



# RAMADAN JOURNAL

*for the mind, heart and soul*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### A NOTE TO THE READER:

We have lived to experience another Ramadan. This is the annual golden opportunity for us to purify our mind, body, heart, and soul through fasting and prayer. Have intentions to make this the best Ramadan yet, and we hope this journal can help you achieve that. We've included trackers, reminders, duas, and a daily deeds program. There's a Quran reflection segment where you can jot down notes on the verses you read that day. This journal has been made with sincerity and love. We pray you make the most out of this blessed month.

The MUSWIB Team

## TABLE OF CONTENT

Meal Plan  
Habit Tracker  
Dua  
Morning Athkar  
Evening Athkar  
Ramadan Tracker [1-20]  
Laylatul Qadr  
Ramadan Tracker [21-30]  
Notes

## RAMADAN CHECKLIST

- Set achievable goals.
- Decide how much you'd like to donate to charity and set aside the amount.
- Pre-plan iftar menu so you have time for Ibadah (worship).
- Limit social media usage and reduce the number of apps or take a social media detox.
- Have a corner at home for prayer and Quran reading.
- Prepare Tarawih essentials.
- Clear your social schedule.
- Make a Sadaqah Jar.



## MEAL PLAN

To avoid thinking about what to prepare for Iftar everyday, pre-plan your meals on this page. Which days will you be having iftar with friends or going out? Plan ahead!

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30





# HABIT TRACKER

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



# DUAS



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دُعَاءٍ لَا يُسْمَعُ

“O Allah, I seek refuge with You from knowledge that is of no benefit, a heart that is not humble, a soul that is not satisfied and a supplication that is not heard.”



اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتُّقَى وَالْعَفَافَ وَالْغِنَى

“O Allah, indeed, I ask You for guidance, piety, chastity, and self-sufficiency.”



اللَّهُمَّ اِنْفَعْنِي بِمَا عَلَّمْتَنِي , وَعَلِّمْنِي مَا يَنْفَعُنِي , وَاَرْزُقْنِي عِلْمًا يَنْفَعُنِي

“O Allah! Grant me benefit in what you have taught me, and teach me useful knowledge and provide me with knowledge that will benefit me.”



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

“I seek refuge in Allah’s Perfect Words from the evil of what he created.”

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ  
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

"My Lord, make me an establisher of prayer, and from my descendants. Our Lord, and accept my supplication. Our Lord, forgive me and my parents and the believers the Day the account is established." [Surah Ibrahim; 14:40-41]

اللَّهُمَّ كَمَا أَحْسَنْتَ خُلُقِي، فَحَسِّنْ خُلُقِي

"O Allah You have made my creation perfect, so make my moral characteristics also the best."

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا وَفِي سَمْعِي نُورًا وَفِي بَصَرِي نُورًا وَعَنْ يَمِينِي نُورًا وَعَنْ شِمَالِي نُورًا  
وَأَمَامِي نُورًا وَخَلْفِي نُورًا وَفَوْقِي نُورًا وَتَحْتِي نُورًا وَاجْعَلْ لِي نُورًا

"O Allah! place light in my heart, light in my hearing, light in my sight, light on my right, light on my left, light in front of me, light behind me, light above me, light below me, make light for me."

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ  
صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ

"My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to work righteousness of which You will approve and make righteous for me my offspring. Indeed, I have repented to You, and indeed, I am of the Muslims." [Surah Al-Ahqaf; 46:15]

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Our Lord, give us in this world good and in the Hereafter good and protect us from the punishment of the Fire.” [Surah Al-Baqarah; 2:201]

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي كُلَّهُ دِقَّةً وَجِلَّةً وَأَوَّلَهُ وَآخِرَهُ وَعَلَانِيَتَهُ وَسِرَّهُ

“O Lord, forgive me all my sins, small and great, first and last, open and secret.”

رَبِّ أَعْنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

“My Lord, help me to remember You, give thanks to You and worship You well.”

