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! 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 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.

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

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 ________
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.

**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**

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.
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.

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.

**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.
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.

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 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!

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

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

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.

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.

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.
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 (RadiallaahuAnhu) 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 (RadiallaahuAnhu) 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:

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

“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)
TIPS

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

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

Spend some time to gain an understanding of the lessons behind Allah’s words.
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”?

<table>
<thead>
<tr>
<th>Action</th>
<th>Not Started</th>
<th>In Progress</th>
<th>Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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?

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
How do you feel?

Can you please just make this page how you think is best. Essentially this is a page to fill out before Ramadan which details how you feel about yourself, your heart, your state of mind etc.

**RAMADAN REFLECTION**

**HABIT BREAKER**

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

**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.

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
DAILY PLANNER GUIDE

1st ASHARAH

Each Day Has

Knowledge

Hadith of the Day

Deed of the Day

Du’a of the Day

Names of Allah
  (memorize all 99 by end of month!)

10 Sunnahs
  (1st 10 days)

10 Dawah Dose
  (2nd 10 days)

10 Purification Tips
  (3rd 10 days)

Checklist

Keeps you in check everyday

There is a 99 names of Allah Roadmap at the back of this book

Your Ramadan Course

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:

Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth!

O 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]

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

Allahumma 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.

Allah - Allah, He who has the Godhood which is the power to create the entities.
Ar-Rahmaan - The Compassionate
Ar-Raheem - The Merciful
Al-Malik - The King, and The Sovereign Lord

Notes
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

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]

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 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.

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

Al-Quddoos - The Holy
As-Salaam - The Source of Peace
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]

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.

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
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________

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]

Sunnah of using miswak
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.

Allahumma innaka ‘afuwwun tuhibul ‘afwa fa’fu ‘anni
O Allah, You are Oft-Pardoning and You love to pardon, so pardon me.

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
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________

Al-Jabbaar - The Compeller
Al-Mutakabbir - The Majestic
Al-Khaaliq - The Creator

29

30
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
- 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

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
- 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 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.

Subhaanal-laahi wa bihamdihi, Subhaanal-laahil-'Adheem
Glorified is Allah and praised is He. Glorified is Allah, the Most Great.

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.

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

Subhaandal-laahil-'Adheem
Glorified is Allah and praised is He. Glorified is Allah, the Most Great.

Notes

Al-Bari’ - The Evolver, and The Maker
Al-Musawwir - The Fashioner
Al-Ghaffar - The Forgiver

Al-Qahhaar - The Subduer, and The Dominant
Al-Razzaaq - The Sustainer, The Provider
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: ‘Yahdikumullh was yuslihu balakum (may Allah guide you and render sound your state of affairs). [Bukhari]

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.

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
__________________
__________________
__________________
__________________

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

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]

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.

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
__________________
__________________
__________________
__________________

Subhaanallaahi, walhamdu lillaahi, wa laa ‘ilaaha illa llaahu ‘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.

Al-Qaabid - The Constrictor, The Retainer, and The Withholder

Al-Baasit - The Expander, and The Enlarger

Al-Khaaafid - The Abaser
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)

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.

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.

Rabbi ighfir warhamwaanta khayru arrahimeen
My Lord, forgive and have mercy, and You are the best of the merciful.

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.

Notes

Al Raafi’ - The Exalter, and The Elevator
Al Muiz - The Honorer
Al Muthil - The Dishonorer, and The Humiliator
Al Baseer - The All-Seeing
Al Hakam - The Judge
1st ASHARAH REFLECTION PAGE

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?

_________________________________________________________

_________________________________________________________

2nd ASHARAH

DAYS OF FORGIVENESS

Quote: “And in sujood you will find what you have lost”

Du’a:

أَسْتَغْفّرُ اللَّهَ رَبِّي مِنْ كُلِّ ذُنُبِّي وَأَتُوبُ إِلَيْهِ

Astaghirullaha rabbi min kelli zhambin wa atoobu ilayh

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

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.

