



**PLANNING**

*for Success*



PREPARING  
FOR  
RAMADHAN



*Making the most of the  
blessed month*

WORKBOOK

*+ Action Plan*

# ABOUT THIS WORKBOOK

This workbook was designed to support you in starting your Arabic journey with confidence.

May Allah accept our efforts &  
guide us all toward what is pleasing Him  
Ameen

- DISCLAIMER -

This workbook is intended for participants of the  
Online Training  
*Planning for success*  
ONLY

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DUA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

*Our Lord! Accept (this service) from us: For Thou art the All-Hearing, the All-knowing. - Quran, 2:127*

NOTES

RAMADHAN

رَمَضَانُ

**Introspection**

*Reflections*

**My Previous Ramadhan**

What was the main challenge you encountered, and how did you deal with it?

What was one accomplishment you're proud of, and how did you accomplish it?

What was one good habit you had, and have you been able to continue it since then?

What was one bad habit you struggled with, and have you successfully refrained from it?

What is one significant insight or experience from Ramadan that has influenced your personal or spiritual growth since then?

What was one goal you set for yourself, and did you achieve it? If not, why do you think that was?

## WHY IS THE MONTH RAMADHAN IMPORTANT?

مَاذَا يَعْني لَكَ شَهْرُ رَمَضانَ؟

*What does it mean to you?*

NOTES

### ASSESSMENT

#### RAMADHAN

*Reflections*

*Do you feel there is something missing?*

*yes*

*no*

*Do you feel it's all about fasting?*

*yes*

*no*

## WHAT IS THE MONTH OF RAMADHAN?

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ

RAMAḌĀN IS THE MONTH IN WHICH THE QURAN WAS REVEALED

هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ

AS A GUIDE FOR HUMANITY WITH CLEAR PROOFS OF GUIDANCE AND THE STANDARD 'TO DISTINGUISH BETWEEN RIGHT AND WRONG'.

فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

RAMAḌĀN IS THE MONTH IN WHICH THE QURAN WAS REVEALED

QURAN 2: 185

RAMADHAN  
رَمَضَانَ

NOTES

## FASTING

لِمَاذَا يَأْمُرُ اللَّهُ بِالصِّيَامِ؟

Why does Allah subhanahu wa ta'ala prescribes fasting?

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ  
كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ  
تَتَّقُونَ

O BELIEVERS! FASTING IS PRESCRIBED FOR YOU—AS IT WAS FOR THOSE BEFORE YOU—SO PERHAPS YOU WILL HAVE **TAQWA**.

QURAN 2: 185

التَّقْوَى ←

"To have *Tagwa* means to develop a sense of  
----- yourself"

- Nouman Ali Khan

NOTES

What is the relationship between taqwa & fasting?



NOTES

A large empty rectangular box with an orange border, intended for taking notes.

## BENEFITS

### 1. Rampart against \_\_\_\_\_

مَنْ اسْتَطَاعَ مِنْكُمُ الْبَاءَةَ فَلْيَتَزَوَّجْ وَمَنْ لَمْ يَجِدْ  
فَعَلَيْهِ بِالصَّوْمِ فَإِنَّهُ لَهُ وَجَاءٌ

"Whoever among you can afford to get married, let him do so, and whoever cannot afford it should fast, for it will be a restraint (Wija) for him."

- Sunan an-Nasa'i 2241

### 2. Protection against \_\_\_\_\_

مَنْ صَامَ يَوْمًا فِي سَبِيلِ اللَّهِ بَعَدَ اللَّهُ وَجْهَهُ عَنِ  
النَّارِ سَبْعِينَ خَرِيفًا

"Indeed, anyone who fasts for one day for Allah's Pleasure, Allah will keep his face away from the (Hell) fire for (a distance covered by a journey of) seventy years."