اللَّهُمَّ إِنِّي أَسْأَلُكَ العَافِيَةَ فِي دِينِي، وَدُنْيَايَ، وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَأَمِنْ رُوعَاتِي، وَاحْفَظْنِي مِنْ بَيْنِ يَدَيَّ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

“O Allah! I ask you for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah! Cover my weaknesses and set at ease my dismay. O Allah! Preserve me from the front and from behind and on my right and on my left and from above, and I seek refuge with you lest I be swallowed up by the earth.”



رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

“Our Lord, accept from us. Indeed You are the Hearing, the Knowing.”  
[Surah Al-Baqarah; 2:127]

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

“Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous.” [Surah Al-Furqan; 25:74]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْهَرَمِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا  
وَالْمَمَاتِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

“O Allah, I seek refuge in You from worry and grief, helplessness, laziness, cowardice, stinginess, being overpowered by debt and from oppression of people.”

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ الْمُنْكَرَاتِ وَحُبَّ الْمَسَاكِينِ وَأَنْ تَغْفِرَ لِي وَتَرْحَمَنِي  
وَإِذَا أَرَدْتَ فِتْنَةَ قَوْمٍ فَتَوَفَّنِي غَيْرَ مَفْتُونٍ أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ وَحُبَّ عَمَلٍ  
يُقَرِّبُ إِلَى حُبِّكَ

“O Allah! I ask of you the doing of the good deeds, avoiding the evil deeds, loving the poor, and that You forgive me, and have mercy upon me. And when You have willed Fitnah in the people, then take me without the Fitnah. And I ask You for Your love, the love of whomever You love, and the love of the deeds that bring one nearer to Your love.”



رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا ۗ وَاعْفِرْ لَنَا ۗ وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

"Allah burdens not a person beyond his scope. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. "Our Lord! Punish us not if we forget or fall into error, our Lord! Lay not on us a burden like that which You did lay on those before us; our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our Maula (Patron, Supporter and Protector, etc.) and give us victory over the disbelieving people." [Surah Al-Baqarah - 2:286]



اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ وَالْعَزِيمَةَ عَلَى الرُّشْدِ وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ وَحُسْنَ عِبَادَتِكَ وَأَسْأَلُكَ قَلْبًا سَلِيمًا وَلِسَانًا صَادِقًا وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ

"O Allah, I ask You for steadfastness in all my affairs and determination in following the right path, I ask You to make me thankful for Your blessings and to make me worship You properly. I ask You for a sound heart and a truthful tongue. I ask You for the best of what You know and I seek refuge in You from the worst of what You know and I seek Your forgiveness for what You know."



اللَّهُمَّ اجْعَلْنِي أَعْظَمَ شُكْرِكَ وَأَكْثَرَ ذِكْرِكَ وَاتَّبِعْ نَصِيحَتَكَ وَأَحْفَظْ وَصِيَّتَكَ

"O Allah, make me revere gratitude to You, make me increase in remembrance to You, make me follow Your advice, and (make me) guard over that which you have commanded."



رَبَّنَا لَا تُرِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۗ إِنَّكَ أَنْتَ الْوَهَّابُ

"Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower." [Surah Al-Imran - 3:8]



اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ وَعَافِنِي فِيمَنْ عَافَيْتَ وَتَوَلَّنِي فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لِي فِيمَا  
أَعْطَيْتَ وَقِنِي شَرَّ مَا قَضَيْتَ فَإِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ وَإِنَّهُ لَا يَذِلُّ مَنْ وَالَيْتَ  
تَبَارَكَ رَبَّنَا وَتَعَالَيْتَ

“O Allah guide me among those You have guided, pardon me among those You have pardoned, befriend me among those You have befriended, bless me in what You have granted, and save me from the evil that You decreed. Indeed You decree, and none can pass decree, and none can pass decree upon You, indeed he is not humiliated whom You have befriended, blessed are You our Lord and Exalted.”



