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The The Muslim leader:

Color everything you did yesterday and see how you spent your time

I played on the iPad

I woke up late

I recited Quran

I watched television too much

I put my clothes in the wardrobe

I insulted who insulted me

I postponed doing my homework

I procrastinated listening to my mum













I prayed Al Zhur prayer




I brushed my teeth

I helped my mom with cooking

I slept late

Color the clock with the colors next to your actions, and see how you spent your time, was it useful ?

Your actions		Your actions	
I slept late		I prayed Al Zhur prayer	
I postponed doing my homework		I insulted who insulted me	
I procrastinated listening to my mum		I watched television too much	
I woke up late		I recited Quran	
I helped my mom with cooking		I put my clothes in the wardrobe	
I helped my younger brother		I brushed my teeth	

-  = Good actions and spending time doing meaningful things
-  = Delaying tasks
-  = Bad actions and I did not use my time in what is meaningful

