



# Rabateens Ramadan planner



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# Welcome Ramadan!

Alhamdulillah!

You have been blessed to witness this month!

## DUAA WHEN SIGHTING THE NEW MOON:

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ لِمَا يُحِبُّ رَبُّنَا وَيَرْضَى، رَبُّنَا وَرَبُّكَ اللَّهُ

Allah is the Most Great; O Allah bring us the new moon with security and faith, with peace and Islam, and guidance to what our Lord loves and what pleases Him. Our Lord and your Lord is Allah.

## WHY DO WE FAST?

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ﴾ البقرة ، (183)

﴿O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.﴾  
(2: 183)

## VIRTUES OF FASTING DURING RAMADAN

- fasting is a shield and an intercessor for you
- fasting removes sins
- jahannam is locked and devils are chained
- fasting holds a special reward from Allah

## HOW CAN WE MAKE THE MOST OF THIS MONTH?

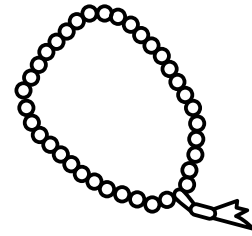


# Ramadan Bucket List

USE THIS PAGE TO LIST YOUR PERSONAL GOALS FOR THE WHOLE MONTH OF RAMADAN

## CELEBRATE

- moonsighting
- decorate
- crafts
- family photos
- clean prayer clothes
- prayer area ready
- sahur meal prep
- iftar ideas
- eid gifts
- eid cards
- eid cookies



*Worship...*

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## GOALS & TO-DOS

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- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_



*Give...*

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# Good Deeds & Habits

FILL YOUR RAMAḌĀN WITH GOOD DEEDS.  
CHOOSE THREE DEEDS FROM THIS LIST  
TO SET AS GOALS EACH DAY!

## Some examples are:

- Keep your room an angel magnet (tidy, clean & smelling nice)
- Complete all schoolwork
- Eat healthy during saḥūr & ifṭār
- Do some gentle exercises such as pilates or yoga
- Read some inspirational books
- Do a digital fast - reduce your time on social media
- Be of service to your parents
- Help prepare ifṭār & saḥūr
- Show kindness towards your siblings
- Help out with household chores
- Call or message a relative you haven't spoken to in a while
- Practice good manners
- Smile to someone
- Surprise someone with a kind gesture
- Refrain from backbiting
- Control young anger & tongue
- Give some food or water to the birds
- Make du'ā for your community and the ummah
- Make a plan of how you can be of service in your community





# Daily Schedule

**3:15-4:00AM**

Suhoor (will change as the month goes on) STOP eating 15-20 min. before Fajr.  
Brush teeth, make wudu, pray 2 rakat nafl salah (make the intention for tahajjud  
and make du'a at this special time)

**(around) 4:30AM**

Pray Fajr

**5:00-11:00AM**

Sleep

**11:00AM**

Wake Up and make wudu, pray 2 rakat Nafil (Duha),  
Read Quran 30-60 minutes, E-Learning + HW  
Pray Duhr (sunnah AND fard)

**2:00-6:00PM**

Take a nap

**6:00PM**

Wake up, make wudu, time for 'Asr (Sunnah AND fard)  
Read Quran-FINISH READING YOUR JUZ  
Help set the table for iftar!

**20-30 minutes before Iftar**

Make Du'a

**Maghreb**

Iftar! (break your fast with milk and dates)  
Pray Maghreb+Awabeen, 6 rakat=12 years of worship!  
(Naf'l salah)

**9:00PM**

Eat Dinner

**9:30PM**

Pray Isha and 20 rakat (1 Juz in Tarawih inshaAllah!)

**9:30PM-3:00AM**

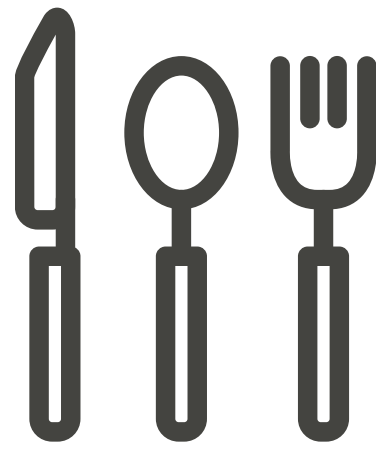
Qiyyam until suhoor!!