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

“There is no god but Allah, Alone, without partner, to Him belongs the kingdom, and to Him belongs all praise, and He is Powerful over all things.”



رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

“Our Lord! We have wronged our own souls: If thou forgive us not and bestow not upon us Thy Mercy, we shall certainly be lost.” [Surah Al-A'raf; 7:23]



رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

“My Lord, indeed I am, for whatever good You would send down to me, in need.” [Surah Al-Qasas; 28:24]

# MORNING ATHKAR

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَ إِلَيْكَ النُّشُورُ

"O Allah, We enter the morning by You and we enter the evening by You. We live by You and we die by You and to You is gathering."

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ x3

"Glory be to Allah, and I begin with praise of Him to the number of His creatures, in accordance with His good pleasure, to the weight of His throne and to the ink (extent) of His words."

Surah Al-Ikhlās x3  
Surah Al-Falaq x3  
Surah Al-Nas x3

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَورَاتِي وَآمِنْ رَوْعَاتِي وَاحْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

"O Allah, I ask You for forgiveness and well-being in this world and in the Hereafter.  
O Allah, I ask You for forgiveness and well-being in my religious and my worldly affairs.  
O Allah, conceal my faults, calm my fears, and protect me from before me and behind me, from my right and my left, and from above me, and I seek refuge in You from being taken unaware from beneath me."

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ فَتَحَهُ وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ وَهُدَاهُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ ثُمَّ إِذَا أَمْسَى فَلْيَقُلْ مِثْلَ ذَلِكَ

"O Allah! I ask Thee for the good this day contains, for conquest, victory, light, blessing and guidance during it; and I seek refuge in Thee from the evil it contains and the evil contained in what comes after it."

# EVENING ATHKAR

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ الْمَصِيرُ

"O Allah, we enter the evening by You and we enter the morning by You and we live by You and we die by You and to You is the return."

أَمْسَيْنَا وَأَمْسَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ  
بِكَ مِنْ شَرِّ مَا فِي هَذَا اللَّيْلَةِ وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ،  
رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

"The evening has reached, and all the dominion belongs to Allah and praise be to Allah. There is no god but Allah, alone without any partner. To Him belongs the dominion, and to Him belongs praise, and He is Omnipotent over all things. My Lord, I ask You for the good of this night and the good of what follows it, and I seek refuge with You from the evil of this night and the evil of what follows it. My Lord, I seek refuge with You from laziness and woeful aging. My Lord, I seek refuge with You from the torment of the fire and torment in the grave."

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا  
نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ  
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا  
أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا  
طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

"The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination. Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."



# DAY 1

## NAMES OF ALLAH (SWT)

الرَّحْمَانُ	AR-RAHMAAN	The Most or Entirely Merciful
الرَّحِيمُ	AR-RAHEEM	The Bestower of Mercy
الْمَلِكُ	AL-MALIK	The King and Owner of Dominion

### HADITH OF THE DAY:

“Our Lord descends to the lowest heaven in the last third of every night, and He says: Who is calling upon me that I may answer him? Who is asking from Me that I may give him? Who is seeking My forgiveness that I may forgive him?” (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 2

## NAMES OF ALLAH (SWT)

الْقُدُّوسُ  
السَّلَامُ  
الْمُؤْمِنُ

AL-QUDDUS  
AS-SALAM  
AL-MU'MIN

The Absolutely Pure  
The Perfection and Giver of Peace  
The One Who gives Emaan and Security

### HADITH OF THE DAY:

“If anyone fulfils his brother’s needs, Allah will fulfil his needs; if one relieves a Muslim of his troubles, Allah will relieve his troubles on the Day of Resurrection.”  
(Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY’S AYAH/HADITH:

# DAY 3

## NAMES OF ALLAH (SWT)

الْمُهَيِّمِينَ AL-MUHAYMIN  
الْعَزِيزُ AL-AZEEZ  
الْجَبَّارُ AL-JABBAR

The Guardian, The Witness, The Overseer  
The All Mighty  
The Compeller, The Restorer

### HADITH OF THE DAY:

"If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him." (Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_.

