



Ramadan

ACTION PLAN 2014



UNLOCK THE DOORS TO YOUR **BEST** **RAMADAN EVER**

*"Ramadan is a glimpse of the person
you can be every single day"*

WELCOME



In the name of Allah, the Most Gracious, the Most Merciful.

All thanks and praise is due to Allah alone, the Lord of the Worlds. We praise Him, seek refuge with Him, and seek His forgiveness. We seek refuge with Allah from the evils of our souls, and the mistakes in our actions. Whomever Allah Guides, there is none who can misguide him, and whoever Allah misguides, there is none who can guide him. Verily, there is none worthy of being worshipped except Allah, and Muhammad (Peace be upon him) is His servant and Messenger.

We would like to extend our warm and hearty welcome to you, our brothers and sisters in Islam. JazakAllahu khairan kathira for choosing Ramadan Action Plan as your Ramadan daily planner for 2014!

This planner will help you to **make the most of your Ramadan** and prepare you to maintain the spirit even after Ramadan!

Ramadan, the most awaited month of the hijri year brings with it all sorts of goodness and happiness and the wide mercy and forgiveness of Allah. Ramadan also takes the believer closer to Allah and away from the Devil and Hellfire. Truly, Ramadan is a wonderful gift of Allah to all believers!

Just like how mangos are pressed for its juice, olives for its oil and roses for its perfume, the benefits and rewards of Ramadan will only be achieved if we work hard and sincerely for it. This planner will help you to make the most of your Ramadan and prepare you to maintain the spirit even after Ramadan!

May Allah make this Ramadan beneficial, productive and rejuvenating for the body and soul. May He answer our prayers, accept our deeds, keep us steadfast and intellectually and spiritually revived until the next Ramadan. Aameen.

RAMADAN PLEDGE OF INTENTION

In the name of Allah, the Most Gracious, the Most Merciful.

I,

_____ (your name)

Solemnly make this pledge to my Lord and Cherisher, Allah the Almighty, seeking His assistance and acceptance.

Every single action that I do will depend on the quality of my intention. Therefore, I testify that I will always purify and renew my intention and seek for His Forgiveness solely to earn His pleasures.

I promise I will not compare myself to anyone. I believe that everyone is at a different level and success is when I am better than I was yesterday.

This Ramadan, I will bring myself to a better level by improving my character. I intend to always repent, forgive others, stop doing bad habits and replace it with good habits. I agree to keep track of my daily action, to practice self-control, and to motivate myself to do more everyday with the right intention. I agree to continue doing with what I have learned and practiced this month after Ramadan.

May Allah grant me guidance and strength to make this Ramadan productive. May He make it easy for me to turn to Him completely and perpetually. Aameen.

Signed by _____ Date _____

INTRODUCTION

- 6 How to Use

KNOWLEDGE

- 7 Ramadan Guide
- 11 Ramadan Survival
- 13 Health
- 17 Charity
- 19 Taraweeh Tips
- 20 Finishing Qur'an Tips

PRODUCTIVITY

- 21 Write Down Your Goals
- 22 Master Du'a List
- 23 Habit Breaker
- 24 Ramadan Reflection

PLANNER SECTION

- 25 Daily Planner Guide
- 26 1st Asharah
- 27 10 Planner Days
- 37 1st Asharah Reflection Page
- 38 2nd Asharah
- 39 10 Planner Days
- 49 2nd Asharah Reflection Page
- 50 3rd Asharah
- 51 Laylat Al-Qadr
- 53 10 Planner Days
- 63 3rd Asharah Reflection Page

POST RAMADAN SECTION

- 64 Eid
- 66 6 Nufl Shawwal Fasts
- 67 Maintaining the Ramadan Spirit
- 69 99 Names of Allah Roadmap



RAMADAN ACTION PLAN 2014

This Ramadan Action Plan booklet is packed full of knowledge, productivity aids and content to allow the facilitation of having your most successful Ramadan ever. Please find below a step-by-step guide on how to use this planner so that you can, Insha'Allah, utilise it effectively.

- ✔ Action 1 Sign Your Ramadan Pledge of Intention In The Opening Section
This will subconsciously make you accountable for your sincere intentions in Ramadan!
- ✔ Action 2 Read The Knowledge Section Before Ramadan Begins
Within the knowledge section, this booklet provides the information necessary for your understanding on what Ramadan is and what are the etiquettes of Ramadan.
- ✔ Action 3 Complete The Productivity Section
Set out what you want to achieve in Ramadan and why. Complete your goals, your requests from Allah and be honest with how you feel about yourself before Ramadan begins.
- ✔ Action 4 Follow The Day by Day Action Plan
In the planner section, a worshipping framework has been provided for you in order to make your Ramadan effective and productive. Carry this booklet around with you during the day and fill out what you have achieved every evening after your night prayers.
- ✔ Action 5 Read The Post Ramadan Section
How do we maintain the spirit of Ramadan after it ends? This section will help you sustain your feeling of peace and piety Insha'Allah.

RAMADAN GUIDANCE

INTRODUCTION

Fasting the month of Ramadan is one of the five pillars of Islam. It is one of the greatest acts of worship a believer can perform. It is an act that cleanses one's mind, body, and soul from the spiritual and physical impurities of this world. It is an act that brings the hearts of Muslims together on a worldwide level as they endeavour to practice the virtue of self-discipline in unison. And it is an act that satiates the hungry soul for its eagerness to please Allah.

Fasting the month of Ramadan is obligatory upon every Muslim, male and female, who is healthy, sane and past the age of puberty.

The Purpose of Ramadan

The month of Ramadan is not like any other month; its purpose is to rid us of those habits, which we have accumulated throughout the rest of the year. It is a month that prepares us for the remaining eleven months by teaching discipline and self-control. Thus, Allah has made some acts, which are beloved to man, like eating, drinking and fulfilling one's desires, **Haraam during fasting**.

If we can control these desires (which are usually **permissible** for us) in this month, then we can surely control ourselves from other desires, which are **not permissible**, throughout the remaining months.

Allah has sent this blessed month for us, so that we can create a connection and draw closer to Allah by reaping the many rewards that lie in this month.

A person who has been given the opportunity to be present in this month can take this as a sign that Allah has given them another opportunity to draw closer to Him and earn His paradise through worship in this month.

Ramadan is the month where Allah allows us to really fulfill the purpose of our being, and the purpose of our creation.

As the blessed month of Ramadan approaches, we need to prepare for it in such a way that we can gain the maximum benefit of this month.

Here are some tips to help:

Discipline: Most people already know to abstain from eating, drinking, and sexual relations from one's spouse during the daytime of Ramadan.

However, a level of discipline must be developed to do righteous acts and abstain from those acts, which would earn the displeasure of Allah. This is a basic form of discipline that needs to be developed but along with that, one needs to have discipline in following a particular routine or schedule for Ramadan. This will be the real life changing factor for an individual i.e. waking up for Suhoor, praying Tahajjud, reciting Qur'an, making du'a, reading 5 daily Salah, making dhikr, giving in charity, and other voluntary acts.

Devotional life (Ibadah): Ramadan is the month where Allah allows us to really fulfill the purpose of our being, and the purpose of our creation. Allah created us all to worship Him, and Him alone.

Identifying with the Ummah: Fasting allows us to identify with our brothers and sisters around the world who are suffering from hunger and thirst, and to be grateful for whatever Allah has given us.

Contact with the Qur'an: Ramadan is the month wherein the Qur'an was revealed. This is the month of the Qur'an. It is extremely essential to establish a relationship with the Qur'an.

Individuals should read at least one juz per day so that they finish at a minimum, one entire Qur'an for the month of Ramadan. If one can do more, then it is even better.

RAMADAN GUIDANCE

Ramadan is a month of sacrifice and struggle. It is a month where Allah wants our time, our health, our wealth, and our whole being.

Then read one section of the Arabic part (if one can) and then read the translation, followed by the commentary. Also, try to memorize those chapters/surahs, which are read often like Surah Mulk, Kahf, Ya'Seen, Waqi'ah, and Sajdah.

Sacrifice: Ramadan is a month of sacrifice and struggle. It is a month where Allah wants our time, our health, our wealth, and our whole being. We must strive to live this one month solely worshipping our Creator. Allah will reward us in this world and the next accordingly.

Du'a: The essence of worship is supplication to Allah. This whole month, Allah is willing and readily open to accept all that we ask of Him. It is only to our own loss and detriment that we lack in begging Allah for the things we need.

Prioritize your supplications. Ask firstly for yourself, then your family, community, then the Ummah at large. Within that, prioritize and ask for things pertaining to the hereafter, then ask for things pertaining to this world.

There are certain things Allah loves to do, and one of them is to answer the supplications of His servants who call unto Him.

Good Company: Ramadan is a month to maximize on good deeds and keep bad deeds at zero. Being in the company of the righteous will allow one to attain this goal.

The minimum benefit one gets by being in good company is that one will not sin which in turn will cause one to become the greatest worshiper.

As Narrated in Tirmidhi; The Prophet Muhammad (Peace be upon him) took Abu Hurayrah (Radhiyallahu 'anhu)'s hand and said, "O Abu Hurayrah, abstain from all prohibitions and you will become the best worshiper."

Be thankful for all that we have in every aspect, even the basic things we neglect and take for granted.

Remember, Ramadan is a glimpse of the person that you can be every single day.

Gratitude: The secret to an increase in anything is to be thankful for it. Be thankful for all that we have in every aspect, even the basic things we neglect and take for granted.

We have Imaan, we have Islam, and we have been given the Qur'an. The best way to appreciate a bounty is to use it for its purpose.

Allah has blessed us with infinite blessing and bounties. Ramadan is one of those bounties, so to fully appreciate Ramadan, we must spend it in the way Allah would like us to spend it and attain our goal, which is Taqwa.

Following the Sunnah: Allah has proclaimed the Prophet Muhammad (Peace be upon him) as His beloved. If we follow the Sunnah and show a resemblance, then we can also gain the focus of Allah. Particularly follow the Sunnah acts, which the Prophet (Peace be upon him) performed in Ramadan.

The best way for anything to be done is the way of the Sunnah.

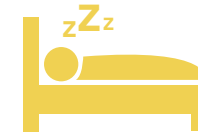
In order to get the most benefit, and to allow ease to carry it on after Ramadan ends, do not tire one self out in the initial stages of Ramadan, rather figure out a routine that works and stick to it regularly.

The most beloved of actions to Allah are those that are done consistently even though they may seem minor. We all need to be thankful for the good that we have done and also for the evil we are able to abstain from. We also need to be thankful for whatever level of steadfastness that we have.

Remember, Ramadan is a glimpse of the person that you can be every single day.

RAMADAN SURVIVAL

Ramadan can be a physical, mental and spiritual challenge for any human being. The key is to face Ramadan with the right attitude and prepare for the challenge ahead. Please find below Ramadan survival tips, which detail what can go wrong in Ramadan and tips on how to combat it!





What Can Go Wrong?	Tips on How to Survive!
Weakened Immune System	Have a children's multi-vitamin at Suhoor to ensure your body obtains all its required nutrients.
Headaches	Take small power naps through the day.
Throat-ache	Avoid eating oily foods after Iftar before you go to sleep and sour flavoured foods during Suhoor.
Frustration	Plan your day ahead and identify at what times in the day you are active.
Workload Frustration	Break your day down into manageable chunks and block off time for cooling down and worshipping Allah.

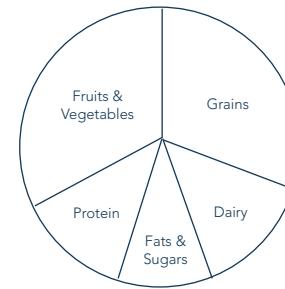
What Can Go Wrong?	Tips on How to Survive!
Body & Muscle Fatigue	Perform light cardiovascular exercises.
Large Studyload	Study towards Iftar time and give yourself a small treat to motivate you to study.
Dizziness	Put your head between your legs to allow blood to rush to your brain.
Stomach Burn	Eat plenty of natural unsweetened yoghurt.

RAMADAN HEALTH

Whilst Ramadan is about spiritual re-connection, there is a huge need to link it to our physical and nutritional routine. Consuming the right types of food in the right amount is important.

The pre-dawn meal (suhoor) is not obligatory, but it is a blessed part of fasting we shouldn't abandon.

Amr ibn al – Aas  narrated that Allah's Messenger  said: "The difference between our fasting and that of the people of the Book is eating shortly before dawn" [Muslim].



Healthy Meal Ideas

When it comes to Suhoor, it is difficult to decide what are the best foods to eat. These healthy Suhoor ideas will give you a varied and balanced diet during Ramadan. They include ingredients from the major five food groups.

Make It A Healthy Ramadan

Fasting during Ramadan carries a high risk of dehydration. Furthermore, as fasting individuals are encouraged to wake up very early to have *Suhoor*, sleep deprivation and dehydration can lead to headaches.

Here are some tips on healthy fasting:

- 1) Don't skip *Suhoor* (pre-dawn meal).
- 2) Don't overeat during *Iftar* (dinner).
- 3) Avoid eating fried foods, salty foods and high-sugar foods.
- 4) Aim to drink 5-8 glasses of water between *Iftar* and *Suhoor*.



Suhoor meal ideas:

Bagels and Bananas

Ingredients

- 2 tablespoons of a natural nut butter, such as almond, cashew or peanut
- 1 teaspoon organic honey (acacia honey is a favourite)
- Pinch of salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced

Method

1. Stir together the nut butter, honey and salt in a small bowl.
2. Divide the mixture between warm bagel halves and top with banana slices.



Maxi Cheese Melt



Ingredients

- 2 heaped tablespoons canned cooked beans
- 1 thick slice organic whole-wheat bread, toasted
- 1 tablespoon prepared salsa (available in jars)
- 1 tablespoon shredded cheese, such as Mexican blend or Jack

Method

1. Spread beans on toast. Top with salsa, then cheese.
2. Microwave on high temperature until the cheese is melted and the beans are hot, about 45 seconds.

Vanilla Banana Smoothie



Ingredients

- 2 ripe bananas
- 1 teaspoon vanilla essence
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 10 ice cubes (for ultimate hydration and a more fluid smoothie)

Method

Combine the essence, bananas, cinnamon, allspice and ice cubes in a blender; blend until smooth.

☀	Other Suhoor Suggestions
1	A bowl of porridge with milk, slices of toast and a handful of unsalted nuts.
2	Wheat-based cereal with milk, a plain scone or crumpet and an apple or banana.
3	A bowl of muesli or granola based cereal with fruit.
4	Granola with fruit and yogurt and a handful of dried fruits
5	Toasted sandwich with nutella and sliced bananas on top, and a glass of milk.
☾	Iftar meal ideas
1	Pitta bread with chicken, salad and hummus and one or two pieces of Baklava (or any traditional sweet/dark chocolate).
2	Chicken with boiled rice, vegetable curry and mixed salad, followed by fruit salad with single cream.
3	Baked fish with roasted vegetables, or fish curry with rice followed by sweet vermicelli or an alternative dessert.
4	Pasta boiled with vegetables and chicken or fish, and a slice of plain cake with custard.
5	Tuna, red bell pepper, fresh coriander and sweetcorn mixed together in a brown pitta bread with lettuce, cucumber and a dollop of Greek yoghurt. Followed by a bowl of fresh fruit salad.

CHARITY

INTRODUCTION




The Prophet Muhammad (Peace be upon him) became more generous in Ramadan than he already was. Ramadan is a time for generosity and giving. It is a time when we think about those who have less than us as well as thank Allah for everything he has given us. Ramadan is an honourable and blessed month, and the rewards for generosity are multiplied in it.

The Prophet (Peace be upon him) said, *“The best charity is that given in Ramadan.”* (At-Tirmithi).

Abu Hurairah (RadiiallaahuAnhu) reported Allah’s Messenger (Peace be upon him) as saying: *“Charity does not in any way decrease the wealth and the servant who forgives, Allah adds to his respect; and the one who shows humility, Allah elevates him in the estimation (of the people).”* (Muslim)

5 principles of giving

To be able to enjoy Allah Ta’ala’s tremendous rewards for every act of charity that we do or give, we need to observe the following teachings:

-  **1)** Charity must be done sincerely for the pleasure of Allah Ta’ala and not out of riya’ (show off) to gain praise or recognition from others.
-  **2)** Charity must be from halal (lawful) source: Abu Hurairah (RadiiallaahuAnhu) narrated that Allah’s Messenger (Peace be upon him) said, “If one gives in charity what equals one date-fruit from the honestly earned money, and Allah accepts only the honestly earned money, Allah takes it in His Right (hand). And then, enlarges its reward for that person (who has given it), as anyone of you brings up his baby horse, so much so that it becomes as big as a mountain.” (Bukhari, Vol. 2, Hadith 491)
-  **3)** Begin charity with your dependents: Hakim ibn Hizam narrated that the Prophet (Peace be upon him) said:

“The upper hand is better than the lower hand, (i.e., he who gives charity is better than him who takes it). One should start giving first to his dependents ” (Bukhari, Vol. 2, Hadith 508)



4) Not to delay giving of charity nor show lethargy or negligence in giving charity: “Do not show lethargy or negligence in giving alms and charity till your last breath.” (Bukhari and Muslim)



5) Do not count the charity you give: “Spend in charity and do not keep count for then Allah will also keep count in giving you provision.” (Bukhari and Muslim)

What Is Zakat?

Zakat is one of the five pillars of Islam and an act of worship. The Prophet (Peace be upon him) said “pay zakat out of your property, for truly it is a purifier which purifies you, and be kind to your relatives and acknowledge the rights of the poor, neighbours and beggars”

Click here to calculate how much zakat you should pay
<http://zakatcalculator.co.uk/zakat/aboutzakat>

Don't Have Anything To Give?

Abu Musa narrated that the Prophet (Peace be upon him) said, “Every Muslim has to give in charity.” The people asked, “O Allah’s Messenger (Peace be upon him)! If someone has nothing to give, what will he do?” He said, “He should work with his hands and benefit himself and also give in charity (from what he earns).” The people further asked, “If he cannot do even that?” He replied, “Then he should help the needy who appeal for help.” Then the people asked, “If he cannot do that?” He replied, “Then he should perform all that is good and keep away from all that is evil and this will be regarded as charitable deeds.” (Bukhari Vol. 2, Hadith 524)

Charitable Tips!

- Visit the sick.
- As you are fasting donate your lunch / coffee money to a charity.
- Good conduct, even if it’s a simple thank you/ good day to your bus driver in the morning.
- Spare some time to help out at the local masjid or Islamic institution.
- Help your parents/ guardians in your home.
- Invite your neighbours for Iftar.
- Provide food for Iftar at a local foodbank

TIPS

Spend some time to **gain an understanding** of the lessons behind Allah's words.

TARAWEEH TIPS

Tip 1) Read an English translation of the Qur'an every day. Usually in Taraweeh prayers the Imam covers 1 Juz and a bit of Qur'an every night. Spend some time to gain an understanding of the lessons behind shared through Allah's words.

Tip 2) Do not overfill your stomach at Iftar otherwise you will become lazy and sleepy for Taraweeh. Instead, eat your blessed food in small portions during and after Iftar.

Tip 3) Avoid eating strong odour foods and gaseous drinks during Iftar. You know why!

Tip 4) Avoid slouching or lying down after Iftar as you tend to not get back up.

Tip 5) If you are praying Taraweeh in your home it is nice to light a candle and turn the lights off. This creates a nice focused and peaceful atmosphere.

Tip 6) Make sure all your work is taken care of before you start your Taraweeh prayers as this will ensure your mind is clear and at peace when praying in the night.

Tip 7) Dress in your nicest and most comfortable clothes and wear perfume.

Tip 8) Do du'a before Taraweeh that Allah increases your concentration.

Tip 9) Thank the Imam(s) for leading all the prayers and buy them a small personal gift from yourself for their efforts.

FINISHING QUR'AN TIPS

The Qur'an has approximately 600 pages. If you divide it on 30 days, that is 20 pages a day.

But, if you divide it through 5 prayers a day

You only need to read 4 pages after every prayer in Ramadan.

Is this not possible for you? Then follow the tips below!

Don't be overwhelmed

For some, as much as they aspire to complete the recitation of the Qur'an during Ramadan, the number of pages or the length of the Qur'an overwhelms them. Remove 'I can't' from your vocabulary and eliminate negative thinking.

Plan ahead

Structure a realistic plan, around your work hours, of how to complete the recitation of Qur'an within the month by dividing each Juz up per day. Draw up this personal plan, review it constantly, and put it into action!

Seize the Moment

One of the best times at which to recite Qur'an, is after Suhoor. The Prophet (Peace be upon him) asked Allah to bless our Ummah in the early hours, and you will also be more likely to memorise ayahs at this time.

Other Tips!

Hold your qur'an up
Make du'a to Allah
Don't be slouching
when reading

Have a qur'an reading corner/
room/dedicated space
Read together with someone in
your house beside each other etc



One of the **best times** at which to recite Qur'an, is after Suhoor.

GOALS PAGE – FOCUSING ON ONE THING

Step 1 – Define your “one thing”

What is the One Thing you want to change about yourself or develop this Ramadan?

Step 2 – How to achieve your “One Thing”

What actions are you going to take in order to achieve your “One Thing”?

Action	Not Started	In Progress	Complete

Help Section

Have a think about

- 1) What is truly important to you at the current stage of your life.
- 2) What is it that is missing from your character and knowledge?
- 3) How do you want to feel after Ramadan?

Suggested Actions

- 1) Reading specific books
- 2) Learning a certain topic
- 3) Memorizing or enhancing your understanding of certain surah's
- 4) Incorporating a daily Islamic schedule
- 5) Aiming to remove your biggest weakness
- 6) Starting a new project

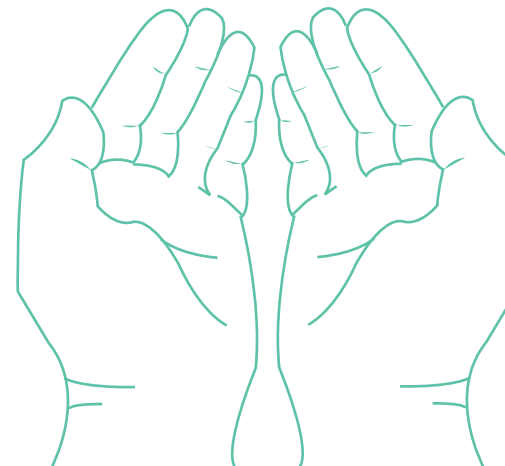
Step 1 – Define your “one thing”

What do you want to ask from Allah this Ramadan?

“Du’a is a weapon of a believer, a pillar of religion, and a light of the heavens and the earth.” [al-Hakim]

Best times to supplicate

- The last third of the night
- Between Adhan and Iqamah
- Whilst in sujood
- An hour on Friday
- Laylat Al-Qadr
- After Obligatory Salah
- When it is raining
- Whilst travelling
- At the Adhan



HABIT BREAKER

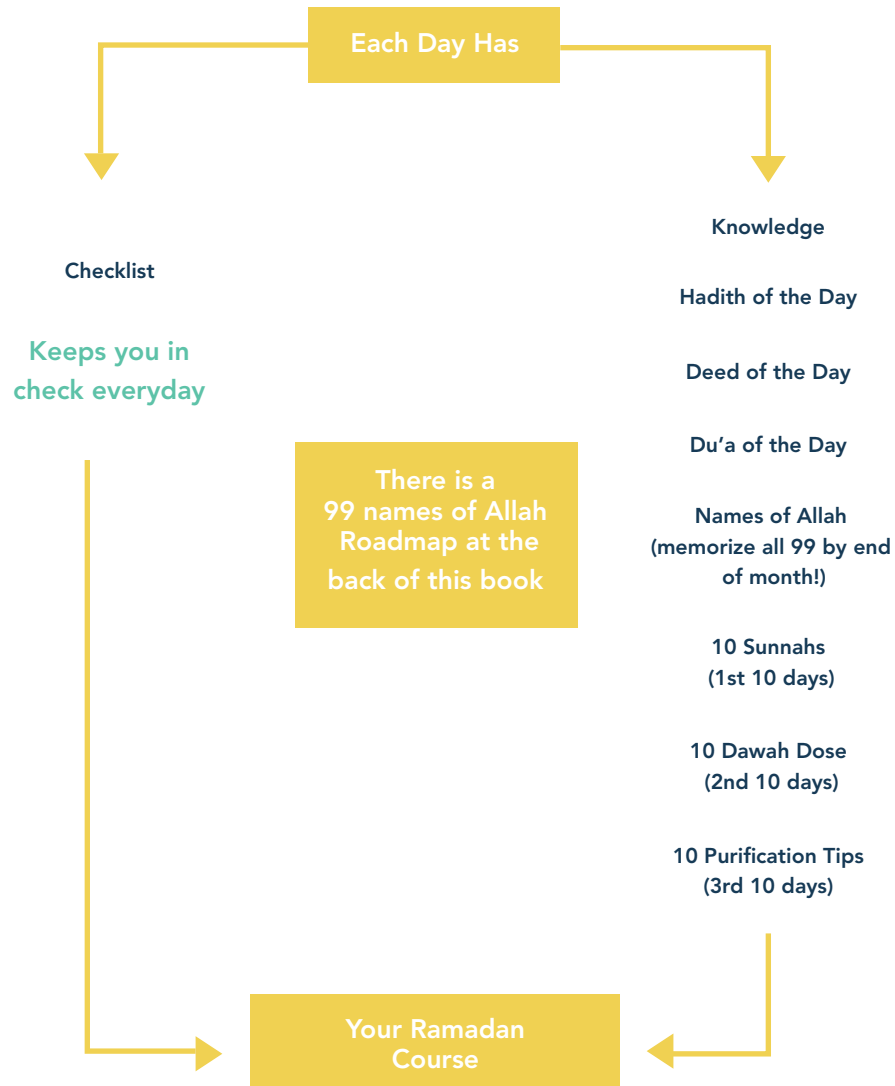
RAMADAN REFLECTION

Bad Habit	Strike 1	Strike 2	Strike 3	You're Out	Overcoming Tips
Listen to music					Listen to Qur'an or Nasheeds.
Backbite					Change the topic or suggest an activity.
Get Angry					Walk away from the situation and perform ablution.
Disrespect an Elder					Put yourself in their shoes, and remain patient with them.
Delaying Prayer					Think of what will give you more rewards, prayer or what you are occupied with.
Rushing Prayer					Spend more time in Sujood.
Sleeping Excessively					Be more productive and set daily goals.
Use Curse Words					Use alternative words like 'potato' or 'banana' or say 'Astagfirullah'.
Wasting too much time on entertainment					Increase your amount of worship.
Stress over little things					Build your trust in Allah and make lots of du'a.
Overspend					Give yourself a weekly allowance and stick to it.
Skip Suhoor					Do not go to bed late.
Miss a Prayer					Keep in mind your priorities.
Use intoxicant substances					Find halal alternatives e.g. mountain climbing, art, poetry, martial arts.

How Do You Feel?

Write down how you feel about yourself before Ramadan starts, how you feel about your heart, your mind and your imaan.





DAYS OF MERCY

Quote: "Fasting is not only of the stomach but the eyes, the tongue, the ears, the hands, the feet and every part of your body that you can sin with"

Du'a:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth!

○ Living and Eternal Maintainer! By Your 10 Days of Mercy I seek help!"

PLANNER DAY - 1

Hadith of the Day: Belief in Allah

Reported by Jabir (RA): When we ascended (a height) we would proclaim: "Allahu Akbar (Allah is Greatest)," and when we descended (from the height) we would proclaim: "Subhan Allah (Allah is free from imperfection)."' [Bukhari]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ Sunnah of breaking fast with dates

Always break Fast with Dates if available, if not then dried dates, if not then water.

👉 Volunteer to help make or serve the food at Iftar whether you are at home or the Mosque

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Allaahumma laa sahla 'illaa maa ja'altahu sahlan wa 'Anta taj'alul-hazna 'ithaa shi'ta sahlan

O Allah, there is no ease other than what You make easy. If You please You ease sorrow.

اللَّهُ

Allah - Allah, He who has the God-hood which is the power to create the entities.

