

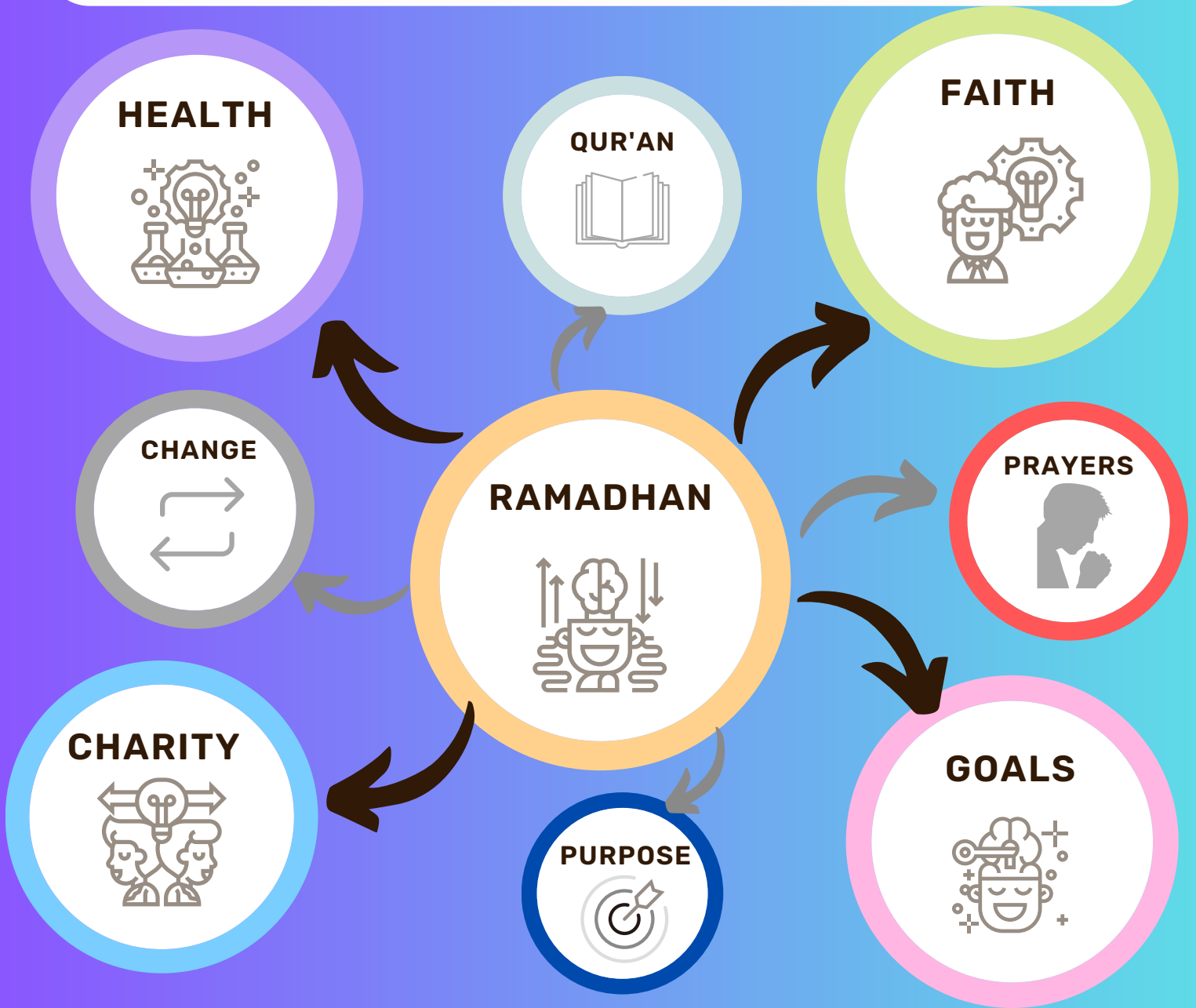
Ramadhan Planner 2023

In the Name of Allah, the Most Beneficent, Most Merciful

How this planner works: use the **"pre-filled"** forms as an example when completing your forms which are called: **"to complete"**.