### REFLECTION OF TODAY'S AYAH/HADITH:

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.





# DAY 4

## NAMES OF ALLAH (SWT)

الْمُتَكَبِّرِ  
الْخَالِقِ  
الْبَارِئِ

AL-MUTAKABBIR  
AL-KHAALIQ  
AL-BAARI'

The Supreme, The Majestic  
The Creator, The Maker  
The Originator

### HADITH OF THE DAY:

"I asked Allah's messenger which deed was the best." He replied: "The prayer at its appointed hour." (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 5

## NAMES OF ALLAH (SWT)

المصَوِّر  
العَفَّار  
القَهَّار

AL-MUSAWWIR  
AL-GHAFFAR  
AL-QAHHAR

The Fashioner  
The All- and Oft-Forgiving  
The Subduer, The Ever-Dominating

### HADITH OF THE DAY:

“When a man dies, his acts come to an end, but three, Sadaqah Jariyah (continuous and ongoing charity), or Beneficial Knowledge (by which people) benefit, or a pious son who prays for him.” (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:

# DAY 6

## NAMES OF ALLAH (SWT)

الْوَهَّابُ  
الرَّزَّاقُ  
الْفَتَّاحُ

AL-WAHHAAB  
AR-RAZZAAQ  
AL-FATTAAH

The Giver of Gifts  
The Provider  
The Opener, The Judge

### HADITH OF THE DAY:

"The dearest to me among you is he who is the best of you in conduct." (Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### REFLECTION OF TODAY'S AYAH/HADITH:

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.



# DAY 7

## NAMES OF ALLAH (SWT)

الْعَلِيمُ  
الْقَابِضُ  
الْبَاسِطُ

AL-'ALEEM  
AL-QAABID  
AL-BAASIT

The All-Knowing, The Omniscient  
The Withholder  
The Extender

### HADITH OF THE DAY:

"Take advantage of five conditions before five others: youth before age, good health before illness, prosperity before poverty, free time before becoming occupied, and life before death." (Tirmidhi)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 8

## NAMES OF ALLAH (SWT)

الْخَافِضُ	AL-KHAAFIDH	The Reducer, The Abaser
الرَّافِعُ	AR-RAAFI'	The Exalter, The Elevator
الْمُعِزُّ	AL-MU'IZZ	The Honourer, The Bestower

### HADITH OF THE DAY:

"Wondrous is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allah and thus there is good for him, and if he is harmed, then he shows patience and thus there is good for him." (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 9

## NAMES OF ALLAH (SWT)

الْمُذِلُّ	AL-MUZIL	The Dishonourer, The Humiliator
الْشَّمِيعُ	AS-SAMEE'	The All-Hearing
الْبَصِيرُ	AL-BASEER	The All-Seeing

### HADITH OF THE DAY:

“Souls are like conscripted soldiers; those whom they recognize, they get along with, and those whom they do not recognize, they will not get along with.”  
(Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:

# DAY 10

## NAMES OF ALLAH (SWT)

الْحَكَمُ	AL-HAKAM	The Judge, The Giver of Justice
الْعَدْلُ	AL-'ADL	The Utterly Just
اللطيف	AL-LATEEF	The Subtle One, The Most Gentle

### HADITH OF THE DAY:

Abu Huraira reported: The Prophet, peace and blessings be upon him, said, "Two words are beloved to the Most Merciful. They are light on the tongue but heavy on the scale: سبحان الله وبحمده سبحان الله العظيم Glory and praise to Allah, and glory to Allah the Almighty." (Bukhari, Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 11