الرَّحْمَنُ

Ar-Rahmaan - The Compassionate

الرَّحِيمُ

Ar-Raheem - The Merciful

الْمَلِكُ

Al-Malik - The King, and The Sovereign Lord

PLANNER DAY - 2

Hadith of the Day: Showing off

Reported by Jundub (RA): The Prophet (Peace be upon him) said, "He who so acts to show off, Allah will disgrace him on the Day of Resurrection, and he who does good deeds so that people (may hold him in high esteem), Allah will expose his hidden evil intentions before the people on the Day of Resurrection." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ Sunnah of cutting the nails

It is mustahabb to start with the hands before the feet, and to start with the forefinger of the right hand, then the middle finger, then the ring finger, then the pinkie finger, then the thumbs, then to move to the left hand and start with the pinkie finger then the ring finger, until all the fingers are done, then to move to the right foot and start with the smallest toe on the right foot and end with the smallest toe on the left foot. And Allaah knows best. (Muslim)

👉 When preparing food for Iftar keep aside a separate portion and offer it to your neighbours whether Muslim or Non-Muslim.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Laa 'ilaaha 'illaa 'Anta subhaanaka 'innee kuntu min-adh-dhaalimeen

There is none worthy of worship but You, glory is to You. Surely, I was among the wrongdoers.

الْقُدُّوسُ

Al-Quddoos - The Holy

السَّلَامُ

As-Salaam - The Source of Peace

الْمُؤْمِنُ

Al-Mu'min - Guardian of Faith

PLANNER DAY - 3

Hadith of the Day: Charity

Reported by Abu Hurairah (RA): Messenger of Allah (Peace be upon him) said, "He who gives in charity the value of a date which he legally earned, and Allah accepts only that which is pure, Allah accepts it with His Right Hand and fosters it for him, as one of you fosters his mare, until it becomes like a mountain." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ Sunnah way of drinking water

Imam Ahmad said "When the food had four qualities, it will have become perfect – 1) when Allah's Name is mentioned before having it 2) when Allah is thanked after finishing it 3) when there are many hands to eat from it 4) and when it is from legal, pure sources."

- Sit down
- Take glass of water in the right hand
- Look inside the glass
- Pray Bismillah
- Drink in 3 breaths removing the glass from the mouth after each sip.
- Pray Alhamdulillah at the end.

👉 **Donate something you have either to the local Islamic Institution, a charity or Mosque so that they may reap benefits from it.**

رَبِّ ارْحَمْنَاهُمَا كَمَا رَأَيْتَنِي صَغِيرًا

Rabbi irhamhuma kama rabbayanee sagheera

My Lord, have mercy upon them as they brought me up [when I was] small.

الْمُهَيِّمِينَ Al-Muhaimin - The Protector

الْعَزِيزِ Al-'Azeez - The Mighty, and The Strong

PLANNER DAY - 4

Hadith of the Day: Dressing Etiquettes

Reported by Abu Hurairah (RA): Messenger of Allah (Peace be upon him) said, "When any of you puts on his shoes, he should put on the right one first; and when he takes them off, he should begin with the left. Let the right shoe be the first to be put on and the last to be taken off." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ Sunnah of using miswaak

The Prophet (Peace be upon him) said "Were it not for avoiding inflicting difficulties on my nation, I would have ordered them to use Sewak upon the performance of each prayer". (Al-Bukhari & Muslim)

👉 **Invite someone who is not your friend over for Iftar. Building bridges with the unexpected takes you further in life.**

اللَّهُمَّ إِنَّكَ عَفُوفٌ فَافْفُفْ عَلَيَّ

Allahumma innaka 'afuwun tuhbul 'afwa fa'fu 'anni

O Allah, You are Oft-Pardoning and You love to pardon, so pardon me.

الْجَبَّارِ Al-Jabbaar - The Compeller

الْمُتَكَبِّرِ Al-Mutakabbir - The Majestic

الْخَالِقِ Al-Khaaliq - The Creator

PLANNER DAY - 5

Hadith of the Day: Wudu and Salat

Reported by `Uthman bin `Affan (RA): I heard Messenger of Allah (Peace be upon him) saying, "When the time for a prescribed Salat is due and a Muslim performs its Wudu' and its acts of bowing and prostration properly, this Salat will be an expiation for his past sins, so long as he does not commit major sins, and this applies for ever." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Practiced sunnah of the day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ Sunnah on waking up from sleep

The Prophet Muhammed (Peace be upon him) would, on awakening, rub His face and eyes with the palms of His hands, in order to remove the effects of sleep.

✋ **If you know of anyone who is sick, even if you do not know their family well then visit them and give them your peace.**

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Rabbana innana amanna faghfir lana thunoobanawajina AAathaba annar

Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire.

الْبَارِئُ Al-Bari' - The Evolver, and The Maker

الْمُصَوِّرُ Al-Musawwir - The Fashioner

الْغَفَّارُ Al-Ghaffaar - The Forgiver

PLANNER DAY - 6

Hadith of the Day: Forsaking others

Reported by Abu Hurairah (RA): The Messenger of Allah (Peace be upon him) said, "It is not permissible for a believer to forsake his (Muslim) brother for more than three days. If three days have passed, he should meet him and greet him; and if other responds to it they will both share the reward; but if he does not respond, he will bear his sin and the one who (has taken the initiative to) greet (the other) will be absolved of the sin of forsaking (one's brother in Faith)." [Abu Dawud]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Practiced sunnah of the day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ The Sunnah when putting on or removing clothes

- Start by the right side upon wearing clothes. The Prophet (Peace be upon him) said: (If you wear clothes start with the right side) narrated by At-Termithi, Abu Dawood, Ibn Majah, and it is authentic.
- Upon taking off the clothes, start with the left side then the right.

✋ **Motivate someone to achieve their dreams and let them know you'll always be there for them.**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ

Subhaanal-laahi wa bihamdihi, Subhaanal-laahil-'Adheem

Glorified is Allah and praised is He. Glorified is Allah, the Most Great.

الْوَهَّابُ Al-Wahhaab - The Bestower

الْقَهَّارُ Al-Qahhaar - The Subduer, and The Dominant

الرَّزَّاقُ Al-Razzaaq - The Sustainer, The Provider

PLANNER DAY - 7

Hadith of the Day: Sneezing

Reported by Abu Hurairah (RA): The Prophet (Peace be upon him) said: "When one of you sneezes, he should say 'Alhamdulillah' (praise be to Allah), and his brother or his companion should say to him: 'Yarhamuk- Allah (may Allah have mercy on you). When he says this he should reply: 'Yahdikumullahu was yuslihu balakum (may Allah guide you and render sound your state of affairs). [Bukhari]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ Sunnah acts when entering or leaving your house

Du'a on entering a house "O Allah I ask you the best out of entrance and the best out of exit, I enter in the name of Allah and exit in the name of Allah, I put my trust in Allah) then salute his family" (Abu Dawood)

On leaving a house, the du'a is "in the name of Allah, I put my trust in Allah, Whatever Allah wishes will be. There is no strength except from Allah". (Trimidhi & Abu Dawood)

✋ **Smiling is contagious and is an act of charity. Pick today to be your smiling day and smile at everyone you encounter.**

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subhaanallaahi, walhamdu lillaahi, wa laa 'ilaaha 'illallaahu, wallaahu 'Akbar.

Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great.

الْفَاتِحُ **Al-Fattaah** - The Opener, The Reliever, and The Judge

الْعَلِيمُ **Al-Aleem** - The All-knowing, and The Knowledgeable

PLANNER DAY - 8

Hadith of the Day: Allahs Blessings

Reported by Mu'awiyah (RA): The Messenger of Allah (peace be upon him) said, "When Allah wishes good for someone, He bestows upon him the understanding of Deen." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Practiced sunnah of the day	
Learnt Names of Allah	

Notes

★ The Sunnah of praying at night (Tahajjud Prayers)

The Prophet (Peace be upon him) said: "The best time for fasting after Ramadan is the month of Muharram, and the best prayer after performing obligatory ones is the night prayer." (Muslim)

✋ **Put together a basket of treats for someone for Iftar. This may be someone who has suffered hardship recently.**

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

Subhaanallaahil-'Adheemi wa bihamdihi.

Glorified is Allah the Most Great and praised is He. (Every time you recite this you will have a date palm planted for you in Paradise).

الْقَابِضُ **Al-Qaabid** - The Constricter, The Retainer, and The Withholder

الْبَاسِطُ **Al-Baasit** - The Expander, and The Englarger

الْخَافِضُ **Al-Khaafid** - The Abaser

PLANNER DAY - 9

Hadith of the Day: About Suspicion

Reported by Abu Hurairah (RA): The Messenger of Allah (Peace be upon him) said: *"Beware of suspicion, for suspicion is the worst of false tales. And do not count others' faults, do not spy, do not be envious of one another, do not desert (cut your relation) with one another, and do not hate one another. And be brothers (as Allah has ordered you!)."* (Bukhari and Muslim)

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Practiced sunnah of the day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ The Sunnah in going to the bathroom

Enter with the left leg and exit with the right one. Before entering recite the Du'aa: "I take refuge with Allah from all the jinn (males and females)" (agreed upon)

On Exiting recite the Du'aa: "O Allah bless us with forgiveness"

✎ Meet up with an old friend and build a relationship up with them again.

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مِنَ الْآبْرَارِ

Rabbana faghfirlana thunoobana wakaffir AAannas-ayyi-atina watawaffana maAAa al-abrar

Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die with the righteous.