Abu Huraira reported: The Messenger of Allah, Peace and Blessings be upon him, said, "Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few."

Source: Sunan Ibn Mājah 4240



Ramadhan and the importance of the Holy Month

Creating good habits and setting goals should be realistic and achievable. Remember that small, consistent changes are better than nothing. Allah loves that we make an effort to draw ourselves closer to Him which is why planning is important.

Ramadhan usually lasts between 29 to 30 days and after this, we celebrate Eid-ul-Fitr which marks the end of the fasting. Goal-setting helps us because it allows us to be self-aware of what changes we need to bring into our lives during and after Ramadhan.

Use Ramadhan as a boost of your imaan, which will help you until Ramadhan comes back again for a further boost!

Ramadan is the month in which the Qur'an, the holy book of Islam, was revealed to Prophet Muhammad (PBUH) through the angel Jibreel (Gabriel) in A.D. 610. The timing of revelation is given special significance and is known as Laylatul Qadr or the Night of Power.

Muslims around the world fast during the holy month with the aim to build a stronger relationship with Allah. Fasting also reminds us to refrain from lying, backbiting, and committing any sins.

Fasting is usually performed by all Muslims except those who are sick, pregnant, lactating, menstruating, elderly or travelling. If you miss fasting days you can make up for them throughout the year.

About Laylatul Qadr (The Night of Power)

In the Qur'an, Laylatul Qadr is described as:

"We have revealed it (Quran) in the night of power. And what will explain to you what the night of power is? The night of power is better than a thousand months." (Quran 97:1-4)

While the exact date of Laylatul Qadr is unknown, it is believed to be one of the odd-numbered dates in the last 10 nights of Ramadan. Most Muslims observe Laylatul Qadr on the night of the 27th.

Some Hadith Regarding Ramadhan

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said:

"When the month of Ramadan begins, the gates of the heaven are opened, the gates of Hellfire are closed, and the devils are chained".

Source: Şaḥīḥ al-Bukhārī 1899, Grade: Muttafaqun Alayhi

Anas ibn Malik reported: The Messenger of Allah, peace and blessings be upon him, said when the month of Ramadan began:

Verily, this month has presented itself to you. There is a night within it that is better than a thousand months. Whoever is deprived of it has been deprived of all good. None is deprived of its good but that he is truly deprived.

Source: Sunan Ibn Mājah 1644, Grade: Sahih

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said when the month of Ramadan arrived:

"The month of Ramadan has come, a blessed month in which Allah Almighty has obligated you to fast. In it the gates of the heavens are opened, and in it the gates of Hellfire are closed, and in it the devils are chained, and in it is a night that is better than a thousand months. Thus, whoever is deprived of its good is truly deprived.

Source: Musnad Aḥmad 7148, Grade: Sahih

Ibn Umar reported: The Messenger of Allah, peace and blessings be upon him, said:

Islam is built upon five: to worship Allah and to disbelieve in what is worshiped besides him, to establish prayer, to give charity, to perform Hajj pilgrimage to the house, and to fast the month of Ramadan.

Source: Şaḥīḥ al-Bukhārī 8, Grade: Muttafaqun Alayhi

Abu al-Muntafiq reported: I said, "O Messenger of Allah, teach me what will save me from the punishment of Allah and admit me into Paradise." The Messenger of Allah, peace and blessings be upon him, said:

Worship Allah and do not associate anything with Him, establish the prescribed prayers, give the obligatory charity, fast the month of Ramadhan, and treat people the way you would love to be treated, and do not treat them the way you would hate to be treated.

Source: al-Mu'jam al-Kabīr 15833, Grade: Sahih

Ramadhan is split into 3 parts: Days of Mercy, Forgiveness, & Emancipation from Hellfire

First 10 Days of Mercy Supplications:

Anta waliyyunaa faghfir lanaa warhammnaa wa Anta khairul ghaafireen.
Waktub lanaa fee haazi hid dunya hasanatan wa fil Aakhirati innaka hudnaaa
ilaik.