## NAMES OF ALLAH (SWT)

الْخَبِيرُ	AL-KHABEER	The Acquainted, the All-Aware
الْحَلِيمُ	AL-HALEEM	The Most Forbearing
الْعَظِيمُ	AL-'ATHEEM	The Magnificent, The Supreme

### HADITH OF THE DAY:

“Whoever reads a letter from the Book of Allah will receive a hasanah (good deed) from it and the hasanah is multiplied by ten. I do not say that Alif-Laam-Meem is (considered as) a letter, rather Alif is a letter, Laam is a letter, and Meem is a letter.” (Tirmidhi)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:





# DAY 12

## NAMES OF ALLAH (SWT)

الْعَفُورُ  
الشَّكُورُ  
الْعَلِيُّ

AL-GHAFOOR  
ASH-SHAKOOR  
AL-'ALEE

The Forgiving, The Exceedingly Forgiving  
The Most Appreciative  
The Most High, The Exalted

### HADITH OF THE DAY:

"The most superior among you (Muslims) are those who learn the Qur'an and teach it."  
(Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:

# DAY 13

## NAMES OF ALLAH (SWT)

الْكَبِيرُ	AL-KABEER	The Greatest, The Most Grand
الْحَافِظُ	AL-HAFEEDH	The Preserver, The All-Heedful and All-Protecting
الْمُقِيتُ	AL-MUQEET	The Sustainer

### HADITH OF THE DAY:

“Salah in congregation is twenty-seven times more rewarding than a prayer performed individually.” (Bukhari, Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### REFLECTION OF TODAY'S AYAH/HADITH:

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.



# DAY 14

## NAMES OF ALLAH (SWT)

الْحَسِيبُ  
الْجَلِيلُ  
الْكَرِيمُ

AL-HASEEB  
AL-JALEEL  
AL-KAREEM

The Reckoner, The Sufficient  
The Majestic  
The Most Generous, The Most Esteemed

### HADITH OF THE DAY:

“Whoever loves the meeting with Allah, Allah too, loves the meeting with him; and whoever hates the meeting with Allah, Allah too, hates the meeting with him.”  
(Bukhari)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:

# DAY 15

## NAMES OF ALLAH (SWT)

الرَّقِيبُ  
الْمُجِيبُ  
الْوَاسِعُ

AR-RAQEEB  
AL-MUJEEB  
AL-WAASI'

The Watchful  
The Responsive One  
The All-Encompassing, the Boundless

### HADITH OF THE DAY:

"He who supplicates for his brother behind his back (in his absence), the Angel commissioned (for carrying supplication to his Lord) says: Amen, and it is for you also." (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### REFLECTION OF TODAY'S AYAH/HADITH:

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

# DAY 16

## NAMES OF ALLAH (SWT)

الْحَكِيم	AL-HAKEEM	The All-Wise
الْوَدُودُ	AL-WADOOD	The Most Loving
الْمَجِيدُ	AL-MAJEEED	The Glorious, The Most Honorable

### HADITH OF THE DAY:

"This world is a prison for the believer and a paradise for the disbeliever."  
(Sunan Ibn Majah)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 17

## NAMES OF ALLAH (SWT)

الْبَاقِثُ  
 الشَّهِيدُ  
 الْحَقُّ

AL-BA'ITH  
 ASH-SHAHEED  
 AL-HAQQ

The Resurrector, The Raiser of the Dead  
 The All- and Ever Witnessing  
 The Absolute Truth

### AYAH OF THE DAY:

“And Allah would not punish them while they seek forgiveness.”  
 (Surah Al-Anfal 8:33)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 18

## NAMES OF ALLAH (SWT)

الْوَكِيلُ  
الْقَوِيُّ  
الْمَتِينُ

AL-WAKEEL  
AL-QAWIYY  
AL-MATEEN

The Trustee, The Disposer of Affairs  
The All-Strong  
The Firm, The Steadfast

### AYAH OF THE DAY:

“So remember me; I will remember you.” (Surah Al-Baqarah 2:152)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 19