الرَّافِعُ **Ar-Raafi'** - The Exalter, and The Elevator

الْمُعِزُّ **Al-Mu'iz** - The Honorer

الْمُذِلُّ **Al-Muthil** - The Dishonorer, and The Humiliator

PLANNER DAY - 10

Hadith of the Day: Giving Charity

Reported by Abu Musa Al-Ash'ari (RA): The Prophet (Peace be upon him) said, "Giving in charity is an obligation upon every Muslim." It was said (to him): "What about one who does not find (the means) to do so?" He (Peace be upon him) said, "Let him work with his hands, thus doing benefit to himself and give in charity." It was said to him: "What if he does not have (the means) to do so?" He (Peace be upon him) said, "Then let him assist the needy, the aggrieved." It was said: "What about if he cannot even do this?" He (Peace be upon him) said, "Then he should enjoin good." He was asked: "What if he cannot do that?" He (the Prophet (Peace be upon him)) said, "He should then abstain from evil, for verily, that is a charity from him." [Bukhari and Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Practiced sunnah of the day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ Performing wudu' before sleeping

Whenever the Prophet (Peace be upon him) lay down for sleep at night, he would perform Wudu' as you do for Salat then he would lie down on his right side and place his right hand under his right cheek.

✎ Create a thank you video for all your friends who have been there for you.

رَبِّ الْغَفُورِ الرَّحِيمِ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rabbi ighfir warhamwaanta khayru arrahimeen

My Lord, forgive and have mercy, and You are the best of the merciful.

السَّمِيعُ **As-Samee** - The All-Hearing, and The Hearer

الْبَصِيرُ **Al-Baseer** - The All-Seeing

الْحَكِيمُ **Al-Hakam** - The Judge



RAMADAN REFLECTION

Use this page to re-lect on how your Ramadan is going so far and what you can do to make your Ramadan better!

Take a moment to re-lect on how you feel.

My Best Deed/ Action So Far

What have I learned

How close do I feel to my Lord

What am I going to carry on in the next 10 days

What can I do to make my Ramadan better?

DAYS OF FORGIVENESS

Quote: "And in sujud you will find what you have lost"

Du'a:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Astaghfirullah rabbi min kulli zhambin wa atoobu ilayh

O Allah! I seek forgiveness from all my sins, and I turn towards You in repentance.

PLANNER DAY - 11

Hadith of the Day: Prayers

Reported by Abu Hurairah (RA): I heard the Messenger of Allah (Peace be upon him) saying, "When the Iqamah are pronounced, do not come to it running, you should walk calmly with tranquility to join the congregation. Then join in what you catch for and complete what you miss." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Dawah Dose of the Day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

- ★ Understand, practice and live Islam in your daily life. Our religion is beautiful as it encompasses everything from how one dress to how one sleeps. When you know why you do what you do, when someone initiates a conversation you can explain.

👉 **Donate all your old unwanted clothes to a charity.**

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa anta subhanaka innee kuntu mina aththalimeen

There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.

الْعَدْلُ Al-'Adl - The Just

اللطيف Al-Lateef - The Subtle One, and The Gracious

الخبير Al-Khabeer - The Aware

الحليم Al-Haleem - The Forebearing, and The Clement

Notes

PLANNER DAY - 12

Hadith of the Day: About Eating

Reported by Ka'b bin Malik (RA): I saw Messenger of Allah (Peace be upon him) eating with three fingers (i.e., the thumb, the index finger and the middle finger) and licking them after having finished the food [Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Dawah Dose of the Day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

- ★ Learn to improve your character. As a Muslim, you are a representative of Islam and how you conduct yourself on a day to day will make all the difference. Learn from the best of examples Muhammad S.A.W.

👉 **Help your parents out with the housework by cooking, cleaning and general household work.**

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Rabbana la tuzigh quloobanabaAAda ith hadaytana wahab lana min ladunkarahmatan innaka anta alwahhab

Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower.

العظيم Al-'Azeem - The Great One, and The Mighty

الغفور Al-Ghaffoor - The All-Forgiving, and The Forgiving

الشكور Ash-Shakoor - The Grateful, and The Appreciative

العلي Al-'Aliyy - The Most High, and The Sublime

Notes

PLANNER DAY - 13

Hadith of the Day: Fajr Prayers

Reported by `Aishah (RA): The Prophet (Peace be upon him) said, "The two Rak'ah before the dawn (Fajr) prayer are better than this world and all it contains." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

★ Offer a translated copy of the Qur'an to your non-Muslim friends. It is a very powerful book and has the ability to touch hearts in ways we cannot even begin to understand

✎ Write a letter to your mother or guardian thanking them for all their efforts.

رَبِّ زِدْنِي عِلْمًا

Rabbizidnee AAilma

My Lord, increase me in knowledge.

الْكَبِيرُ **Al-Kabeer** - The Most Great, and The Great

الْحَفِيفُ **Al-Hafeez** - The Preserver, and The Protector

الْمُقِيتُ **Al-Muqet** - The Maintainer, and The Guardian

الْحَسِيبُ **Al-Haseeb** - The Reckoner

Notes

PLANNER DAY - 14

Hadith of the Day: What counts

Reported by Abu Hurairah (RA): The Messenger of Allah (Peace be upon him) said: "Allah does not look at your physiques and wealth, but He looks at your hearts and deeds." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

★ Share a book or cd of an experienced Da'ee (caller to Islam) who has the skills to explain the fundamentals of Islam in a logical and simple way. The intent is to show how beautiful Islam is.

✎ Set up a small Islamic circle for a few hours with your friends.

رَبِّ اِنِّ لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ

Rabbiibni lee AAindaka baytan fee aljannati

My Lord, build for me near You a house in Paradise.

الْجَلِيلُ **Aj-Jaleel** - The Sublime One, and The Beneficent

الْكَرِيمُ **Al-Kareem** - The Generous One, The Bountiful, and The Gracious

الرَّقِيبُ **Ar-Raqeeb** - The Watcher, and The Watchful

الْمُجِيبُ **Al-Mujeeb** - The Responsive, and The Hearer

Notes

PLANNER DAY - 15

Hadith of the Day: About Friday

Reported by Abu Hurairah (RA): The Messenger of Allah (Peace be upon him) said, "The best day on which the sun has risen is Friday. On that day Adam was created, he was admitted to Jannah, and he was expelled therefrom." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

Notes

★ Share a booklet that contains question and answers on Islam which can be obtained from Islamic Centers.

✎ Do du'a for all those who are close to you in the depths of the night.

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ رَحِيمٌ

Rabbana afrigh AAalaynasabran watawaffana muslimeen

Our Lord, pour upon us patience and let us die as Muslims [in submission to You].

الْوَاسِعُ Al-Wasi' - The Vast, The All-Embracing, and The Knowledgeable

الْوَدُودُ Al-Wadood - The Loving

الْحَكِيمُ Al-Hakeem - The Wise, and The Judge of Judges

الْمَجِيدُ Al-Majeed - The Most Glorious One

PLANNER DAY - 16

Hadith of the Day: About Friday

Reported by Salman Al-Farisi (RA): Messenger of Allah (Peace be upon him) said, "If a man takes a bath on Friday, purifies himself thoroughly, uses oil and perfume which is available in the house, sets forth for the mosque, does not (forcibly) sit between two persons, offers the prayer that is prescribed for him and listens to the Imam silently, his sins between this Friday and the previous Friday will be forgiven." [Bukhari]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

Notes

★ Share beneficial knowledge on social media. A short quote, book or review of a class shared as a status, a text or email to those close to you in your life. You never know its impact.

✎ Sitting after Fajr remembering Allah until sunrise: "Whoever prays Fajr in congregation, then sits remembering Allah until sunrise, then prays 2 rakats of salat has a complete reward of (Nafil) Hajj and Umrah.

رَبِّ إِيَّيْ بِمَا أَنْزَلْتَ إِلَيْيْ مِنْ خَيْرٍ فَاقْبَلْ

Rabbiinne lima anzalta ilayya min khayrin faqeer

My Lord, indeed I am, for whatever good You would send down to me, in need.

الْبَاعِثُ Al-Ba'ith - The Resurrecter, and The Raiser (from death)

الشَّهِيدُ Ash-Shaheed - The Witness

الْحَقُّ Al-Haqq - The Truth, The True, The One who truly exists

الْوَكِيلُ Al-Wakeel - The Trustee

PLANNER DAY - 17

Hadith of the Day: Eating

Reported by Umaiyah bin Makhshi (RA): Messenger of Allah (Peace be upon him) was sitting while a man was eating food. That man did not mention the Name of Allah (before commencing to eat) till only a morsel of food was left. When he raised it to his mouth, he said: "Bismillah awwalahu wa akhirahu (With the Name of Allah, in the beginning and in the end)." Messenger of Allah (Peace be upon him) smiled at this and said, "Satan had been eating with him but when he mentioned the Name of Allah, Satan vomited all that was in his stomach." [Abu Dawud & An-Nasa'i]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Dawah Dose of the Day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ Invite non-muslims to join a lecture or conference where they can have the opportunity to learn about Islam.

👉 **Asking Allah to forgive ALL Muslims. "Whoever seeks forgiveness for believing men and believing woman, Allah will write for him a good deed for each believing man and believing woman."**

لا إله إلا الله ، وحده لا شريك له ، له الملك وله الحمد ، وهو على كل شيء قدير

laa ilaaha ill-allaahu wahdahu laa shareeka lah, lahul-mulku wa lahul-hamd, wa huwa 'alaa kulli shay'in qadeer

"None has the right to be worshipped except Allah, alone, without partner. To Him belongs all sovereignty and praise and He is over all things omnipotent."

القوي Al-Qawiy - The Most Strong, and The Strong.

المتمين Al-Mateen - The Firm One

الولي Al-Waliyy - The Protecting Friend, The Supporter

PLANNER DAY - 18

Hadith of the Day: Hoarding vs Spending

Reported by Abu Umamah (RA): Messenger of Allah (Peace be upon him) said, "O son of Adam, if you spend the surplus, it will be better for you; and if you retain it, it will be evil for you. You will not be reprimanded for storing what is enough for your need. First of all spend upon those who are your dependents." [Tirmidhi]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Dawah Dose of the Day	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ Ensure that you are praying your prayers on time at work/class. Make it a priority and show those around that it is important. They will respect your decision.

👉 **Be extra complimentary to every single person you meet today.**

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا ، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ ، وَإِلَيْكَ الْمَصِيرُ
allaahumma bika amsaynaa wa bika asbahnaa, wabika nahyaa wa bika namootu wa ilaykal-maseer

O Allah, by Your leave we have reached the evening and by Your leave we have reached the morning, by Your leave we live and die and unto You is our return.

الحَمِيدُ Al-Hameed - The Praiseworthy

المُحِصِي Al-Muhsee - The Counter, and The Reckoner

المُبْدِي Al-Mubdi' - The Originator

المُعْتَدِلُ Al-Mu'eed - The Reproducer

PLANNER DAY - 19



Hadith of the Day: About Anger

Reported by Abu Hurairah (RA): A man asked the Prophet (Peace be upon him) to give him advice, and he (Peace be upon him) said, "Do not get angry." The man repeated that several times and he (Peace be upon him) replied (every time), "Do not get angry." [Bukhari]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

- ★ Engage yourself in Charity work. Participate in doing volunteer work in mainstream organizations such as animal shelters, elderly centers, environmental initiatives and so on. It is a noble cause that helps remove misconceptions about Islam

- ✋ Bake a cake for Iftar for the Mosque or for your home.

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ

allaahumma baarik lanaa feehi wa at'imnaa khayran minh

Whoever Allah feeds, should say: "O Allah, bless it for us and feed us better than it."

المُحْيِي Al-Muhyi - The Restorer, and The Giver of Life

المُمِيتُ Al-Mumeet - The Creator of Death, and The Destroyer

الْحَيُّ Al-Hayy - The Alive

القَيُّومُ Al-Qayyoom - The Self-Subsisting

Notes

PLANNER DAY - 20

Hadith of the Day: Simplicity in Faith

Reported by Abu Umamah bin Tha'labah (RA): The Companions of Messenger of Allah (Peace be upon him) mentioned the life of the world before him. He (Peace be upon him) said, "Do you not hear? Do you not hear? Simplicity (in life) is part of Faith, simplicity is part of Faith." [Abu Dawud]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Dawah Dose of the Day	
Learnt Names of Allah	

- ★ At work/class, you can bring food to share during an Islamic occasion. This creates an opportunity for Da'wah.

- ✋ Send a message out to all your contacts sharing a good Islamic video, quote or image to inspire them in Ramadan.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُودِ، فَإِنَّهُ يَنْسُ الضُّعْفَ، وَأَعُوذُ بِكَ مِنَ الْخِيَانَةِ، فَإِنَّهَا يَنْسُ الْبِقَاعَةَ -

Allaa-humma in-ni a'oodhu bi-ka mi-nal-joo', fa-'in-na-hu bi'sal-dajee', wa a'oodhu bik-ka mi-nal-khi-yaanah, fa-in-naha bi'sa-til-bitaaanah

O Allah, I seek refuge with You from hunger, for it is the worst bedfellow. And I seek refuge in You from treachery, for it is the worst of associates.

الْوَّاجِدُ Al-Waajid - The Perceiver, and The Finder

الْوَّاحِدُ Al-Waahid - The Unique, The One, and The One without a partner

الْأَحَدُ Al-Ahad - The One

الضَّمَدُ As-Samad - The Eternal, and The Independent

Notes



2ND ASHARAH REFLECTION PAGE

3RD ASHARAH

RAMADAN REFLECTION

Use this page to re-lect on how your Ramadan is going so far and what you can do to make your Ramadan better!

Take a moment to re-lect on how you feel.

My Best Deed/ Action So Far

What have I learned

How close do I feel to my Lord

What am I going to carry on in the next 10 days

What can I do to make my Ramadan better?

DAYS OF FREEDOM FROM THE HELLFIRE

Quote: "A Muslim always lives in hope"

Du'a:

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allahumma Ajirna min-an-naar.

"O Allah! Save me from the fire."

LAYLAT AL-QADR

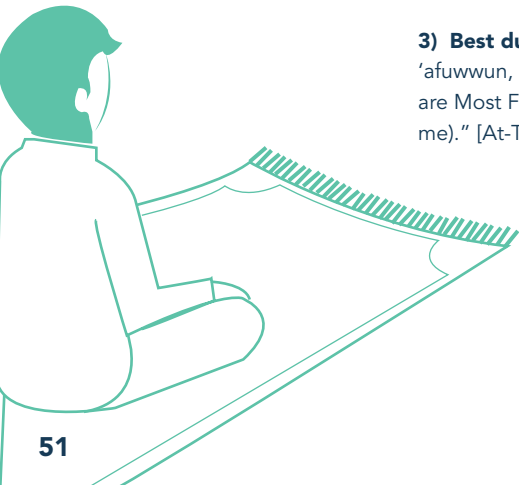
Preparing for The Night of Power: Laylat al-Qadr

"Allah's Messenger (Peace be upon him) used to practice Itikaaf in the last ten nights and would say: 'Seek out Lailatul-Qadr in the (odd nights) of the last ten days of Ramadhan.'" [Bukhari, Muslim]

"Verily! We have sent it (Quran) down in the Night of Decree (Lailatul-Qadr). And what will make you know what the Night of Decree is? The Night of Decree is better than a thousand months. Therein descend the angels and the Rooh (i.e. Gabriel) by Allaah's Permission with all Decrees, Peace! Until the appearance of dawn." (Al-Qadr 97: 1-5)

Points to Consider in the Worship Plan

- 1) Remain in I'tikaf:** The best way of catching the blessed night is to remain in I'tikaf, which both men and women can do. If you can't manage 10 nights then do as many as you can!
- 2) Worship throughout all the 10 nights:** As Ramadan can be 29 or 30 days Laylat al-Qadr can be any of the last 10 nights in Ramadan.
- 3) Best dua of the last 10 nights:** Allahumma innaka 'afuwwun, tuhibbul-'afwa, fa'fu 'anni (O Allah, You are Most Forgiving, and You love forgiveness; so forgive me)." [At-Tirmidhi].



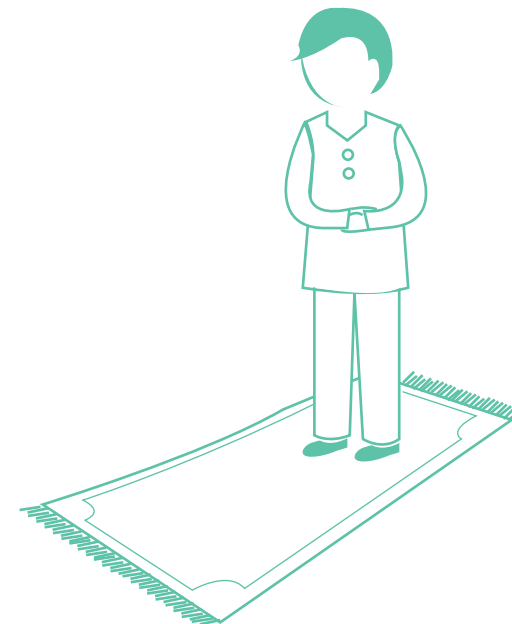
Any good act such as charity during Laylatul Qadr is rewarded like you have done it for over 83 years

4) Give charity: Any good act such as charity during Laylatul Qadr is rewarded like you have done it for over 83 years

5) Complete all tasks beforehand: This way, we are free to worship during the 10 nights without being distracted by worldly tasks.

6) No time wasting: There will be indeed an utter loss and regret for those of us who waste these blessed 10 nights.

7) Making life changes: We should make the necessary changes to improve ourselves as Muslims and what better time to make such changes than during these blessed 10 nights where we can change our lives forever.



PLANNER DAY - 21

Hadith of the Day: About Surah Al-Ikhlās

Reported by Abu Sa'īd Al-Khudri (RA): A man heard another reciting Surat Al-Ikhlās repeatedly. The next morning he came to the Messenger of Allah (Peace be upon him) and informed him about it as if he considered it to be of little reward. On that the Messenger of Allah (Peace be upon him) said, "By Him in Whose Hand my soul is, this Surah is equal to one-third of the Qur'an." [Al-Bukhari]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ When a heart loves, its love is in the way of Allah. If it detests, it detests in the light of what He detests. When it gives, it gives for Allah. If it withholds, it withholds for Allah. This is the type of heart all believers should strive to have before they depart from this journey called life.

✎ **Send out handwritten Eid cards to your closest friends and family.**

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَافَةً عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ -

allaahumma rahmataka arjoo, fa laa takilnee ilaa nafsee tarfata 'aynin, wa aslih lee sha'nee kullahu, laa ilaaha illaa ant

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all of my affairs. None has the right to be worshipped except You.

الْقَادِرُ **Al-Qaadir** - The Able, The Capable, and The One attributed with Power

الْمُقْتَدِرُ **Al-Muqtadir** - The Powerful, and The Dominant

PLANNER DAY - 22

Hadith of the Day: About Akhirah

Reported by `Adi bin Hatim (RA): Messenger of Allah (Peace be upon him) said, "Everyone of you will speak to his Rubb without an interpreter between them. He will look to his right side and will see only the deeds he had previously done; he will look to his left and will see only the deeds he had previously done, and he will look in front of him and will see nothing but Fire (of Hell) before his face. So protect yourselves from Fire (of Hell), even by giving half a date-fruit (in charity)". [Bukhari and Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ The Dead Heart is the opposite of the healthy heart. Its lust is its guide. Its ignorance is its leader. Its crude impulses are its impetus. It is immersed in its concern with worldly objectives. It is drunk with its own fancies and its love for hasty, fleeting pleasures.

✎ **Be a charity warrior for the day! Go out into the public and help as many people as you can!**

اللَّهُمَّ أَنْتَ نَفْسِي تَقْوَاهَا، وَرِزْقِيهَا أَنْتَ خَيْرٌ مِنْ رِزْقِهَا، أَنْتَ وَلِيُّهَا وَمَوْلَاهَا، -

Allaahumma aati nafsee taq-waaha wa zak-kiha anta khairu man zak-kaaha anta wali-yuha wa maw-laaha

O Allah, give my soul piety and purify it, for indeed You are the best of those who can purify it, You are it's Guardian and Master.

الْمُقَدِّمُ **Al-Muqaddim** - The Expediter, and The Promoter

الْمُؤَخِّرُ **Al-Mu'akh-khir** - The Delayer, and the Retarder

الْأَوَّلُ **Al-'Awwal** - The First

PLANNER DAY - 23

Hadith of the Day: About Women

Reported by Abu Hurairah (RA): The Prophet (Peace be upon him) said, "A woman is married for four things: for her wealth, for her lineage, for her beauty or for her piety. Select the pious, may you be blessed!" [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ The Sick Heart is the most common amongst us; it is the heart with life in it as well as illness. The former sustains it at one moment, the latter at another, and it follows whichever one of the two manages to dominate it. It has love for Allah, faith in Him, sincerity towards Him, and reliance upon Him, and these are what give it life. It also has a craving for lust and pleasure, and prefers them and strives to experience them.

✎ Purchase a bunch of flowers for someone unexpectedly

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ، وَالْكَسَلِ، وَالْجُبْنِ، وَالنَّحْلِ، وَالْهَرَمِ، وَعَذَابِ الْقَبْرِ -

allaahumma innee a'oodhu bika mi-nal-'ajzi wal-kasal, wal-jubn wal-bukhl, wal haram wa 'adhaabil-qabr

O Allah, I seek refuge with You from weakness, and laziness, cowardice and miserliness, old and infirm age, and the torment of the grave.

الْآخِرِ Al-'Akhir - The Last, The One whose Existence is without an end

الظَّاهِرِ Az-Zaahir - The Manifest

الْبَاطِنِ Al-Baatin - The Hidden

PLANNER DAY - 24

Hadith of the Day: About Fine Acts

Reported by `Abdullah bin `Umar (RA): The Prophet (Peace be upon him) said, "The finest act of goodness is that a person should treat kindly the loved ones of his father". [Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ The eight diseases, which can stain the heart, are anger, backbiting, envy, lying, ostentation, hatred, coveting and miserliness. The two greatest enemies of a human being are the Shaytaan and their own desires.

✎ Offer to help prepare for Taraweeh prayers by cleaning the Masjid or your own home.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ، وَمِنْ قَلْبٍ لَا يَخْشَعُ، وَمِنْ نَفْسٍ لَا تَتَّقُ، وَمِنْ أَعْمَالٍ لَا تَنْجِي، وَمِنْ بَطْنٍ لَا يَسْتَجِيبُ لَهَا -

Allaahumma in-ni a'oodhu bika min 'ilmin laa yanfa', wa min qalbin laa yakh-sha', wa min naf-sin laa tash-ba', wa min du'wat-in laa yustajaabu laha

O Allah, I seek refuge with You from knowledge that does not benefit, from a heart that does not get humbled [to Allah], from a soul which is never satisfied and from a supplication which does not get answered.

الْوَالِي Al-Walee - The Governor

الْمُتَعَالَى Al-Muta'ali - The Most Exalted, and The High Exalted

الْبَرُّ Al-Barr - The Source of All Goodness, and The Righteous

التَّوَّابُ At-Tawwaab - The Acceptor of Repentance, and The Relenting

PLANNER DAY - 25



Hadith of the Day: About Repentance

Reported by Abu Musa (RA): The Prophet (Peace be upon him) said, "Allah, the Exalted, stretches His Hand during the night so that those who commit sins by day may repent, and He stretches His Hand in the day so that those who commit sins by night may repent. He keeps doing so until the sun rises from the West". [Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Purification Tip	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ The first thing one must do in order to remove the eight diseases is sincere repentance. List all of the main sins you aim to eliminate in the future and ask forgiveness for those sins specifically, the more specific, the more aware you will be in the future. Allah loves those who constantly repent.

👉 **Help to raise money for your favourite charity by advertising on social media.**

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفَقْرِ، وَالْقِلَّةِ، وَالذَّلَّةِ، وَأَعُوذُ بِكَ مِنْ أَنْ أَظْلِمَ
أَوْ أَظْلَمَ -

Allaahumma inni a'oodhu bi-ka minal-faqr, wal-qil-lah, wal-dhil-lah, wa a'oodhu bi-ka min an azlima aw au uzlam

O Allah, I seek refuge in You from absolute poverty, paucity, humiliation, and I seek refuge in You from oppressing or being oppressed.

الْمُقَدِّمِ Al-Muntaqim - The Avenger

الْعَفْوِ Al-'Afuww - The Pardoner, and The Forgiver

الرَّؤُوفِ Ar-Ra'uf - The Compassionate

PLANNER DAY - 26

Hadith of the Day: About Arrogance

Reported by Abu Hurairah (RA): Messenger of Allah (peace be upon him) said, "While a man was walking, dressed in clothes admiring himself, his hair combed, walking haughtily when Allah caused the earth to swallow him. Now he will continue to go down in it (as a punishment) until the Day of Resurrection." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	<input type="checkbox"/>
Prayed Salat-ul Duha	<input type="checkbox"/>
Prayed Taraweeh Prayers	<input type="checkbox"/>
Completed 1 Juz of the Qur'an	<input type="checkbox"/>
Memorised hadith of the Day	<input type="checkbox"/>
Memorised du'a of the Day	<input type="checkbox"/>
Performed deed of the day	<input type="checkbox"/>
Learnt Purification Tip	<input type="checkbox"/>
Learnt Names of Allah	<input type="checkbox"/>

Notes

★ Just like our physical muscles, our spiritual muscles need to undergo regular training in order to be strengthened. If you are struggling to keep up with the prayers, look at the spiritual causes that might be hindering your access to this blessing. Are you constantly engaged in sins for which you feel no guilt or remorse? What type of people are you surrounded by? Do you sleep in a state of ritual purity to facilitate waking up for Fajr? Are the intentions behind your acts sincere?

👉 **Send someone you love a bunch of flowers with an Islamic reminder on the card.**

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (الثَّوْبَ) وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alhamdu lillaahil-lathee kasaanee haathaa (athhawba) wa razaqaneehi min ghayri hawlim-minnee wa laa quwwatin

Praise is to Allah, Who has clothed me with this (garment) and provided it for me, though I was powerless myself and incapable.

مَالِكِ Al-Mulk - The Eternal Owner of Sovereignty

ثُلِّجَالِي وَالثَّكْرَمِ Thul-Jalali wal-Ikram - The Lord of Majesty and Bounty

PLANNER DAY - 27

Hadith of the Day: About Goodwill

Reported by Anas (RA): The Prophet (peace be upon him) said, "Make things easy and do not make them difficult, cheer the people up by conveying glad tidings to them and do not repulse (them)." [Bukhari & Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ Read the Quran daily whether it is a few pages, or a whole juz. The importance isn't how much you do but how often you do it. Make it a routine to read that amount after one of the obligatory prayers—after Fajr is usually the best time to do so.

✋ **Pass on all your old unwanted books to someone else.**

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallaahu wa ni'amal-wakeel.

Allah is sufficient for us and the best of those on whom to depend.

الْمُقْسِطُ **Al-Muqsit** - The Equitable, The One who is Just in His judgment

الْجَامِعُ **Aj-Jaami'** - The Gatherer

الْغَنِيُّ **Al-Ghaniyy** - The Self-Sufficient, The One who does not need the creation

الْمُغْنِي **Al-Mughni** - The Enricher

PLANNER DAY - 28

Hadith of the Day: About Dhikr

Reported by Abu Hurairah (RA): The Messenger of Allah (Peace be upon him) said: There are two expressions which are very easy for the tongue to say, but they are very heavy in the Balance and are very dear to the Most Beneficent (Allah) and they are: 'Subhan Allahi wabihamdihii' and 'Subhan Allahil Azim' (i.e. Glorified is Allah and all praise is due to Him, Glorified is Allah, the All-Great). [Bukhari and Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

★ There are many more forms of Dhikr: prayers during the night, supplication, meditation, and contemplation, as well as reading and studying the Holy Qur'an and the Traditions of the Prophet (Peace be upon him). Dhikr increases faith, enlightens our inner-selves, brings people closer to Allah, and yields tranquility and joy in the heart.

✋ **Buy a bag of good groceries – high-quality coffee, whole-grain pasta, a box of decadent cookies or other treats you'd normally buy for yourself – and donate it to your local food bank or shelter.**

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاغِبُونَ، اللَّهُمَّ اجْعَلْ لِي خَيْرًا مِنْهَا

Innaa lillaahi wa 'innaa 'ilayhi raaji'oon, Allaahum-ma 'jurni fee museebatee wa 'akhliflee khayran minhaa

We are from Allah and unto Him we return. O Allah, take me out of my plight and bring to me after it something better.

