

STOP WAITING.
START BECOMING.

The Life You Keep Postponing

HOW FEAR STOPS US FROM
BECOMING WHO WE COULD BE

*"Indeed, Allah does
not change the condition
of a people until they
change what is in
themselves."*

— QUR'AN 13:11



A PRACTICAL
ISLAMIC GUIDE TO
OVERCOME FEAR,
TAKE ACTION &
LIVE YOUR PURPOSE



CLARIFY YOUR
GOALS



OVERCOME
FEAR & DOUBT



TAKE SMALL
CONSISTENT STEPS



TRUST ALLAH
COMPLETELY



BECOME YOUR
BEST SELF

TAHOOR PUBLISHERS

The Life You Keep Postponing

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How Fear Stops Us From Becoming Who We Could Be

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Qur'anic meanings and hadith translations are the author's renderings, presented for reflection. Readers are encouraged to return to the original sources and qualified scholars for precise wording and rulings.

This book offers motivational, faith-based reflection on overcoming fear and taking action. It is not a substitute for professional, medical, financial, or mental-health advice.

If procrastination or avoidance is rooted in anxiety, depression, or other conditions, please seek support from qualified professionals alongside the spiritual guidance offered here. Seeking help is itself a courageous step forward.

First edition.

*For everyone still waiting for someday —
let it be today.*

إن الله لا يغير ما بقوم حتى يغيروا ما بأنفسهم

*“Indeed, Allah does not change the condition of a people until they change
what is in themselves.”*

Sūrah ar-Ra’d 13:11

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INTRODUCTION

The Life That Never Arrived

There is a version of you that you have been meaning to become. You can almost see him — the one who finally made tawbah and never looked back, who started the business, who memorised the Qur'an, who got his health in order, who pursued the dream he has carried quietly for years. She is there too — the woman who took the leap, who stopped waiting, who became the person she always sensed she could be. That version of you lives in a place called *someday*. And the quiet tragedy of so many lives is that *someday* never comes. The life you keep meaning to start keeps not starting. The person you keep meaning to become keeps not arriving. And the years slip by, one delayed dream at a time, while you wait for a future that, at this rate, will never come.

If you have felt this — the gap between the life you are living and the life you sense you were meant to live, the frustration of knowing what you should do and somehow never doing it — then this book is a conversation you and I need to have. Because you are not lazy, and you are not broken. Most people who postpone their lives are not lacking in desire; they are full of desire, brimming with dreams and good



intentions. What they lack is not wanting. It is moving. Something invisible stands between the wanting and the doing, between the intention and the action — and until we name that something and learn to move through it, we will keep living in the waiting room of our own lives, holding a ticket for a train that never seems to depart.

That invisible something, more often than not, is fear. Not always the obvious, dramatic fear — though sometimes it is that too. Usually it is quieter, craftier, better disguised. It dresses itself up as wisdom: *I'm just being realistic, the timing isn't right, I need to prepare more first.* It hides behind perfectionism: *I'll start when I can do it properly.* It masquerades as comfort, as caution, as humility. But underneath the disguises, it is the same force — the fear of failing, of being judged, of stepping into the unknown, of discovering we are not enough. Fear is the great thief of the lives we were meant to live, and it does most of its stealing not through terror but through delay. It does not need to stop you forever. It only needs to convince you to start later — and *later*, repeated enough times, becomes *never*.

But here is the truth this entire book is built to deliver, and I want you to take it in from this first page: the life you keep postponing is still available to you. The dream is not dead; it is waiting. The person you could become is not lost; they are still reachable. And the distance between where you are and where you long to be is crossable — not by waiting for fear to disappear, for it rarely does, but by learning to move forward *with* the fear, with courage and with reliance upon Allah. You do not need to become fearless. You need only to stop letting fear make your decisions. And that is a skill you can learn, beginning now.

And we do not undertake this alone or by mere willpower, because the most important truth about change is one that Allah Himself

declares — the verse that anchors this book:

إِنَّ اللَّهَ لَا يَغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ

“Indeed, Allah does not change the condition of a people until they change what is in themselves.”

Sūrah ar-Ra’d 13:11

Read that carefully, because it holds both a responsibility and a promise. The responsibility: change begins with *you* — with what is in *yourself*. Allah will not move the circumstances of your life while you sit waiting; He has tied the changing of your condition to your own willingness to change what is within. But the promise is just as real: when you *do* take that first step, when you finally begin to change what is in yourself, you are not pushing alone against a locked door. You are acting in harmony with a divine law, and the help of Allah meets those who move. This book is about taking that step — about ending the postponement, confronting the fear, and beginning, at last, to become who Allah created you to be.

