



أَهْلًا وَسَهْلًا

Ramadhan

WITH KDOJ

Name :

Introduction

30 Days. 720 Hours. One Goal.

Ramadan 1447H is not just a month of starving; it is a month of starving the distractions to feed the soul.

You have a limited window of opportunity. Every hour in this month is weighted with blessings that you cannot get at any other time of the year. This booklet is designed to help you maximize that investment.

YOUR Mission:

- Fasting: Not just from food, but from anger, backbiting, and wasting time.
- Quran: To reconnect with the words of my Creator.
- Tarawih: To stand in prayer even when I am tired.

Surah Fussilat (41:30)

Arabic: إِنَّ الَّذِينَ قَالُوا رَبُّنَا اللَّهُ ثُمَّ اسْتَقَامُوا تَتَنَزَّلُ عَلَيْهِمُ الْمَلَائِكَةُ أَلَّا تَخَافُوا وَلَا تَحْزَنُوا وَأَبْشِرُوا بِالْجَنَّةِ الَّتِي كُنْتُمْ تُوعَدُونَ

Translation: "Indeed, those who have said, 'Our Lord is Allah' and then remained on a right course (Istiqamah) - the angels will descend upon them, saying, 'Do not fear and do not grieve but receive good tidings of Paradise, which you were promised.'"

(Remember consistency brings tranquility and angelic support)

To-do List



Sadaqah



Taraweeh



Qiyam al-Layl



Dzikir



Fasting



Reciting al-Quran



Doing Good Deeds



Avoid Backbiting

Did you know?

Benefits of tarawih:

"Whoever prays during the night in Ramadan (Tarawih) out of sincere faith and seeking reward, his previous sins will be forgiven."

(Sahih Al-Bukhari & Muslim)

30-DAY HASANAT Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Water a tree or plant	Send Iftar foods to neighbour	Share something beneficial	No Music for the Day	Give someone a sincere compliment
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Make dua for 3 specific people and appreciate them	Smile at everyone you see	No Swearing for the Day	Pray each prayer Early	Feed an animal
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Pick up trash you find along your day	Study translation of a surah	No Gaming or Watching Shows for 24 Hours	Watch an islamic Lecture	Make dua for anybody that crosses your mind
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Spend One Day without Social Media	Learn a new Hadith	Help a friend with studies	Show gratitude to your friends	No Complaining for the Day
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Call and check up on a relative	Help your Lecturer	Donate to a charity	Forgive someone you hold a grudge with	Deliver dates to local mosque
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Make dua for the dead	Forgive and be kind to yourself	Send a loving message to your siblings & parents	Help someone in need	Reflect on lessons learned this Ramadhan

GET STARTED - BISMILLAH

PRE-RAMADAN CHECKLIST

TIPS TO GET READY FOR THE HOLY MONTH OF RAMADAN

- Educate yourself/refresh your memory on the purpose and virtues of Ramadan.
- Seek Forgiveness from Allah ﷻ and repent sincerely from past sins in order to start Ramadan on a clean slate.
- Surround yourself with righteous companions or people that cause you to remember Allah ﷻ with much love and fear.
- Get yourself a Ramadan Accountability Partner and help keep each other accountable to your goals.
- Set Ramadan goals and prepare Ibadah plan and dua list.
- Complete all outstanding/missed fasts.
- Fix your salat and start praying on time.
- Fix your hijab (this is applicable to both men and women).
- Control your anger, guard your tongue and refrain from gossiping or backbiting.
- Spend your free time intentionally, limit social media use and engage in more supererogatory ibadah.

GET STARTED - BISMILLAH

PRE-RAMADAN CHECKLIST

- Establish habit of sleeping early and waking up in the last 1/3 of the night to pray Tahajjud.
- Recite Quran daily and engage more in tadabbur.
- Calculate and pay your zakat (if you're eligible).
- Carry out a deep home cleaning exercise.
- Review personal calendar and reschedule appointments where possible.
- Prepare and send out Iftar Invitations to family and friends you would like to host.
- Finalize Ramadan grocery shopping and Suhoor and Iftar menu plan.
- Shop for Ramadan and Eid decorations and gifts.
- Be mindful of eating habits and practice moderation and sustainability

Day 1

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 2

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 3

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 4

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 5

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 6

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 7

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 8

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 9

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 10

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 11

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 12

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 13

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 14

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 15

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 16

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 17

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



Day 18

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 19

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 20

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 21

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 22

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 23

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 24

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 25

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 26

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 27

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 28

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 29

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient

Day 30

Today I will be Read / Tadararus / Tadabbur

Surah & Ayat :

Lesson From Ayat :

Daily Checklist :

Perform Tahajjud

Help Someone

Control Tongue

Perform Tarawikh

Avoid Backbiting & Lying

Complete daily hasanah quest

Recite Quran

Be Patient



As we complete this 30-day Ramadan journey, may every fast, prayer, and sincere effort be accepted by Allah. May this planner be small means that helps us grow closer to Him and carry the spirit of Ramadan into our daily lives.