- Sahih al-Bukhari 2840

### 3. Rewards & \_\_\_\_\_

إِنَّ لِلصَّائِمِ فَرْحَتَيْنِ إِذَا أَفْطَرَ فَرِحَ وَإِذَا لَقِيَ اللَّهَ فَرِحَ

There are two (occasions) of joy for the observer of fast. He feels joy when he breaks the fast and he is happy when he meets Allah.

- Sahih Muslim 1151f

NOTES

## SPECIAL IBADAA

كُلُّ عَمَلِ ابْنِ آدَمَ لَهُ، إِلَّا الصَّوْمَ فَإِنَّهُ لِي، وَأَنَا أَجْزِي بِهِ

Every good deed of Adam's son is for him except fasting; it is for Me. and I shall reward (the fasting person) for it

Sahih al-Bukhari 5927

NOTES

We need to create \_\_\_\_\_ in how we approach this blessed month

What am I telling myself around Ramadhan?

How can I reframe this?

## RAMADHAN RESET

mindset of an athlete



كُلُّ عَمَلِ ابْنِ آدَمَ لَهُ، إِلَّا الصَّوْمَ فَإِنَّهُ لِي، وَأَنَا أَجْزِي بِهِ

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Sahih al-Bukhari 5927

NOTES

# Activity

## MY ASPIRATIONS

*brainstorming*

*Note down all the things you would like to improve in your life*



## SETTING GOALS

### Mistakes to avoid

#1: \_\_\_\_\_

*instead*  


#2: \_\_\_\_\_

*instead*  

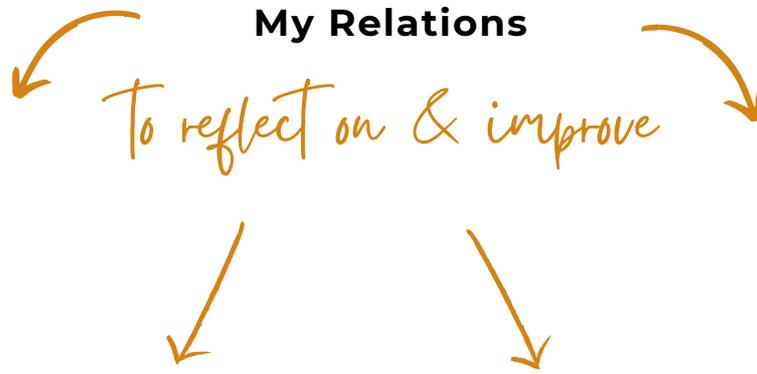

#3: \_\_\_\_\_

*instead*  


#4: \_\_\_\_\_

*instead*  


# RAMADHAN PLANNING



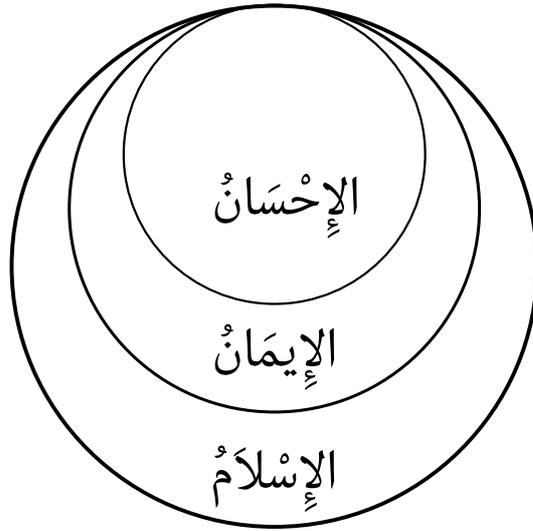
RELIGION  
الدِّين

VS

SPIRITUALITY  
الرُّوحَانِيَّة

NOTES

## STAGES IN ISLAM



لِإِسْلَامٍ أَنْ تَعْبُدَ اللَّهَ وَلَا تُشْرِكَ بِهِ، وَتُقِيمَ الصَّلَاةَ، وَتُؤَدِّيَ  
الزَّكَاةَ الْمَفْرُوضَةَ، وَتَصُومَ رَمَضَانَ

To worship Allah Alone and none else, to offer prayers perfectly to pay the compulsory charity (Zakat) and to observe fasts during the month of Ramadan.