Over the chapters ahead, we will name the fears that have been making your decisions for you. We will expose the disguises — the someday thinking, the false wisdom, the perfectionism, the comfort that has become a prison. We will look at how shaytan uses delay as a weapon, and at what it is truly costing you to wait. And then we will turn toward courage: the Prophets who moved forward afraid, the true meaning of tawakkul, the power of small consistent steps, the art of beginning before you feel ready. This is not a book of empty motivation that fades by morning. It is a practical, faith-rooted call to



action — an invitation to stop waiting and start becoming. The life you keep postponing is calling. It is time, finally, to answer.

REFLECTION QUESTIONS

1. What is the life you have been postponing? Name the specific dream, goal, or change you keep meaning to start 'someday.'
2. What invisible something has been standing between your wanting and your doing? Can you sense fear beneath it?
3. If nothing changed and you kept waiting at this same pace, where would you be in five years?

ACTION STEPS

- ◆ Write down, plainly, the one thing you have been postponing that matters most to you. Naming it begins to break its hold.
- ◆ Make one sincere intention before Allah: *O Allah, I no longer want to waste my life waiting. Help me to begin.*
- ◆ Commit to finishing this book and, by its end, taking one real action toward the life you keep postponing.

KEY TAKEAWAY

There is a version of you waiting in a place called someday — and for too many, someday never comes. What stands between your wanting and your doing is usually fear in disguise. But the life you keep postponing is still reachable, not by becoming fearless, but by moving forward with the fear and with reliance on Allah. He does not change your condition until you change what is in yourself — so the first step, and the divine help that meets it, begins with you.



CHAPTER ONE

The Danger of Someday

The lie that there will always be more time

“Take advantage of five before five.”

— al-Mustadrak (Ḥākim)

A man in his sixties sat across from me, and his eyes filled with tears as he spoke. *I always thought I had time*, he said. *I was going to memorise the Qur'an when work slowed down. I was going to start giving properly to charity when I had more. I was going to fix things with my brother when the moment was right. I was going to become the man I wanted to be — later. And now I look back, and all those laters never came. Life just... passed. While I was waiting for someday.* He was not a failure by any worldly measure. He had a career, a family, a house. But he carried the particular grief of a person who realised, too late, that *someday* is the most dangerous word in any language.

Someday feels harmless. It feels responsible, even — as if we are not abandoning our dreams but simply scheduling them for a better time. *Someday* I will start. *Someday* I will change. *Someday* things will line



up and I will finally do the thing I keep meaning to do. But here is the deadly secret of someday: it is not a time. It will never appear on any calendar. There is no day of the week called Someday, no date when the conditions finally arrive. Someday is simply the place where dreams go to be quietly buried while we tell ourselves they are merely resting. And the most chilling thing about it is how reasonable it feels, right up until the moment we run out of time.

Our faith treats time not as an endless resource but as the single most precious and fleeting thing we possess. The Prophet ﷺ gave a piece of advice so urgent it should rattle every procrastinator awake:

HADĪTH

اغتنم خمسا قبل خمس: شبابك قبل هرمك، وصحتك
قبل سقمك، وفراغك قبل شغلك، وغناك قبل فقرك،
وحياتك قبل موتك

*Ightanim khamsan qabla khamsin: shabābaka qabla haramika, wa
ṣiḥḥataka qabla saqamika, wa farāghaka qabla shughlika, wa ghināka
qabla faqrika, wa ḥayātaka qabla mawtika.*

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

al-Mustadrak (Hākim)

Look at the structure of this teaching: every single item is something you have *now* that you will one day lose. The youth you are postponing your dreams through will become old age. The health you assume will always be there will one day fail. The very time you are



wasting waiting for a better time is itself running out. The Prophet ﷺ is not merely encouraging good deeds; he is shattering the illusion of someday by reminding us that the resources we keep meaning to use *later* are precisely the resources that expire. To wait for a better time is to gamble with assets that are quietly being withdrawn from your account every single day.

So let the danger of someday wake you up. The man with tears in his eyes was not unusual; he was simply honest about a delusion that most people carry to their graves — the belief that there will always be more time, until suddenly there is not. You will not always be young. You will not always be healthy. You will not always have this exact window of opportunity that is open to you right now. The dream you are saving for someday must be moved onto a real calendar, with a real first step taken on a real day — ideally today. Because the difference between the people who live the lives they were meant to live and those who don't is rarely talent or circumstance. It is that one group kept saying *someday*, and the other, at some point, finally said *now*.

REFLECTION QUESTIONS

1. What have you been saving for 'someday' — and have you ever set a real date for it?
2. Which of the five — youth, health, free time, wealth, life — are you assuming will always be available to you?
3. If you are honest, what is the real likelihood that 'someday' will arrive on its own?