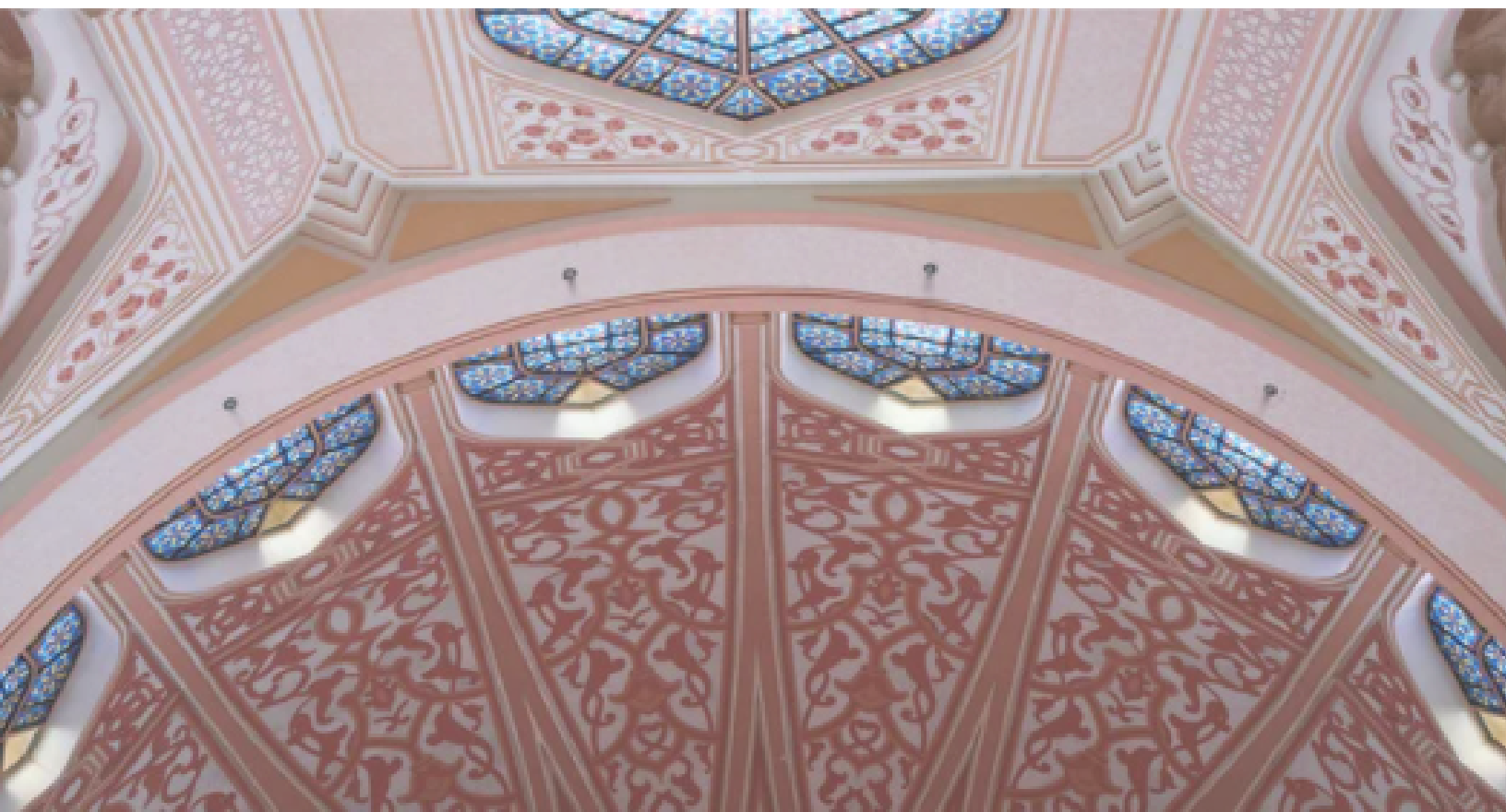



Ramadan Recharge Journal





*"Oh Allah SWA, make this
Ramadan a turning point in
my life. May I turn towards
you not just in this month but
continuously."*

Ramadan Recharge
Journal

www.Mindful-Muslimah.com

How TO USE THIS JOURNAL

The same sad story...

