

1 اَسْتَغْفِرُ اللهَ 3 times

Astaghfirullah

I seek the forgiveness of Allah.

2 اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ 1 times

Allahumma anta as-salam, wa minka as-salam, tabarakta ya dhal-jalali wal-ikram

O Allah, You are Peace, and from You is peace. Blessed are You, O Owner of majesty and honour.

3 سُبْحَانَ اللَّهِ 33 times

SubhanAllah

Glory be to Allah.

4 الْحَمْدُ لِلَّهِ 33 times

Alhamdulillah

All praise is for Allah.

5 اللَّهُ أَكْبَرُ 33 times

Allahu Akbar

Allah is the Greatest.

6 لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ 1 times

La ilaha illallah wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa huwa ala kulli shay'in qadir

There is no god but Allah alone, with no partner; His is the dominion and His is the praise, and He is able to do all things.
(This completes the hundred.)

Then recite: Ayat al-Kursi (al-Baqarah 2:255), once. Then Surah al-Ikhlās, al-Falaq, and an-Nas - once each, and three times each after Fajr and Maghrib.

Said after every obligatory prayer. Sources: Sahih Muslim (the tasbeeh, the salam supplication, and the tahlil), an-Nasa'i (Ayat al-Kursi), Abu Dawud and at-Tirmidhi (the last three surahs).