# My Ramadan Recipes



DISH:

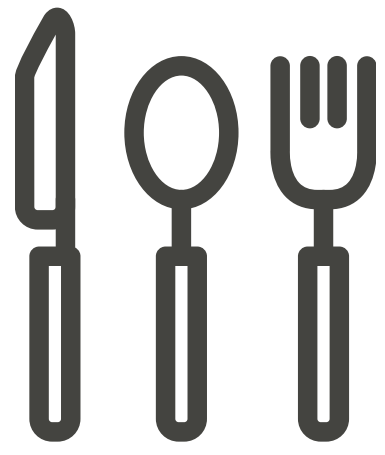
PREP  
TIME:

TOTAL  
TIME:

INGREDIENTS:

RECIPE:

# My Ramadan Recipes



DISH:

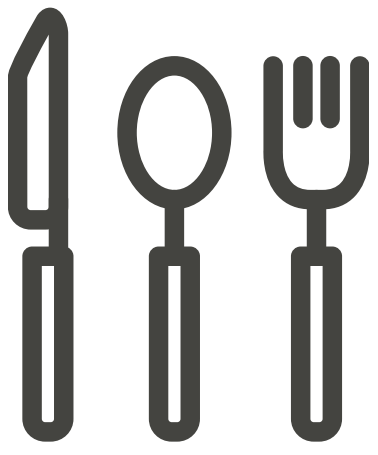
PREP  
TIME:

TOTAL  
TIME:

INGREDIENTS:

RECIPE:

# My Ramadan Recipes



DISH:

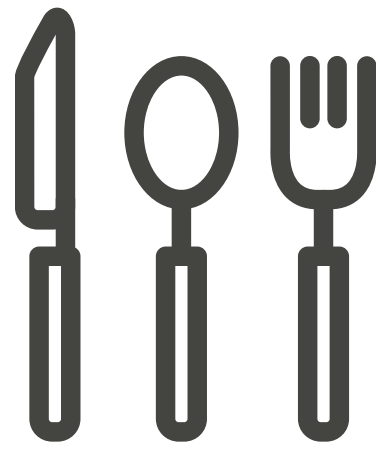
PREP  
TIME:

TOTAL  
TIME:

INGREDIENTS:

RECIPE:

# My Ramadan Recipes



DISH:

PREP  
TIME:

TOTAL  
TIME:

INGREDIENTS:

RECIPE:



# My Du'a List

DU'ĀS FOR MYSELF

A large, empty yellow rectangular box intended for writing du'as for oneself.

DU'ĀS FOR MY ĀKHIRAH

A large, empty yellow rectangular box intended for writing du'as for the afterlife.

DU'ĀS FOR MY FAMILY

A large, empty yellow rectangular box intended for writing du'as for family members.

DU'ĀS FOR MY UMMAH

A large, empty yellow rectangular box intended for writing du'as for the Muslim community.

DU'ĀS FOR MY DUNYA

A large, empty yellow rectangular box intended for writing du'as for worldly matters.

DU'ĀS FOR MY FRIENDS

A large, empty yellow rectangular box intended for writing du'as for friends.

OTHER

A large, empty yellow rectangular box intended for writing other du'as that do not fit into the other categories.

# Ramadan 1

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 2

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 3

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 4

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 5

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 6

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 7



## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 8

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 9

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 10

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR



# Ramadan 11

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 12

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 13

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 14

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 15

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 16

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 17

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 18

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 19

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 20

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 21

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 22

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR



# Ramadan 23

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 24

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 25

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 26

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 27

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 28

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

### SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE  
+ 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 29

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE + 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# Ramadan 30

## QURAN GOALS

RECITATION

MEMORIZATION

REFLECTION

## SADAQAH GIVEN

## DAILY DEEDS

## SALAH

- TAHAJJUD
- FAJR + 2 SUNNAH BEFORE
- DUHA
- DHUHR + 4 SUNNAH BEFORE + 4 SUNNAH AFTER
- 'ASR + 4 SUNNAH BEFORE
- MAGHREB + 2 SUNNAH AFTER
- 'ISHA + 2 SUNNAH AFTER
- TARAWEEH
- WITR

# What's Dhiker Week?

ISN'T IT CALLED 'VACATION'?!