الْمَانِعُ **Al-Maani'** - The Preventer, and The Withholder

الْدَّارِعُ **Ad-Daarr** - The Distresser

النَّافِعُ **An-Nafi'** - The Propitious

النُّورُ **An-Noor** - The Light, and The One who guides

PLANNER DAY - 29

Hadith of the Day: About Dua

Reported by Anas bin Malik (RA): The Messenger of Allah (Peace be upon him) used to say: "O Allah! I seek refuge with You from helplessness, laziness, cowardice, old age and miserliness. I seek refuge with You from the punishment of the grave, and seek refuge with You from fitnah (trials or afflictions etc.) of life and death." [Bukhari and Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

الْهَادِي Al-Haadi - The Guide

الْبَاطِح Al-Badi' - The Incomparable

★ When we exalt Allah and ask for our sins to be forgiven, this removes arrogance from our hearts and makes us humble. When we pray for Allah to guide others, this removes malice and hatred from our hearts and makes us love others for the sake of Allah. The ritual prayer is meant to prevent us from committing sins and immoral deeds. When we remember the Hereafter and the Day of Resurrection, this makes us less attached to the world and more inclined to help others.

✋ Buy a small bottle of nice perfume (Attar) for someone.

1) Put your hand on the place where you feel pain and say:

بِسْمِ اللَّهِ

(3 times) 2) Then say:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

(7 times) 1) Bismillaah (three times)

2) 'A'oothu billaahi wa qudratihi min sharri maa 'ajidu wa 'uhaathiru (seven times)

1) With the Name of Allah (three times).

2) I seek refuge in Allah and in His Power from the evil of what I find and of what I guard against (seven times).

PLANNER DAY - 30

Hadith of the Day: About visiting the sick

Reported by Thauban (RA): The Prophet (Peace be upon him) said: When a Muslim visits his sick brother, he is as if he were there in the Jannah as much as his visit lasts." [Muslim]

Action	✓
Prayed all 5 obligatory prayers	
Prayed Salat-ul Duha	
Prayed Taraweeh Prayers	
Completed 1 Juz of the Qur'an	
Memorised hadith of the Day	
Memorised du'a of the Day	
Performed deed of the day	
Learnt Purification Tip	
Learnt Names of Allah	

Notes

✋ Send a text to someone to let him or her know how wonderful he or she is.

أَعُوذُ بِاللَّهِ أَنْ أَكُونَ مِنَ الْجَاهِلِينَ

AAoothu biAllahi an akoona mina aljahileen

I seek refuge in Allah from being among the ignorant.

الْبَاقِي Al-Baaqi - The Everlasting

الْوَارِثُ Al-Warith - The Supreme Inheritor, and The Heir

الرَّشِيدُ Ar-Rasheed - The Guide to the Right Path, and The One who guides

السَّابِرُ As-Saboor - The Patient

POST RAMADAN REFLECTION

Masha Allah on completing the month of Ramadan!

As we leave this blessed month, take a moment to reflect on how you feel.

Goals Accomplished

My Best Deed/ Action So Far

What have I learnt this Ramadan?

How close do I feel to my Lord?

What would I want to do better next Ramadan?

What am I going to carry on after Ramadan?

EID UL FITR

Eid Ul Fitr is the
day of celebration
on completing
Sawm in the month
of Ramadan.

- Eid Ul Fitr is the day of celebration on completing Sawm in the month of Ramadan. The festival commences on the 1st of Shawwal when the first sight of the new moon is seen in the sky.
- We celebrate this holy festival by thanking Allah Subhanau' Tha'la for giving us the strength and guidance in order to pursue self control throughout the month of Ramadan
- Rejoice on the day of Eid. Make the effort to do something interesting with your family/friends; get children involved, prepare fun activities and exchange gifts.
- Make it a day to rekindle connections. Surprise call someone you have not spoken to in a while and convey your Salam, or surprise visit someone with a gift.
- Eid is also a great Dawah opportunity to not only educate your Non Muslim friends, classmates, colleagues at work about the holy festival but also to gift them traditional sweets and make them feel loved and involved – a kind gesture is a beautiful act of Dawah.
- Revive the Sunnah of our beloved Prophet and feel the greatness and mercy of our Rab on this blessed day.

The Sunnahs of Eid

1) Recite the Eid Takbeer from Maghrib of the last day of fasting till the Eid Prayer

الله أكبر الله أكبر لا إله إلا الله والله أكبر الله أكبر والله الحمد

Allaahu Akbar Allaahu Akbar Laa ilaaha illallaah Allaahu Akbar, Allaahu Akbar, Walillaahil hamd

Allah is Great, Allah is Great, there is no God but Allah is Great, Allah is Great, to him belongs all Praise

2) Take a bath

3) Wear your best clothes and adorn yourself

4) Wear perfume (for men)

5) Make sure you clean and groom yourself to please Allah Subhanau' Tha'la

6) Eat an odd number of dates, before leaving for Eid Prayer

7) Walk to the place of Eid Prayer

8) Pray in a Musalah/Masjid other than your regular one

9) Choose an alternative route when going back home after Eid Prayer

10. Go early for the Eid Prayer

Remember to maintain a big smile on your face and increase your supplications throughout the blessed day!

It is highly recommended to fast six days of the month of Shawwal, as this is a meritorious act which results in abundant reward. However, it is not required to fast six days continuously without any interruption. One can fast according to convenience any time during the month.

The Prophet (Peace be upon him) is reported to have said, "Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year." (Reported by Muslim)

✓	Days	✓	Days
	Day 1		Day 4
	Day 2		Day 5
	Day 3		Day 6



MAINTAINING THE RAMADAN SPIRIT

MAINTAINING ONE'S SPIRIT AFTER RAMADAN

How does say one say goodbye to someone they love? You will only see them once a year. There is no guarantee that you will meet again next year. With a heavy heart and holding back the tears as you watch them leave, you silently whisper "Until next year, Insha'Allah". That my dear brothers and sisters is how we feel when we say goodbye to the blessed month of Ramadan.

Then you are left to fend yourself for the next 11 months. A feeling of dread, emptiness and fear starts to seep in. Questions start to swirl in your head: What now? How do you maintain that sense of "Muslimness"? Will you go back to your old ways?

1) The First thing is to remember Allah SWT. He did not leave us to struggle after in darkness after Ramadan. *"God is the Guardian of those who believe. He brings them out of the darkness into the light."* (2:257). Count your blessings, start writing in a journal. This will keep your motivation up.

2) The Second action point is to have a conversation with Allah SWT outside the obligatory acts, during the day. Intentionally allocate some alone time to reflect away from the hustle and bustle of life. Tell him anything, He is Al-Sami', The All hearing. *"Truly, Allah is All-hearing, All-Seeing"* (31:28)

3) Realise you are not alone. As long as you are alive are breathing, there will be times when you will feel irritable, frustrated and even fed up. You may even give up but during those times the questions you need to ask yourself is this "What are my intentions?" Ramadan was the opportunity given to us to strengthen our relationship with Allah SWT. So maintain that connection with Him. Take a proactive stance, Learn, understand

Make yourself
accountable and
strive to be the
best you can be.

and reflect on one of the 99 names of Allah SWT. Pick one and reflect on its meaning. Seek beneficial knowledge. *"Islam is Knowledge based. The more you know about it, the more you will love it. The less you know about it, the more you will dwindle"* - Mufti Menk

4) The fourth method in maintaining momentum is by doing consistent small deeds. Narrated 'Aisha: Allah's Messenger (Peace be upon him) said, *"Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah's is the most regular and constant even though it were little."* Sahih al-Bukhari 6464

On a final note, we all have been blessed with having the ability in making a choice. Make yourself accountable and strive to be the best you can be. You were not the same person you were before Ramadan. Seek Allah SWT in everything you do, make du'a. He knows you are trying your best. *"You are a Soul, a mind, a servant of God & your worth is defined by that soul, that heart and that moral character"* - Yasmin Mogahed

99 NAMES OF ALLAH

اللَّهُ

الرَّحْمَنُ

الرَّحِيمُ

الْمَلِكُ

الْقُدُّوسُ

السَّلَامُ

الْمُؤْمِنُ

الْمُهَيَّبُ

الْعَزِيزُ

الْجَبَّارُ

الْمُكْتَبُ

الْخَالِقُ

الْبَارِئُ

الْمُصَوِّرُ

الْغَفَّارُ

الْوَهَّابُ

الْقَهَّارُ

الْقَزَّافُ

الْفَتَّاحُ

الْعَلِيمُ

الْقَابِضُ

الْبَاسِطُ

الْخَافِضُ

الرَّافِعُ

الْمُعِزُّ

الْمُدِنُ

السَّمِيعُ

الْبَصِيرُ

الْحَكِيمُ

الْعَدْلُ

اللطيفُ

الخبيرُ

الحليمُ

العظيمُ

الغفورُ

الشكورُ

العليُّ

الكبيرُ

الحيظُ

المقيتُ

الحسيبُ

الجليلُ

الكريمُ

الرقيبُ

المجيبُ

الواسعُ

الودودُ

الحكيمُ

الماجدُ

الباعثُ

الشهيدُ

الحقُّ

الوكيلُ

القويُّ

المتينُ

الوليُّ

الحبيدُ

الشحيبُ

المتدبُّ

المعتمدُ

المحييُ

المتيِّبُ

الحيُّ

القيومُ

الواحدُ

الواحدُ

الأحدُ

الضمدُ

القادرُ

المتقدرُ

المقدمُ

المؤخرُ

الأولُ

الآخرُ

الظاهرُ

الباطنُ

الوليُّ

المتعالى

البرُّ

الترابُّ

المقدمُ

العفوُّ

الزوفُّ

الليلُ

الليلُ

المقسطُ

الجامعُ

الغنىُّ

المتنبيُّ

المانعُ

المتنبيُّ

التافعُ

التورُّ

الهادى

البلعُ

الباقيُّ

الوارثُ

الرشيدُ

الصبورُ