## NAMES OF ALLAH (SWT)

الْوَالِيّ  
الْحَمِيدُ  
الْمُحْصِيّ

AL-WALIYY  
AL-HAMEED  
AL-MUHSEE

The Protecting Associate  
The Praiseworthy  
The All-Enumerating, The Counter

### AYAH OF THE DAY:

“And whoever puts all his trust in Allah (SWT), He will be enough for him.”  
(Surah At-Talaq 65:1-3)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:





# DAY 20

## NAMES OF ALLAH (SWT)

المُبْدِيّ AL-MUBDI  
 المُعِيدُ AL-MU'ID  
 المُحْيِيّ AL-MUHYEE

The Originator, The Initiator  
 The Restorer, The Reinstater  
 The Giver of Life

### AYAH OF THE DAY:

“Indeed, those who have believed and done righteous deeds will have gardens beneath which rivers flow that is a great attainment.” (Surah Al-Buruj 85:11)

### TO DO LIST:

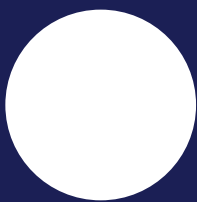
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



## THE NIGHT OF DECREE (LAYLATUL QADR)

“Indeed, We sent the Qur’an down during the Night of Decree And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn.” (Al-Qadr, 97:1-5)

‘A’isha RA said: I asked: “O Messenger of Allah, If I know which night is Laylat al-Qadr, what should I say?” He said:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allaahumma innaka ‘afuwun tuhibb al-‘afwa fa’fu ‘anni  
O Allah, You are All-Forgiving and You love forgiveness so forgive me.



# DAY 21

## NAMES OF ALLAH (SWT)

الْمُهِيثُ	AL-MUMEET	The Bringer of Death, the Destroyer
الْحَيُّ	AL-HAYY	The Ever-Living
الْقَيُّوْمُ	AL-QAYYOOM	The Sustainer, The Self-Subsisting
الْوَّاجِدُ	AL-WAAJID	The Perceiver

### AYAH OF THE DAY:

"If the sea were ink for the words of my lord, the sea would surely be consumed before the words of my lord are exhausted." (Al-Kahf 18:109)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 22

## NAMES OF ALLAH (SWT)

الْمَاجِدُ	AL-MAAJID	The Illustrious, the Magnificent
الْوَّاحِدُ	AL-WAAHID	The One
الْأَحَدُ	AL-AHAD	The Unique, The Only One
الضَّمَدُ	AS-SAMAD	The Eternal, Satisfier of Needs

### AYAH OF THE DAY:

“My mercy embraces all things.” (Surah Al-A’raf 7:156)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY’S AYAH/HADITH:



# DAY 23

## NAMES OF ALLAH (SWT)

القَادِرُ	AL-QADIR	The Capable, The Powerful
المُقْتَدِرُ	AL-MUQTADIR	The Omnipotent
المُقَدِّمُ	AL-MUQADDIM	The Expediter, The Promoter
المُؤَخِّرُ	AL-MU'AKHKHIR	The Delayer

### AYAH OF THE DAY:

“And let there be from you a nation inviting to good, enjoining what is right and forbidding what is wrong, and those will be the successful.” (Surah Ali ‘Imran 3:104)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 24

## NAMES OF ALLAH (SWT)

الْأَوَّلُ	AL-AWWAL	The First
الْآخِرُ	AL-AAKHIR	The Last
الظَّاهِرُ	AZ-DHAAHIR	The Manifest
الْبَاطِنُ	AL-BAATIN	The Hidden One, Knower of the Hidden

### AYAH OF THE DAY:

“It may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know.” (Surah Al-Baqarah 2:216)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:

# DAY 25

## NAMES OF ALLAH (SWT)

الْوَالِي	AL-WAALI	The Governor, The Patron
الْمُتَعَالِي	AL-MUTA'ALI	The Self Exalted
الْبَرُّ	AL-BARR	The Source of Goodness, the Kind Benefactor
التَّوَّابُ	AT-TAWWAB	The Ever-Pardoning, The Relenting

### AYAH OF THE DAY:

"But they plans, and Allah plans. And Allah is the best of planners."  
(Surah Ali 'Imran 3:54)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 26

## NAMES OF ALLAH (SWT)

الْمُنْتَقِم	AL-MUNTAQIM	The Avengerden
الْعَفُو	AL-'AFUWW	The Pardoner
الرَّؤُف	AR-RA'OOF	The Most Kind
مَالِكِ الْمَلَك	MAALIK-UL-MULK	Master of the Kingdom, Owner of the Dominion

### AYAH OF THE DAY:

"Do they not see the birds controlled in the atmosphere of the sky? None holds them up except Allah. Indeed in that are signs for a people who believe."  
(Surah An-Nahl 16:79)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:





# DAY 27

## NAMES OF ALLAH (SWT)

ذُو الْجَلَالِ وَالْإِكْرَامِ	DHUL-JALAALI WAL-IKRAAM	The Lord of Majesty and Generosity
الْمُقْسِطُ	AL-MUQSIT	The Equitable, the Requirer
الْجَامِعُ	AL-JAAMI'	The Gatherer, the Uniter
الْقَيُّوْمُ	AL-GHANIYY	The Self-Sufficient, The Wealthy

### AYAH OF THE DAY:

“Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established.” (Surah Ibrahim 14:41)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 28

## NAMES OF ALLAH (SWT)

الْمَغْنِي	AL-MUGHNI	The Enricher
الْمَانِع	AL-MANI'	The Withholder
الضَّار	AD-DHARR	The Distresser
النَّافِع	AN-NAFI'	The Propitious, the Benefactor

### AYAH OF THE DAY:

"We will test you in fear, hunger, loss of wealth, life and fruit, but give glad tidings to the patient." (Surah Al-Baqarah 2:155)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
 Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 29

## NAMES OF ALLAH (SWT)

النور  
الهادي  
البدیع  
الباقی

AN-NUR  
AL-HAADI  
AL-BADEE'  
AL-BAAQI

The Light, The Illuminator  
The Guide  
The Incomparable Originator  
The Ever-Surviving, The Everlasting

### AYAH OF THE DAY:

“Do not be afraid; I am with you all the time, listening and seeing.”  
(Surah Taha 20:46)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



# DAY 30

## NAMES OF ALLAH (SWT)

الْوَارِثُ  
الرَّشِيدُ  
الصَّابِرُ

AL-WAARITH  
AR-RASHEED  
AS-SABOOR

The Inheritor, The Heir  
The Guide, Infallible Teacher  
The Forbearing, The Patient

### HADITH OF THE DAY:

“Whoever observes the fast of Ramadan and follows it up with six fasts in Shawwal will be rewarded as if he has fasted the entire year.” (Muslim)

### TO DO LIST:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Today, I read \_\_\_ pages of Quran.  
Today, I stopped at ayah number \_\_\_\_ .

### GOOD DEEDS (TICK WHAT YOU DID TODAY!):

- Volunteer.
- Donate to charity.
- Go a full day without complaining.
- Prepare iftar for a fasting person.
- Clean up.
- Visit/call someone sick or lonely.
- Prepare a fun activity for younger children in your area.
- Check up on a friend or relative.
- Tell a non-Muslim about Ramadan.
- Bake cookies for neighbours.
- Prepare Eid cards.
- Plant a flower or tree.
- Learn a new Sunnah.
- Pray Tarawih.
- Make dua for a loved one.
- Daily thikr.
- Pray in congregation.

### REFLECTION OF TODAY'S AYAH/HADITH:



**Content:**

Khadiga Elmanea

**Design:**

Müberra Varlık

**Cover:**

Vectorium / Freepik

This journal was created by MUSWIB.  
It cannot be used for commercial purposes.

2021