(Surah Al-A'raf Ayat 155 and 15)

Rabbigh fir warham wa Anta khairur raahimeen (Surah Al-Muminun Ayat 118)

Rabbana atina mil-ladunka Rahmataw wa hayyi lana min amrina rashada
(Surah Al-Kahf Ayat 10)

Middle 10 days of Forgiveness supplications:

Aabbana thalamna anfusana wa-in lam taghfir lana, wa-tarhamna la-
nakunanna minal-khasirin (Surah Al-A'raf, 7:23)

Subhan-allahi wa-bhihamdihi astagfirullah wa-atoobu -ilayh (Sahih Muslim)

Astaghfirullah

Allahumma inni as-aluka fi'lal-khairaat, wa tarkal-munkarat, wa hubbal-
masaakiin, wa an-taghfira lii wa tarhamanii
(Jami At-Tirmizi)

Last 10 Days of Emancipation from Hellfire:

"With the start of the last ten days of Ramadan, the Prophet SAW used to tighten his waist belt and used to pray all the night, and used to keep his family awake for the prayers." [Sahih Bukhari]

Recite often:

ALLAHUMMA AJIRNI MINAN NAAR

Rabbana innana 'aamanna faghfir lana thunoobana wa-qinaa athaabannar (Surah al-Imran 3:16)

The Last Ashra is very important and superior. In this Ashra the Night of Power (*Lailatul Qadar*) takes places in one of the odd nights - search for it by increasing prayer during these nights.

Healthy Habits

Suhoor Ideas

Reach for energy-packed foods:

Dates, Porridge, Fruit, Vegetables, Yoghurt, Bananas, Nuts, Eggs, Fruit Smoothie, Peanut Butter, Wheat Bread, Granola, watermelon, and Berries.

Exercise

During the fasting, your body is going to feel tired, fatigued, and feel either full or empty most of the time. It also needs to move and not become idle for too long. Have a quick work out 1 hour after iftar. This can be a combo of press-ups, sit-ups, weights, stretches, or a simple walk around the block or house - keep it simple - nothing too strenuous.

Stay hydrated:

Make sure you're sipping water after iftar up until you sleep, and do the same at suhoor. Keep a bottle of water at reach.

Clothes:

Don't wear thick layers of clothes, especially when the sun is out during the day - it will dehydrate you quicker. Instead, reach for loose cotton clothes.

Cold Showers:

If the weather gets too hot during the day, a cold shower is another way to keep the body hydrated. You can also swill your mouth with cold water but don't swallow the water.

Plan your menu:

It's always advisable to plan your food menu - stay away from fast food, oily foods, and sweets. eat healthy foods, fruit and vegetables - especially watermelon during iftar/suhoor to keep you hydrated.

The key is not to overeat.

Daily goals pre-filled

Major project goal:

Connect with Allah more during and after Ramadhan

Daily must-do tasks

- 1.5 daily prayers.
2. Taraweeh prayers.
3. Learn small surah and their meaning.
4. Track my qur'an progress.
5. Daily du'a for myself and others.
6. Technology diet.
7. Learn something new about islam.

Today's should-do tasks

1. Wake up for suhoor.
2. Become aware of what I eat - choose healthier options.
3. Write what i'm grateful for today.
4. Did I donate to charity?
5. Did I help out at home with cooking or cleaning?

Daily journal on how the fast went
fast number: _ _ _

First fast was tough but alhamdulillah i managed to complete it. I am so grateful for the food on my table and water that is easily accessible to me. Thank you Allah for all the blessings!

If i didn't meet a certain goal - what do i need to do differently tomorrow?

I wasn't able to pray much Qur'an today - need to fit it in before iftar tomorrow in'sha'Allah.

Qur'an Tracker - Tick each completed Surah

1. AL-FATIHAH (THE OPENING)
2. AL-BAQARAH (THE COW)
3. AL-'IMRAN (THE FAMILY OF IMRAN)
4. AN-NISA' (THE WOMEN)
5. AL-MA'IDAH (THE FOOD)
6. AL-AN'AM (THE CATTLE)
7. AL-A'RAF (THE ELEVATED PLACES)
8. AL-ANFAL (VOLUNTARY GIFTS)
9. AL-BARA'AT / AT-TAUBAH (THE IMMUNITY)
10. YUNUS (JONAH)
11. HUD (HUD)
12. YUSUF (JOSEPH)
13. AR-RA'D (THE THUNDER)
14. IBRAHIM (ABRAHAM)
15. AL-HIJR (THE ROCK)
16. AN-NAHL (THE BEE)
17. BANI ISRA'IL (THE ISRAELITES)
18. AL-KAHF (THE CAVE)
19. MARYAM (MARY)
20. TA HA (TA HA)
21. AL-ANBIYA' (THE PROPHETS)
22. AL-HAJJ (THE PILGRIMAGE)
23. AL-MU'MINUN (THE BELIEVERS)
24. AN-NUR (THE LIGHT)
25. AL-FURQAN (THE DISCRIMINATION)
26. ASH-SHU'ARA' (THE POETS)
27. AN-NAML (THE NAML)
28. AL-QASAS (THE NARRATIVE)
29. AL-'ANKABUT (THE SPIDER)
30. AR-RUM (THE ROMANS)
31. LUQMAN (LUQMAN)
32. AS-SAJDAH (THE ADORATION)
33. AL-AHZAB (THE ALLIES)
34. AL-SABA' (THE SABA')
35. AL-FATIR (THE ORIGINATOR)
36. YA SIN (YA SIN)
37. AS-SAFFAT (THOSE RANGING IN RANKS)
38. SAD (SAD)
39. AZ-ZUMAR (THE COMPANIES)
40. AL-MU'MIN (THE BELIEVER)
41. HA MIM (HA MIM)
42. ASH-SHURA (COUNSEL)
43. AZ-ZUKHRUF (GOLD)
44. AD-DUKHAN (THE DROUGHT)
45. AL-JATHIYAH (THE KNEELING)
46. AL-AHQAF (THE SANDHILLS)
47. MUHAMMAD (MUHAMMAD)
48. AL-FATH (THE VICTORY)
49. AL-HUJURAT (THE APARTMENTS)
50. QAF (QAF)
51. AD-DHARIYAT (THE SCATTERERS)
52. AT-TUR (THE MOUNTAIN)
53. AN-NAJM (THE STAR)
54. AL-QAMAR (THE MOON)
55. AR-RAHMAN (THE BENEFICENT)
56. AL-WAQI'AH (THE EVENT)
57. AL-HADID (IRON)
58. AL-MUJADILAH (THE PLEADING WOMAN)
59. AL-HASHR (THE BANISHMENT)
60. AL-MUMTAHANAH (THE WOMAN WHO IS EXAMINED)
61. AS-SAFF (THE RANKS)
62. AL-JUMU'AH (THE CONGREGATION)
63. AL-MUNAFIQUN (THE HYPOCRITES)
64. AT-TAGHABUN (THE MANIFESTATION OF LOSSES)
65. AT-TALAQ (DIVORCE)
66. AT-TAHRIIM (THE PROHIBITION)
67. AL-MULK (THE KINGDOM)
68. AL-QALAM (THE PEN)
69. AL-HAQQAQAH (THE SURE TRUTH)
70. AL-MA'ARIJ (THE WAYS OF ASCENT)
71. NUH (NOAH)
72. AL-JINN (THE JINN)
73. AL-MUZZAMMIL (THE ONE COVERING HIMSELF)
74. AL-MUDDATHHIR (THE ONE WRAPPING HIMSELF UP)
75. AL-QIYAMAH (THE RESURRECTION)
76. AL-INSAN (THE MAN)
77. AL-MURSALAT (THOSE SENT FORTH)
78. AN-NABA' (THE ANNOUNCEMENT)
79. AN-NAZI'AT (THOSE WHO YEARN)
80. 'ABASA (HE FROWNED)
81. AT-TAKWIR (THE FOLDING UP)
82. AL-INFITAR (THE CLEAVING)
83. AT-TATFIF (DEFAULT IN DUTY)
84. AL-INSHIQAQ (THE BURSTING ASUNDER)
85. AL-BURUJ (THE STARS)
86. AT-TARIQ (THE COMER BY NIGHT)
87. AL-A'LA (THE MOST HIGH)
88. AL-GHASHIYAH (THE OVERWHELMING EVENT)
89. AL-FAJR (THE DAYBREAK)
90. AL-BALAD (THE CITY)
91. ASH-SHAMS (THE SUN)
92. AL-LAIL (THE NIGHT)
93. AD-DUHA (THE BRIGHTNESS OF THE DAY)
94. AL-INSHIRAH (THE EXPANSION)
95. AT-TIN (THE FIG)
96. AL-'ALAQ (THE CLOT)
97. AL-QADR (THE MAJESTY)
98. AL-BAYYINAH (THE CLEAR EVIDENCE)
99. AL-ZILZAL (THE SHAKING)
100. AL-'ADIYAT (THE ASSAULTERS)
101. AL-QARI'AH (THE CALAMITY)
102. AT-TAKATHUR (THE ABUNDANCE OF WEALTH)
103. AL-'ASR (THE TIME)
104. AL-HUMAZAH (THE SLANDERER)
105. AL-FIL (THE ELEPHANT)
106. AL-QURAIISH (THE QURAIISH)
107. AL-MA'UN (ACTS OF KINDNESS)
108. AL-KAUTHTHAR (THE ABUNDANCE OF GOOD)
109. AL-KAFIRUN (THE DISBELIEVERS)
110. AN-NASR (THE HELP)
111. AL-LAHAB (THE FLAME)
112. AL-IKHLAS (THE UNITY)
113. AL-FALAQ (THE DAWN)
114. AN-NAS (THE MEN)



