



The Al-Wakīl Tawakkul Checklist

The art of the sacred hand-off

“Tawakkul is not a substitute for action. It is the healthy surrender that follows it.”

Use this checklist when a task, relationship, or worry starts consuming too much of your internal bandwidth. The goal is to move from hypervigilance into selective focus: do your part, then stop.

Phase 1: Tie the camel

Before you let go, confirm what is within your jurisdiction.

- Have I taken the first logical step? Action over avoidance.
- Have I used the resources available to me right now? No waiting for perfect conditions.
- Is my intention aligned with my values? Checking the why, not only the what.
- Have I consulted wisely or made a wise-mind plan? Preparation without panic.

Phase 2: Delegation

Once Phase 1 is complete, hand over what you cannot control.

- Acknowledge the limit: “I have done what is humanly possible in this moment.”

Name the uncontrollables (timing, other people’s reactions, outcomes, systems):

- Formal hand-off: “Yā Wakīl, I resign as the manager of this outcome. It is now in Your care.”

Phase 3: Monitoring guardrails

The hardest part is staying let go. Use these responses to stop the re-checking loop.

The impulse (worry)	The tawakkul response (regulation)
What if X goes wrong?	I have done my part. Al-Wakil manages what I cannot.
Let me check one more time.	Compulsive monitoring is anxiety dressed as responsibility. I will check at my scheduled time.
I feel like I am not doing enough.	I am doing my part. Rest can also be worship when it is rooted in trust.

Therapeutic note: the 90-second rule

When the urge to re-capture the worry hits, stay with the discomfort for 90 seconds without acting on it. Let the wave peak and recede. Each time you do not check, you retrain the nervous system for peace. This is also patience training.

“Allah is sufficient for us, and He is the Best Trustee.” (Qur’an 3:173)