الإِيمَانُ أَنْ تُؤْمِنَ بِاللَّهِ وَمَلَائِكَتِهِ وَبِلِقَائِهِ وَرُسُلِهِ، وَتُؤْمِنَ بِالْبَعْثِ

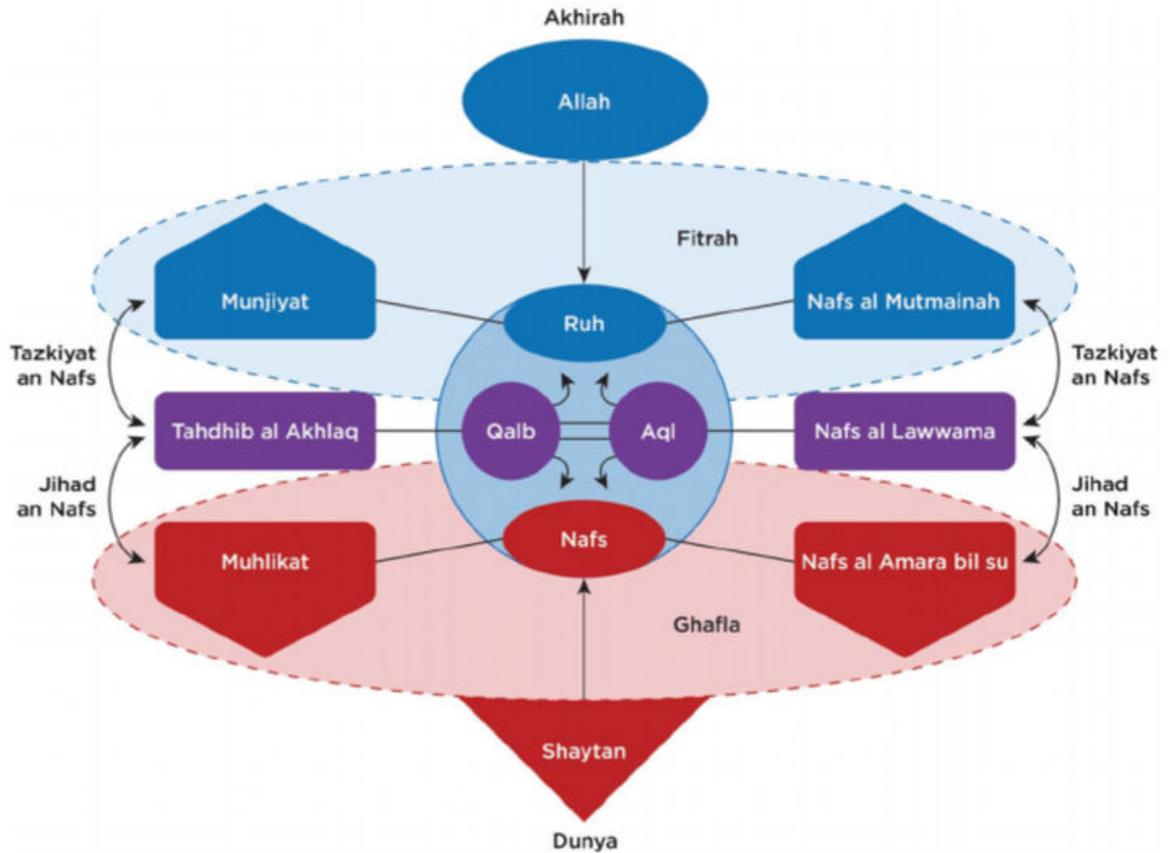
Faith is to believe in Allah, His angels, (the) meeting with Him, His Apostles, and to believe in Resurrection.