IF YOU HAVE COMMITMENTS DURING THE DAY, TRY TO BREAK UP YOUR DAILY RECITATION BY PRAYING IN BETWEEN PRAYERS.

MAXIMIZE YOUR PRODUCTIVITY BY MANAGING YOUR TIME.

Memorize Activities pre-filled

Major Project Goal:
Memorize Surah Yaseen
during Ramadhan

Small Surah Goals

1. Learn Juz and the translations.
2. Journal what I have learned.
3. Memorize more Surah and implement in prayers.
4. Buddy-up with someone and let them listen to the Surah you've learned.

Surah I struggle with:

1. _____

2. _____

3. _____

Refresh on daily du'as

What to pray when:

1. Keeping fast
2. Breaking fast
3. Waking up
4. Going to sleep
5. Entering bathroom
6. Leaving bathroom
7. Doing wudhu
8. Starting prayers
9. After prayers

Du'a list:

I want to pray for mum and dad, family members, extended family, friends, neighbours, and everyone who is suffering around the world.

I want to ask for Jannah, ask Allah for forgiveness, repent often, and pray to be saved from hellfire.

Memorize Activities to complete

Major Project Goal:

Refresh on daily du'as
what to pray when:

Small Surah goals:

- 1.
- 2.
- 3.
- 4.

du'a list:

I want to pray for ...

Surah I struggle with:

1. _____

2. _____

3. _____



Daily Mindfulness Check

Your Mental Health is an important part of your life. During Ramadhan, many thoughts or feelings may come to surface - this is normal and it would be beneficial to you if you perhaps journal how you feel during the fasting month. You can choose to do this daily or weekly. We will leave this empty space for this exercise.

Daily Supplications

Recite after every prayer:

Subhan-Allah x 33 times;
Al-hamdu lillah x 33 times;
Allahu Akbar x 33 times;

and you can also pray: La ilaha illallahu, wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'ala kulli shai'in Qadir.

Keeping fast (suhoor):

Wa bisawmi ghadinn nawaiytu min shahri ramadhan

Breaking fast:

Allahumma laka sumtu wa bika aamantu wa 'alayka tawakkaltu wa 'alaa rizqika aftartu

or

Thahabah thama wabtallatill' urooq wa thabatal ajru in'sha'allah

Sleeping:

Allah-humma bismika amooto wa'ah-yah

Waking up:

Alhamdulillah-hilladhi ah-yana ba'dama amatana wa ilayhinn-nushoor

Entering the toilet (left foot):

Allahumma inni a'udhoobika minal-khuboothee wal'kabaith

Leaving the toilet (right foot):

