

RAMADAN DAILY REFLECTIONS

RAMADAN DATE:

DATE:

MAIN FOCUS:

DAILY REMINDER:

RAMADAN TO-DOS:

- INTENTION TO FAST
- WAKE UP FOR SEHRI
- READ ONE JUZ OF THE QURAN
- READ TRANSLATION OR TAFSIR OF THE QURAN
- DO DHIKR
- DO DAILY DUAS
- GIVE / DO CHARITY
- DUA FOR KEEPING FAST
- BREAK FAST ON TIME
- DUA FOR BREAKING FAST
- BREAK FAST WITH DATES OR WATER
- EAT MODESTLY
- SPEAK WELL TO EVERYONE
- BE PRODUCTIVE
- SLEEP WELL
- PRAY ON TIME

PERSONAL TO-DOS:

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PRAYERS:

FAJR
ZUHR
ASR
MAGHRIB
ISHA / TARAWEEH

MEALS:

SEHRI
IFTARI
WATER

GOOD THINGS ABOUT TODAY:

WHAT I LEARNT TODAY:

WHAT I'M GRATEFUL FOR:

WHAT I HOPE FOR TOMORROW: