

# Guide to Your Ramadan Checklist

As Ramadan approaches, let's make the most of this holy month! This document contains 1 starter guide with suggestions for your own checklists, 1 goal-setting sheet that will help you create a vision and plan for this Ramadan, and 1 weekly checklist that is meant to be personalized to **you**.

The following are suggestions of tasks you can add to your own list. Be sure to write tasks that are meaningful, attainable, and relevant to your personal Ramadan goals. Choose wisely! It's better to do a few tasks consistently than to be overwhelmed with many!

## DAILY TASKS

- Pray all 5 salah and sunnan
- Read Qur'an
- Eat Suhoor
- Pray Ishraq
- Read Durood/ Kalimah
- Give charity
- Recite morning/ evening adhkar
- Read Astaghfar
- Go to sleep in a state of wudhu
- Read one of the 3 Ramadan duas
- Compliment someone
- Make dua for my parents
- Do not argue or backbite with anyone
- Go to sleep without ill feelings towards another person
- Reflect on your deeds for the day

## FRIDAY TASKS

- Read Surah Kahf
- Pray Salat At-Tasbeeh
- Recite extra Salawaat/ Durood
- Perform ghusl, use miswaak, itr, etc.

## WEEKLY TASKS

- Memorize one new dua
- Memorize one short surah
- Incorporate one new sunnah of the Prophet (SA) into my daily life.
- Listen to an Islamic lecture (bayan)
- Shared deeni knowledge with someone

## CHALLENGE YOURSELF

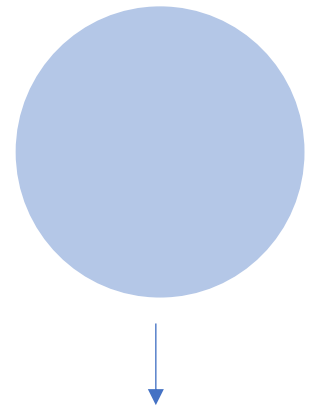
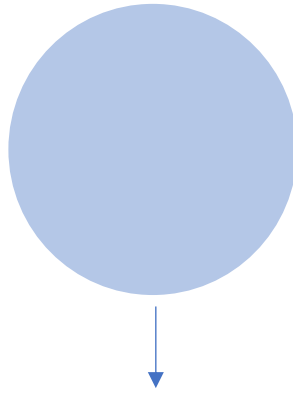
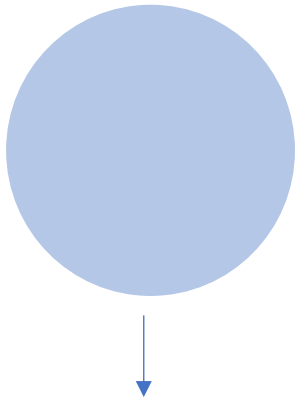
*Try adding these to your daily or weekly task lists this Ramadan!*

- Forgive someone
- Give iftar to a fasting person
- Do a deed that is secret between myself and Allah (SWT)
- Pray Salat Adh-Dhuha
- Pray Salat Al-Awwabeen
- Call/ message someone you haven't spoken to in a while

# Ramadan Goal Setting

WHY IS RAMADAN IMPORTANT TO ME?

BY THE END OF RAMADAN, I WANT TO BE SOMEONE THAT IS...\*



TO DO THIS, I WILL NEED TO...

START...

STOP...

CONTINUE...

START...

STOP...

CONTINUE...

START...

STOP...

CONTINUE...

\* EXAMPLES INCLUDE:

- OBEDIENT
- HUMBLE
- RIGHTEOUS
- SINCERE
- DUTIFUL
- GENEROUS
- KIND TO OTHERS
- SELFLESS
- POLITE
- EMPATHETIC
- PATIENT
- INTROSPECTIVE
- TRUSTWORTHY
- SERVICE-ORIENTED

MY ACCOUNTABILITY PARTNER:

Check in each week to discuss progress, obstacles, and exchange checklists.

NAME: \_\_\_\_\_

CONTACT: \_\_\_\_\_