Ghufraanak-alhamdulillahiladhi adhaba anni wa-aa'faani

Before making wudhu:

Bismillahi walhamdu-lillah

During wudhu:

Allahummagh-firli wa-was'i li fi-dhaari wa-barik-li fi-rizki

Increasing knowledge:

Rabbi thidhni ilman

Entering masjid:

Allahummaf-tahli abwaaba rahmatik

Leaving masjid:

Allahumma-inni as-aluka min-fadlik

Entering home:

Allahumma inni as-aluka wa-khairal-mawliijee wa-khairal-makhriijee bismillahi walajna wa-bismillahi kharajna wa-al-allahi-rabbina tawakkalna

Leaving home:

Bismillahi tawakkaltu al-allahi la-hawla wa-la-quwata illa-billah

When in pain:

Place hand on affected area and say: bismillah x 3

When in difficulty:

HasbunAllah wa-ni'mal wakeel wa'alayhi tawakkaltu

Repeat often:

Astaghfirullah

Eid Celebration

It is of great benefit to increase in giving charity during the days of Ramadhan, so that the funds can get to the families during Ramadhan in real time and also for the Eid celebration.

Don't forget:

Zakat ul Fitr (also known as Fitrana) is a charitable donation of food/monetary that must be given before Eid prayer - Fitrana must be given by every self-supporting adult Muslim who has food in excess of their needs, on behalf of themselves and their dependants.

The quantity is described by the Prophet (PBUH) as one saa' of food, and one saa' is equivalent to four madd. A madd is the amount that can be scooped up when one puts their hands together. Check charity websites for updated amounts.

Within the Islamic calendar, there are two separate Eid festivals, each of which is in celebration of something different. These festivals are known as Eid ul-Fitr and Eid ul-Adha respectively. Eid ul-Fitr signals the end of the holy month of Ramadan and the start of Shawwal, which is the 10th month in the Islamic calendar. Eid ul-Fitr is a three-day celebration in order to mark the end of the fast.

Eid ul-Adha follows the Hajj pilgrimage and Qurbani in Dhul Hijjah. It takes place on the 10th day of the 12th month.

After a month of abstinence and devotion to Allah (SWT), the festival allows Muslims to reward themselves with what they previously gave up in the name of their faith.

Eid-ul-Fitr can be celebrated by greeting each other with smiles, saying Eid Mubarak, serving sweet meals to family and guests, and celebrating the day by spending it with loved ones. Wearing new or clean clothes with ittar (perfume) is also recommended.

Ramadhan is over.. so what now?

pre-filled

I am willing to keep these activity going:

- Read 1 page a day of the Qur'an
- Pray 5 salah on time
- Give a small amount to charity monthly
- Teach my children about the lives of the Prophets

Long term goals are:

Become a better muslim.
Find ways to please Allah.
Perform Hajj or Umrah.
Help my family more.

Short term goals are:

Reduce my phone usage.
Increase book reading.
Learn Arabic.
Refresh Juz Surah once a month.

Bad habits I am willing to stop:

Stop vaping and smoking.
Stay away from negative people.
Stop watching bad things on my phone.
Stop doing things that aren't serving my life purpose and my hereafter.

Good habits I am willing to start:

Be more grateful to Allah for the things I have and not focus on what I don't have
Go on technology diets often.
Clean my house more.
Keep good company.
Pray the daily du'as more.

Ramadhan is over.. so what now?

to complete

I am willing to keep these activity going:

Long term goals are:

Short term goals are:

Bad habits I am willing to stop:

Good habits I am willing to start:



You're now Imaan recharged!

I hope you enjoyed reading the Ramadhan Planner 2023! please share to others as this is a form of Sadqah-e-Jaariyah - reap the rewards!

Remember to be consistent with your goals and create good habits to help you even after ramadhan.

Let's not be of those who just become 'good muslims' during friday prayers or Ramadhan - let's keep this momentum going after Ramadhan!

Allah says in the Qur'an:

"Today I have perfected your faith for you, completed My favour upon you, and chosen Islam as your way." - Surah Al-Maida 5:3