La ilaha illa anta subhanaka inneekuntu mina aththalimeen
There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.

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

Al’Adl - The Just
Al-Lateef - The Subtle One, and The Gracious
Al-Khabeer - The Aware
Al-Haleem - The Forebearing, and The Clement

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]

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.

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.

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

Al’Azeem - The Great One, and The Mighty
Al-Ghafoor - The All-Forgiving, and The Forgiving
Ash-Shakoor - The Grateful, and The Appreciative
Al-‘Aliyy - The Most High, and The Sublime
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]

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.

Rabbizdheen AAlima
My Lord, increase me in knowledge.

Al-Kabeer - The Most Great, and The Great
Al-Hafeez - The Preserver, and The Protector
Al-Muqeeet - The Maintainer, and The Guardian
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]

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.

Rabbiibni lee AAnidaka baytan fee aljannati
My Lord, build for me near You a house in Paradise.

Aj-Jaleel - The Sublime One, and The Beneficent
Al-Kareem - The Generous One, The Bountiful, and The Gracious
Ar-Raqeeb - The Watcher, and The Watchful
Al-Mujeeb - The Responsive, and The Hearkener

Notes
__________________
__________________
__________________
__________________
__________________
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]

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

Notes

---

Rabbana afrigh AAalaynasabran watawaffana muslimeen
Our Lord, pour upon us patience and let us die as Muslims (in submission to You).

Al-Wasi’ - The Vast, The All-Embracing, and The Knowledgeable
Al-Wadood - The Loving
Al-Hakeem - The Wise, and The Judge of Judges
Al-Majeed - The Most Glorious One

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]

- 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 (Nafli) Hajj and Umrah.

Rabbineel lima anzalta ilayya min khayrin faqeer
My Lord, indeed I am, for whatever good You would send down to me, in need.

Al-Ba’ith - The Reserrector, and The Raiser (from death)
Ash-Shaheed - The Witness
Al-Haqq - The Truth, The True, The One who truly exists
Al-Wakeel - The Trustee

Notes

---
Hadith of the Day: Eating
Reported by Umaiyyah 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]

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.”

laa ilaaha ill-allaahu wahdahu laa shareeka lah, laahl-ul-mulku wa laahl-ul-hamad, wa huwa ‘alaal kulli shay’in qadeer

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.

Al-Hameed - The Praiseworthy
Al-Muhsee - The Counter, and The Reckoner
Al-Mubdi’ - The Originator
Al-Mu’eed - The Reproducer

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]

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.

Allahumma 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.

Al-Qawiyy - The Most Strong, and The Strong.
Al-Mateen - The Firm One
Al-Waliyy - The Protecting Friend, The Supporter
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]

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.

Al-Asghar - The Child
Al-Husna - The Beautiful
Al-Samad - The Eternal, and The Independent
Al-Waad - The Conductor
Al-Qayoom - The Self-Subsisting

Notes

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]

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.

Al-As-Samad - The Eternal, and The Independent
Al-Waad - The Conductor
Al-Qayoom - The Self-Subsisting
Al-Husna - The Beautiful
Al-Asghar - The Child

Notes
Ramadan Reflection

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

Take a moment to reflect 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:

الله مَّ أَجْرِّيَنِي مِنَ النَّارِ

Allahumma Ajirna min-an-naar.

“O Allah! Save me from the fire.”
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 Lailat-ul-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)
Hadith of the Day: About Surah Al-Ikhlas

Reported by Abu Sa’id Al-Khudri (RA): A man heard another reciting Surat Al-Ikhlas 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]

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.

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 Names of Allah

Notes

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]

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!

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 Names of Allah

Notes

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.

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

Al-Muqtadir - The Powerful, and The Dominant

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.

Al-Muqaddim - The Expediter, and The Promoter

Al-Mu’akh-khir - The Delayer, and the Retarder

Al’Awwal - The First
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]

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**

allahumma innee a’oodhu bika mi-nal-'ajzi wal-kasal, wa-al-jubn wal-bukhl, wa mal-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.

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

Az-Zaahir - The Manifest

Al-Baatin - The Hidden

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]

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.**

Allahumma 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’at-in laa yustajaabu laha
O Allah, I seek refuge with You from knowledge that does not benefit, from a heart that does not humble [to Allah], from a soul which is never satisfied and from a supplication which does not get answered.

Al-Walee - The Governor

Al-Muta’ali - The Most Exalted, and The High Exalted

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

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]

<table>
<thead>
<tr>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prayed all 5 obligatory prayers</td>
</tr>
<tr>
<td>Prayed Salat-ul Duha</td>
</tr>
<tr>
<td>Prayed Taraweeh Prayers</td>
</tr>
<tr>
<td>Completed 1 Juz of the Qur’an</td>
</tr>
<tr>
<td>Memorised hadith of the Day</td>
</tr>
<tr>
<td>Memorised du’a of the Day</td>
</tr>
<tr>
<td>Performed deed of the day</td>
</tr>
<tr>
<td>Learnt Purification Tip</td>
</tr>
<tr>
<td>Learnt Names of Allah</td>
</tr>
</tbody>
</table>

**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.*

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.

Al-Muntaqim - The Avenger

Al’Afuw - The Pardoner, and The Forgiven

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]

<table>
<thead>
<tr>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prayed all 5 obligatory prayers</td>
</tr>
<tr>
<td>Prayed Salat-ul Duha</td>
</tr>
<tr>
<td>Prayed Taraweeh Prayers</td>
</tr>
<tr>
<td>Completed 1 Juz of the Qur’an</td>
</tr>
<tr>
<td>Memorised hadith of the Day</td>
</tr>
<tr>
<td>Memorised du’a of the Day</td>
</tr>
<tr>
<td>Performed deed of the day</td>
</tr>
<tr>
<td>Learnt Purification Tip</td>
</tr>
<tr>
<td>Learnt Names of Allah</td>
</tr>
</tbody>
</table>

**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 your 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.*

Alhamdu lillaahil-lathee kasaanee haathaa (aththawba) 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.

Malik Al-Mulk - The Eternal Owner of Sovereignty

Thul-Jalali wal-Ikram - The Lord of Majesty and Bounty
**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**

---

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

Hasbunallaahu wa ni'amal-wakeel.

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

- **Al-Muqsit** - The Equitable, The One who is Just in His judgment
- **Aj-Jaami’** - The Gatherer
- **Al-Ghaniyy** - The Self-Sufficient, The One who does not need the creation
- **Al-Mughni** - The Enricher

---

**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 wabihamdihi’ 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 tranquillity 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.**

Innaa lillaahi wa ‘innaa ‘ilayhi raaji’oon, Allaahumma ‘ajibi ‘alee bi muslimeen, wa ‘akhyri ‘alee bi 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.

- **Al-Maan’** - The Withholder
- **Ad-Daarir** - The Distresser
- **An-Nafi’** - The Propitious
- **An-Noor** - The Light, and The One who guides
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]

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:

(3 times) 2) Then say:

(7 times) 1) Bismillaah (three times)

(7 times) 1) A’oothu biAllahi mina aljahileen

(A’oothu biAllahi an akoona mina aljahileen)

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).

Notes

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]

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

Al-Baqqi - The Everlasting

Al-Waarith - The Supreme Inheritor, and The Heir

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

As-Saboor - The Patient

Notes

__________________

__________________

__________________

__________________

__________________

Learnt Purification Tip
Masha Allah on completing the month of Ramadan!

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

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?

_________________________________________________________
_________________________________________________________

Goals Accomplished                  My Best Deed/ Action So Far
_________________________________________________________
_________________________________________________________

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

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)

<table>
<thead>
<tr>
<th>✔</th>
<th>Days</th>
<th>✔</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Day 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td>Day 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 3</td>
<td>Day 6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MAINTAINING THE RAMADAN SPIRIT

MAINTAINING ONE’S SPIRIT AFTER RAMADAN

How does 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 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