



# Ramadan Journal





# Welcome to Ramadan Journal

Alhamdulillah, we are entering the sacred month of Ramadan, a time of reflection, self-discipline, and spiritual renewal. During this time, we embark on a journey to strengthen our relationship with Allah SWT through fasting, prayer, and good deeds. Fasting is not just about abstaining from food and drink – it is removing negative habits, distractions, and anything that distances us from Allah SWT. Ramadan is a training ground for the soul. As we immerse ourselves in worship, let us approach this month with sincerity and devotion, striving to carry its blessings long after it ends. May our fasts purify our hearts, and may we emerge from Ramadan renewed and closer to our Creator.

Ameen

## What Does Ramadan Mean to Me?





# Setting My Intentions

**"Every action of a person is based on his intention."**

**[Sahih al-Bukhari, Sahih Muslim]**

**Why is our niyyah (intention) important?**

- It purifies our heart and drives sincerity behind every action.
- It transforms any action into an act of worship to seek the pleasure of Allah SWT.
- It will help us stay focused and consistent in our goals throughout Ramadan.

**What are my Intentions this Ramadan?**

**What do I Hope to gain Spiritually?**

**How will I ensure my Actions stay  
Sincere & Purposeful?**



# Vision Board

A vision board will help you solidify your intentions and visualize your ideal Ramadan experience.

## Family & Relationships

How can I strengthen bonds with family and friends this Ramadan through kindness, patience, forgiveness, and spiritual growth together?

## Akhlaq & Personal Growth

What bad habits can I break and good qualities can I improve daily?

## Physical & Dietary Health

How can I eat better and stay healthy during Ramadan?

## Social Media & Leisure Time

How can I avoid distractions and use my time purposefully during Ramadan?



# Vision Board

A vision board will help you solidify your intentions and visualize your ideal Ramadan experience.

## Salah & Nafl Prayers

How can I improve my salah and make time for extra prayers this Ramadan?

## Quran & Gaining Knowledge

How can I achieve my Qur'an goals and gain Islamic knowledge this Ramadan?

## Zakat & Community Service

How can I support a cause and build a habit of regular sadaqah?



# Create Goals

Now that you have reflected on your everyday life and visualized what you want to achieve, it's time to turn them into clear, actionable goals.

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## Specific : What Exactly Do I Want To Accomplish?

E.g. I will complete the recitation of Quran by reading a set portion daily

## Measurable: Are Your Goals And Progress Measurable?

E.g. I will read atleast 1 Juz per day

## Achievable: How Can It Realistically Be Accomplished?

E.g. I can set aside 30 – 45 minutes per day

## Relevant: Does It Align With My Values?

E.g. Ramadan is the month of Quran, I want to gain immense blessings

## Time – Based: When Can I Accomplish It By?

E.g. I will complete it within one month



30  
DAYS

Make Your Own

# Ramadan Challenge

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30



# Ramadan Checklist

- Repent and pray for a good Ramadan
- Do extra acts of worship
- Be conscious of your actions and try to refrain from negative acts
- Reduce Distractions
- Be mindful of your eating habits and practice moderation
- Prepare a list of Duas
- Set your intentions and reflect on the purpose of Ramadan
- Know what's on your plate, and plan accordingly
- Regulate your sleeping patterns
- Increase the quality of your current acts of worship



# Sunnah & Du'a for Ramadan

## Break fast with dates or water

"When any one of you breaks his fast, let him break it with dates. If he cannot find dates, then let him break it with water, for it is a means of purification."

[Sunan Ibn Majah]

## Hasten breaking of fast

"The people will remain upon goodness so long as they hasten to break the fast. Hasten to break the fast, for the Jews delay it."

[Sunan Ibn Majah]

## Du 'a when breaking fast

ذَهَبَ الظَّمَاءُ، وَابْتَلَيَ الْعُرُوقُ، وَثَبَتَ الأَجْزُءُ إِنْ شَاءَ اللَّهُ تَعَالَى

"The thirst is gone, the veins are moistened, and the reward is established—if Allah wills."

[Abu Dawood]

## In seeking Laylat ul-Qadr

اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"Allah, you are the Forgiving and love to forgive, so forgive me."

[Tirmidhi]



# Post - Ramadan

As Ramadan comes to an end, it's important to pause, reflect, and plan for what comes next. The goal of this month isn't just about what we do during Ramadan—it's about the habits, discipline, and spiritual growth we carry forward after it ends.

## Reflecting on My Ramadan Journey

What fulfilled me most this Ramadan, what lessons did I learn, and what habits brought me closer to Allah that I want to continue?



# MSA Services



**Daily Iftaars On Campus**

Monday – Friday in PMC

**Taraweeh On Campus**

Monday – Sunday in PMC



**Quran Tarteel**

**Competition**



**Ramadan Campaign for**

**Sudan & Palestine**