## WHY EMPHASIZE WHAT WE CAN'T DO?

We've all said it before: *"I'm on my non-prayer days!"* or *"I'm on 'vacation!"* While it is true that we cannot pray ṣalāh during our periods, there is a lot that we actually CAN do. And honestly, who goes on 'vacation' from worshiping Allāh? Not us!

## NOT PRAYING IS... OBEDIENCE?

Yes! Menstruating women are commanded not to pray for the duration of their monthly cycles. So when we do not pray ṣalāh during our period, we are actually following Allāh's command.

Prayers that start after our period has begun are excused for us!

## WHAT ABOUT RAMADAN?

Fasting is also not allowed for us when we are on our periods. Unlike ṣalāh, missed Ramaḍān fasts have to be made up. We have to plan ahead to make up these fasts outside of Ramaḍān.

## SO, WHAT CAN WE DO INSTEAD?

We can fill our moments with dhikr! Allāh has created so many ways for us to gain and maintain nearness to Him. Dhikr is just one of these ways, and during our periods, we can use our established prayer times to remember Allāh!

# Getting Started

PHYSICAL SPACE + HEAD SPACE

## DIY DHIKR WEEK KIT

Grab a cute basket, box, or bin and fill it with the following items that will keep you ready for many dhikr weeks to come!

- masbaḥah/tasbīḥ
- du‘ā book
- personal du‘ā journal
- snacks you love  
(for between dhikr sessions)
- comfortable prayer mat
- prayer clothes
- this workbook



### Snacks I Crave

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## CLEAR YOUR MIND

Dhikr time should be phone and screen-free. Switch your devices to silent mode so it's easier to focus. Here are some ways to really help you get in the zone!

- think about what you're saying
- read the translations
- listen to your voice as you say each dhikr
- be aware of your breathing
- slow down as you recite each one



### I clear my mind by...

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# So Many Ways to Remember

LIGHT ON THE TONGUE,  
HEAVY IN THE SCALE

FILL MY DEED BOOK

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

*Subhān Allāhi wa bi-ḥamdihi subhān Allāh il-‘Azīm*  
Glory be to Allah and all praise is due to Him. Glory be to Allah, the Great

SEEK FORGIVENESS

أَسْتَغْفِرُ اللَّهَ

*Astaghfirullāh*

I seek forgiveness from Allah

RESERVE MY JANNAH SPACE

لَا إِلَهَ إِلَّا اللَّهُ

*Lā ilāha illallāh*

There is no god but God

CONNECT WITH MY NABI ﷺ

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ

*Allāhumma ṣalli 'ala sayyidinā Muḥammad*

O God, send prayers upon our master

Muḥammad ﷺ

# Powerful Prayers

## 7 PRECIOUS ADHKĀR

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

*Lā ḥawla wa lā quwwata illā bi-LLāh al-‘Aliyy al-‘Azīm*

No power nor strength is there but through God

حَسْبِيَ اللَّهُ وَنِعْمَ الْوَكِيلُ نِعْمَ الْمَوْلَى وَنِعْمَ النَّصِيرُ

*Ḥasbiy Allāh wa ni‘mal-Wakīl, ni‘mal-Mawlā wa ni‘man-Naṣīr*

Allāh suffices me and He is the best to depend on, the best Lord and the best Helper

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ نَسْتَغِيْثُ أَغِيْثْنَا

*Yā ḥayyu yā Qayyūm, bi raḥmatika nastaghīthu aghithnā*

O Living, O Caregiving, Your Mercy we plead for, help us

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ

*Lā ilāha illā Anta, subḥānaka, innī kuntu min az-ẓālimīn*

There is no God but You, praise be to You, verily I was amongst the unjust

سَلَامٌ قَوْلًا مِنْ رَبِّ رَحِيْمٍ

*Salāmun qawlan mir-Rabbir-Raḥīm*

Peace, the words of a Merciful Lord

لَيْسَ لَهَا مِنْ دُونِ اللَّهِ كَاشِفَةٌ

*Laysa lahā min dūni-LLāhi kāshifah*

No one less than God can lift this

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ بِقَدْرِ حُبِّكَ فِيهِ، وَزِدْنَا يَا مَوْلَانَا حُبًّا فِيهِ، اللَّهُمَّ بِجَاهِهِ عِنْدَكَ  
فَرِّجْ عَنَّا مَا نَحْنُ فِيهِ

*Allāhumma ṣalli ‘alā sayyidinā Muḥammadin bi-qadri ḥubbika fih. Wa zidnā yā mawlānā ḥubban fih. Allāhumma bi-jāhihi ‘indaka farrij ‘annā mā naḥnu fih*

O God, send prayers upon our master Muḥammad as [great as] the extent of Your love for him and increase us, our Lord, in love for him. O God, by virtue of his rank with You, relieve us of the difficulties which we are in.

# The Most Beautiful Names

"REMEMBER ME, I SHALL REMEMBER YOU."  
2:151

## WHEN I FEEL JOY

يَا فَتَّاح

Ya Fattāḥ *The Opener*

يَا شَكُور

Ya Shakūr *The One Who Responds to Thankfulness*

يَا رَحْمَان

Ya Raḥmān *The Most Gracious*

يَا رَحِيم

Ya Raḥīm *The Most Merciful*

## WHEN I FEEL ANGRY

يَا لَطِيف

Ya Laṭīf *The Most Gentle*

يَا صَبُور

Ya Ṣabūr *The Most Patient One*

يَا كَرِيم

Ya Karīm *The Most Generous*

## WHEN I FEEL SAD

يَا وَدُود

Ya Wadūd *The Most Loving*

يَا غَفَّار

Ya Ghaffār *The Most Forgiving*

يَا وَهَّاب

Ya Wahhāb *The Giver of Gifts*

يَا رُؤُوف

Ya Ra'ūf *The Most Gentle*

يَا مُجِيب

Ya Mujīb *The One Who Responds*

## WHEN I FEEL ANXIOUS

يَا خَبِير

Ya Khabīr *The Most Aware*

يَا قَهَّار

Ya Qahhār *The Dominant One*

يَا مُؤْمِن

Ya Mu'min *The Guardian of Faith*

## WHEN I FEEL FEAR

يَا مُهَيِّم

Ya Muhaymin *The Protector*

يَا سَلَام

Ya Salām *The Giver of Peace*

يَا عَزِيز

Ya 'Azīz *The Mighty*

يَا حَفِيز

Ya Hafīz *The Preserver*

يَا مَانِع

Ya Māni' *The Preventer of Harm*

يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Ya Dhal Jalāli wal Ikrām  
*The Lord of Majesty and Bounty*

# Pour Your Heart Out

"INDEED, I AM NEAR." 2:186

Du'ā is one of the most special things we have as Muslims. Jot down your du'ās here and pour your heart out to The One who is always near.

A series of ten horizontal lines for writing du'ās, each preceded by a small blue dot on the left side.











# Let's Go!

## PRACTICE SCHEDULE

Try starting your dhikr week off with this practice schedule and use the checklist to keep track of your adhkār. Or, create you own schedule starting on the next page!

|                     | WHICH DHIKR? HOW MUCH?                                   |
|---------------------|--|
| TAHAJJUD            | 250 ISTIGHFĀR<br>250 ŞALAWĀT<br>250 LĀ ILĀHA ILLALLĀH    |
| AT EACH PRAYER TIME | 250 SUBĤĀN ALLĀHI WA BI-ĤAMDIHI<br>SUBĤĀN ALLĀH IL-‘AZĪM |
| RIGHT AFTER FAJR    | 7 ADHKĀR,<br>25 X EACH                                   |
| RIGHT AFTER DHUHR   | 250 LĀ ILĀHA ILLALLĀH                                    |
| RIGHT AFTER AŞR     | 1000 ALLĀHUMMA ŞALLI 'ALĀ SAYYIDINĀ MUĤAMMAD             |
| RIGHT AFTER MAGHRIB | 99 NAMES OF ALLĀH, 10X EACH                              |
| RIGHT AFTER ISHĀ'   | 250 ASTAGHFIRULLĀH                                       |

# What Your Heart Needs

## CUSTOMIZE YOUR DHIKR

You've read about the different adhkār in this book. Think about your own heart. What does it need? What will make it stronger? Use these guiding questions to help.

HOW DO I FEEL ABOUT MY CONNECTION TO THE PROPHET ﷺ?

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WHAT EMOTIONS DO I FEEL MOST OFTEN?

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IN WHAT MOMENTS DO I TURN TO OR THINK OF ALLĀH?

