differently next month:

An ayah, hadith, or quote that carried me through:

◆ My Niyah for Next Month

I am writing this story because:

Next month I commit to:

Annual Writing Summary

Alhamdulillah — you made it through a year of writing. This is your summary page. Fill it in at year's end and keep it as a record of your creative journey.

Month	Words Written	Days Written	Project Milestone	Mood / Highlight
Month 1				
Month 2				
Month 3				
Month 4				
Month 5				
Month 6				
Month 7				
Month 8				
Month 9				
Month 10				
Month 11				
Month 12				
TOTAL				

The project I'm most proud of completing this year:

The biggest lesson writing taught me this year:

One word to describe my year as a writer:

*"Indeed, Allah does not allow the reward of the muhsineen to be lost." — Surah Hud, 11:115
Every word written with sincerity is never wasted. May your writing be a legacy.*