أَنْ تَعْبُدَ اللَّهَ كَأَنَّكَ تَرَاهُ، فَإِنْ لَمْ تَكُنْ تَرَاهُ فَإِنَّهُ يَرَاكَ

To worship Allah as if you see Him, and if you cannot achieve this state of devotion then you must consider that He is looking at you.

Sahih al-Bukhari 50

# AN-NAFS



Islamic model of the soul

NOTES

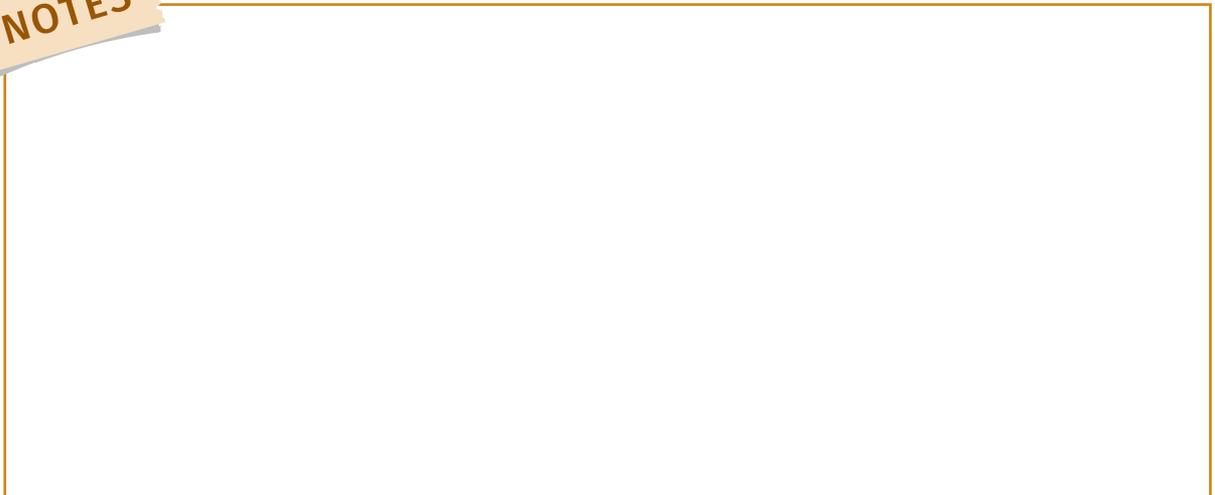
## THE 3 T

#1: T\_\_\_\_\_

#2: T\_\_\_\_\_

#3: T\_\_\_\_\_

NOTES



# IMPROVING MY SPIRITUALITY

## FINDING WHAT WORKS BEST FOR US

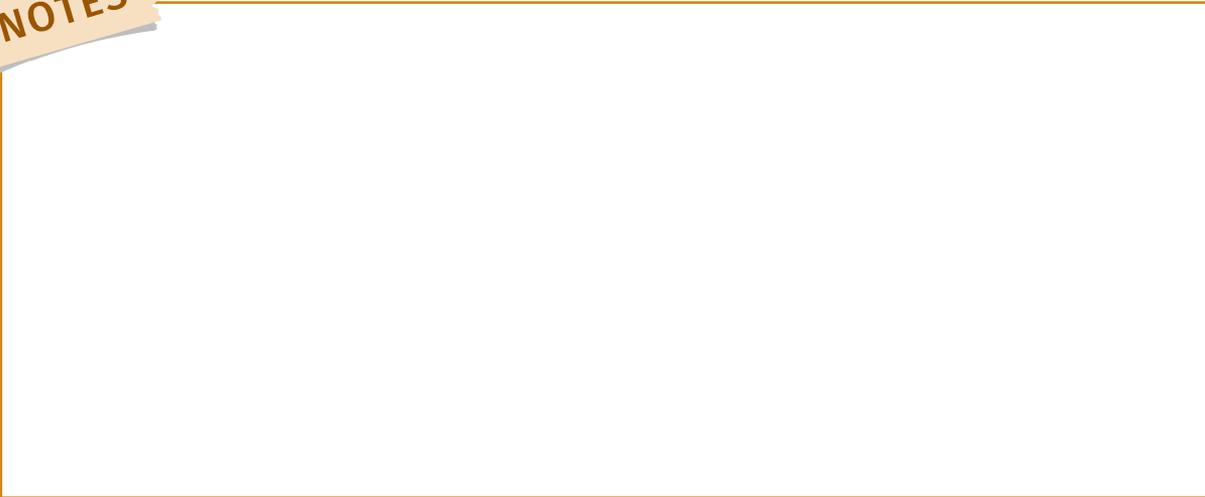
Prayer

Dhikr

Quran

Seeking Knowledge

NOTES



# Action Plan خُطَّةُ عَمَلٍ

## #3: PREPARING FOR RAMADHAN



*Al hamdulil'Allah, you have reached the end of this lesson & it's time to get to work sister! Read & complete the tasks below.*

*Take it ONE STEP AT A TIME!*

### PRIORITASING

*Read & answer the following questions to help you gain more clarity on your current situation*

#### *Reflections*

*What is important in my current season of life?*

*What area of my life needs change most urgently?*

*What can I let go of?*

*What am I grateful for?*

*What is one value I want to embody this next Ramadhan?*

## ANALYSING

*Look at each aspect & assess where you're at in each relation:*

### *Reflections*

*My relation with Allah*

*My relation with the Quran*

*My relation with myself*

*My relation with others*

## What do I plan to do this Ramadhan in shaa Allah?

### PLANNING

*REMEMBER: Start slowly, one step at a time, according to your abilities. Decide on the habits you will put in place for each category bi'idhni'Allah (choose wisely and no more than 3 to get started with)*