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THIS IS HOW I FEEL WHEN I MISS OUT ON PRAYER:

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# My Dhikr Plan

Grab a pretty pen and fill out your own dhikr schedule!  
Set your timings and decide on which dhikr you'll recite!

| WHEN? | WHICH DHIKR? HOW MUCH? |
|-------|------------------------|
|       |                        |
|       |                        |
|       |                        |
|       |                        |
|       |                        |
|       |                        |
|       |                        |

# Dhiker Checklist

GET IT DONE

- TAHAJJUD
- FAJR
- AFTER FAJR
- DHUHR
- AFTER DHUHR
- AŞR
- AFTER AŞR
- MAGHRIB
- AFTER MAGHRIB
- ISHĀ'
- AFTER ISHĀ'

# My Checklist

CUSTOMIZED

A vertical column of 12 gold squares, intended for users to check off items on their checklist. The squares are arranged in a single column and are evenly spaced.



# Reflections

## HOW DID IT GO?

WHICH PART OF THE DHIKR SCHEDULE WAS A BIG WIN FOR ME, AND WHICH PARTS DID I STRUGGLE WITH?

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WHICH ADHKĀR HELPED ME THE MOST THIS WEEK? HOW?

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WHAT HAVE I LEARNED ABOUT MYSELF THIS WEEK?

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WHAT AM I LOOKING FORWARD TO FOR MY NEXT DHIKR WEEK?

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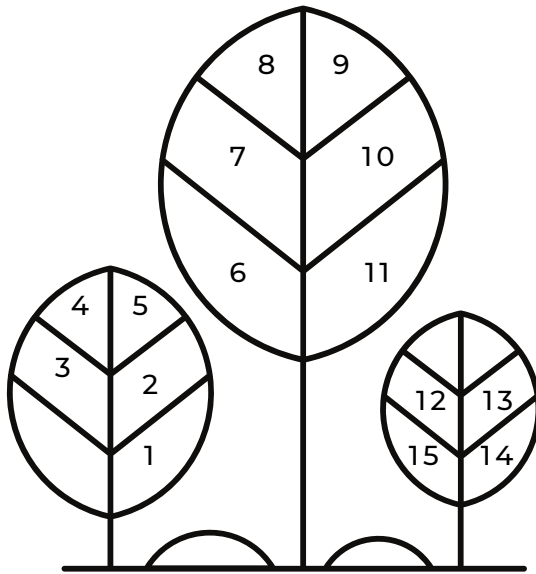
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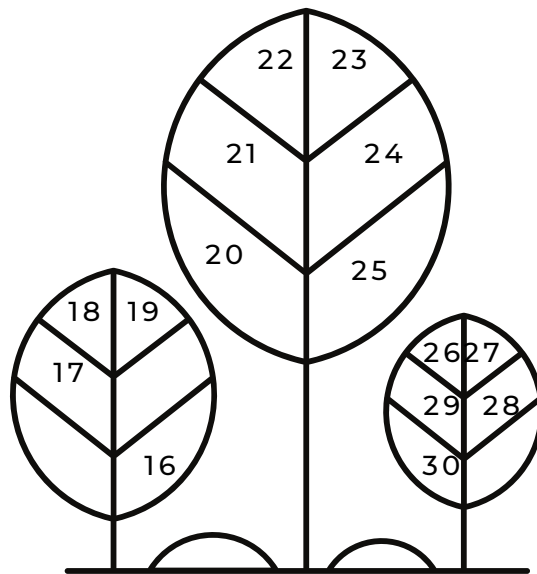
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# Mood Tracker

"GOD TURNS YOU FROM ONE FEELING TO ANOTHER,  
& TEACHES BY MEANS OF OPPOSITES,  
SO THAT YOU WILL HAVE TWO WINGS TO FLY,  
NOT ONE." (RUMI)



- JOYFUL
- CONTENT
- EXCITED
- RELAXED
- PRODUCTIVE
- STRESSED
- TIRED
- BLAH / UGH





# Ramadan Reflections

MY BLESSINGS THIS  
RAMADAN

LESSONS I'VE LEARNT  
THIS RAMADAN

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TO FOCUS ON IN  
THE FUTURE...

ADDITIONAL NOTES

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# One Line a Day

MY RAMADAN 1442H (2021).

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