

*Handbook for*

# 5 BEFORE 5

If you're feeling tired, overwhelmed, numb,  
or disconnected,

**THIS COURSE IS FOR YOU.**

**A framework designed to support  
reflection, structure, and growth.**



Handbook

# Content

Getting Started	<b>01</b>
Overview, Vision, Mission	<b>02</b>
Our Value	<b>03</b>
Why Are We Here?	<b>04</b>
5B5 Gentle Daily Prompts	<b>05</b>
Mini Course	<b>06</b>
Closing Reflections	<b>07</b>

5B5

# Getting Started

This course is inspired by prophetic wisdom from Islam, but it speaks to a universal human experience: time, health, energy, and life itself. This framework comes from a saying attributed to the **Prophet Muhammad (peace be upon him)**, known for his deep understanding of human nature, balance, and compassion. I am creating this course in the honor of the greatest man who was a Messenger and a Prophet for the whole humanity.

## Welcome to Five Before Five.

This practice is inspired by a simple yet profound wisdom: to take benefit of what we have before it slips away. Five Before Five is not about perfection or pressure.

It is about presence. It is about choosing to arrive into your day with breath, intention, and awareness before the world arrives into you. Move gently through this course. Listen to your body. Take what serves you. Leave what doesn't.

*Shua Khan Arshad*  
Founder



# Overview

## Vision

Our vision is a world where individuals and families live awake to the gift of time, grounded in presence, and aligned with what truly matters—before life rushes past unnoticed.

Five Before Five envisions mornings that are not hurried, hearts that are not hardened by stress, and lives that are lived with awareness, gratitude, and intention. Inspired by timeless wisdom, this practice invites us to recognize life itself as a trust **one that deserves care, reverence, and conscious attention.**

## Mission

The mission of Five Before Five is to help individuals reclaim the beginning of their day so they can live with calm, clarity, and purpose.

Rooted in the prophetic wisdom,

Take advantage of **five before five:**  
your **youth before your old age,**  
your **health before your sickness,**  
your **wealth before your poverty,**  
your **free time before your busyness,**  
and your **life before your death.**

This practice gently guides you to:

- Honor your health before it is compromised
- Value your time before it is consumed
- Use your energy before it fades
- Live with awareness before life passes by

Through simple, sustainable daily practices, Five Before Five supports nervous system regulation, intentional living, and **values-aligned choices**—so that faith, meaning, and presence are not postponed for “someday,” but lived now.

# Why Are You Here?

You are here because something within you knows that life does not need to feel this rushed, reactive, or disconnected.

**Five Before Five** is not about waking up at a specific hour, fixing yourself, or adding yet another task to your already full life. It is an invitation to arrive into your day before the day arrives into you.



Most of us begin our mornings already responding to alarms, responsibilities, screens, and expectations. Over time, this shapes not only our schedules, but our nervous systems, our relationships, and our sense of meaning. We live with good intentions, yet our days rarely reflect what matters most.

This mini-course is built on a simple truth:

**LIFE BEGINS BEFORE THE DAY BEGINS.**

When we tend to our breath, our inner state, and our intentions before the world makes its demands, we create the conditions for calm, clarity, and alignment to emerge naturally.

## What Five Before Five Offers You

Through this practice, you will learn how to:

- Regulate your body and nervous system before reacting
- Create a gentle, sustainable morning rhythm
- Align daily habits with your values and purpose
- Move from survival mode into intentional living

This is not about perfection.

**It is about presence.**

You are encouraged to *move slowly, listen deeply, and choose what feels supportive* in this season of your life. Five Before Five is meant to serve you, not control you.

## How to Use This Handbook

Think of this handbook as a companion, not a manual.

***Reflect***

***Pause***

***Breathe***

*Return to it often.*

Transformation does not happen through force, it unfolds through consistency, compassion, and awareness.

You don't need to change your whole life.

You only need to protect the beginning.

I am honored to walk alongside you in this practice.

*With intention and care,*

***Shua***

# 5B5

## GENTLE DAILY PROMPTS

Use these prompts as reflections, journaling cues, or quiet contemplations. You do not need to answer all of them each day.

Let one guide you gently.

### Youth & Energy (Before Old Age)

01

**Prompt:**

How am I honoring my energy and vitality today—even in small ways?

*Pause and notice where you are rushing, forcing, or ignoring your body's signals.*

### Health (Before Sickness)

02

**Prompt:**

What does my body need from me this morning—rest, breath, movement, or kindness?

*Begin with listening, not fixing.*

### Wealth & Resources (Before Poverty)

03

**Prompt:**

How can I use what I have—time, skills, resources—intentionally today rather than reactively?

*Abundance begins with awareness.*

# 5B5

## GENTLE DAILY PROMPTS

Use these prompts as reflections, journaling cues, or quiet contemplations. You do not need to answer all of them each day.

Let one guide you gently.

### Free Time (Before Pre-Occupation)

04

**Prompt:**

What is one moment I can protect today before the world makes its demands?

*Even five minutes counts.*

### Life Itself (Before Death)

05

**Prompt:**

If today were a gift, how would I choose to arrive into it?

*Let this question soften you, not burden you.*

# What we will cover in this **FREE MINI COURSE?**

*How this course is for you? For burned out  
you?*

*Do students need prior knowledge before  
taking this course?*

*What problems does this course solve?*

*Is this only for Muslims?*



# Closing Reflections

**Five Before Five is not about doing more.**

It is about remembering sooner.

**Remembering** your breath before your thoughts race.

**Remembering** your values before your schedule fills.

**Remembering** that life is happening now, not after the inbox is cleared, the children are grown, or the noise quiets.

The wisdom behind Five Before Five reminds us that the most precious things are not guaranteed—they are entrusted. And what we tend to early, gently, and consistently shapes who we become.

You are not behind.

***You are arriving.***

# DISCLAIMER

## Contact Me



978-842-1788



lightupwithshua@gmail.com



Lightupacademy Under Construction



© 2017–2025 LightUp Academy LLC. All rights reserved.  
Used under license. LightUpWithShua Podcast.  
CC BY-NC-ND 4.0.