*Prayer*

*Dhikr*

*Quran*

*Seeking Knowledge*

# Daily Planner

# رَمَضَانُ

## المُخَطَّطُ اليَوْمِيّ

Date : .....

S M T W T F S

Iftar : ..... / ..... : الإفطارُ

Suhoor : ..... / ..... : السَّحُورُ

Imsak : ..... / ..... : الإمساكُ

My prayer

صَلَاتِي

	العِشَاءُ	المَغْرِبُ	العَصْرُ	الظُّهْرُ	الفَجْرُ
FARA'IDH الفَرَائِضُ	<input type="checkbox"/>				
NAWAFIL التَّوَافِلُ	<input type="checkbox"/>				

Today's goal

هَدَفُ اليَوْمِ

Today's affirmation

My Priorities

أَوْلِيَّاتِي

My learning plan

READING

WATCHING

WRITING

My dua

أَذْكَارِي



# Daily Reflections

رَمَضَانَ

خَوَاطِرُ الْيَوْمِ

What are 3 good things that I can celebrate today?

- 
- 
- 

What didn't go so well today?

What are my thoughts/feelings about it?

What am I grateful for today?

*Al hamdulil'Allah for...*

What can I do about it?

What did I learned today?

How did I connect to myself today?

What good deed did I do today?

What should I improve tomorrow in shaa Allah?

# Daily Reflections

رَمَضَانَ

خَوَاطِرُ الْيَوْمِ

What are 3 good things that I can celebrate today?

- 
- 
- 

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*Al hamdulil'Allah for...*

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What should I improve tomorrow in shaa Allah?

My Quran study

رَمَضَانَ

تَدَبُّرُ الْقُرْآنِ

*A word from the Quran*

Assessment

رمضان

التقييم

Day & time:

How am I doing with my goals?

How can I make it better/easier on me?

Adjust & Redefine goals if necessary.

What achievement regarding my goals can I celebrate?