The average Muslim would love to say that their Ramadan was a productive experience full of spiritual bliss. The reality is that the average Muslim comes in to Ramadan with high expectations and leave feeling disappointed. Yeh, you are not the only one. It's an epidemic in our ummah.

But why is that? Why do so of us many experience the same rush of excitement, only to have it all end in disappointment? It's simple. We are less prepared then we should be, we make unrealistic/lofty goals and we don't stay self-aware throughout the month to pivot and adjust when things get off track.

In walks the Ramadan Recharge Journal... If you start it before Ramadan, then you are better prepared and ahead of the game, but if you didn't no worries. You are still in a good place now that you have it at hand.

Let's talk about how to have your best Ramadan yet insh'Allah...bismillah...

***Notice...**

This journal is **BEST** used in conjunction with our Ramadan Recharge Mentorship Program available each Ramadan. It is a personalized 5-session program with Mindful Muslimah herself. She walks your through all steps and supports you within a cohort of other sisters the **ENTIRE** Ramadan. If you aren't already part of the program and are interested, email her team and ask for how to get access at Mindfulness@mindful-muslimah.com.



How TO USE THIS JOURNAL

What will this Journal do for you?

We already mentioned what is being done wrong. But let's talk about to do it right.

This journal will help you have the best Ramadan yet, by helping you prepare your mind, body and through deep self-assessment (find out why you haven't succeeded in the past, so as not to repeat the same pattern). It will set you up on what to do instead, based on your personal goals & aspirations (centered around where you are right now in your life and where you want to go).

How will it do it?

You will use the following system to do it:

Element 1: Prepare

- Heart Gauge
- Goal Plan
- Daily & Weekly Routine Planning

Element 2: Stay Consistent

- Goal Tracking
- Self-Reflection

Element 3: Assess & Pivot

- Assessing Before, During & After Ramadan
- Reflect & Shift Course When Needed

Element 4: Celebrate

- Acknowledge Success, Alhamdulillah!
- Gratitude to Allah SWT & Recognizing What Worked This Time

Let's start! Bismillah...





Before Ramadan

Ramadan Recharge Journal

www.Mindful-Muslimah.com



Heart Gauge

Before Ramadan Snapshot

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	

10	
9	
8	
7	
6	
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10	
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1	
0	

Sample page
(Over 100 pages)

QUR'AN
recitation,
memorization

FASTING
for health
needed

SALAAT PRAYER
with concentration

DUA
time blocks where
I remember Allah

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	

10	
9	
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10	
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7	
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DAILY SADAQA
with money,
body or time

**AVOIDING
DISTRACTIONS**
watching TV, playing
games, etc.

GOOD MANNERS
behavior with others

NIGHT PRAYER
tahajjud, tarawih



Sample SMART Goals

Goals can be set for any area of your life:

- * Spiritual
- * Health
- * Relationship
- * Parenting
- * Career

Here are some sample SMART Goals to give you an idea of what they could possibly look like. Everyone's goals will be different depending on where you are in their life and their faith. You should also make an intention to keep them after Ramadan is over insh'Allah

#1

EX: I want to memorize Surahs 91-94 with tajweed by May 22nd. After Ramadan, I intend to keep this habit by memorizing 2-4 Surahs a month at minimum.

#2

EX: I want to have a solid routine of spending 30 minutes of undivided attention (no phone, no TV) with my children each day by May 22nd. After Ramadan, I intend to keep this habit by making it a continued daily occurrence.

#3

EX: I want to be able to wake up to fajr and pray it on time consistently by May 22nd. After Ramadan, I intend to keep this habit by praying fajr each day on time from then on.

#4

EX: I want to pray 8 rakats of Taraweh at least 5 times a week consistently during all four weeks of Ramadan. Since I know that 8 rakat might be hard outside of Ramadan, I will commit to praying at least 2 after Isha with my husband and 2 before fajr by myself each day to keep this Sunnah consistently (make your husband aware when you make the goal).

Sample page
(Over 100 pages)

Sample SMART Goals

Goals can be set for any area of your life:

- * Spiritual
- * Health
- * Relationship
- * Parenting
- * Career

Here are some sample SMART Goals to give you an idea of what they could possibly look like. Everyone's goals will be different depending on where they are in their life and their faith. You should also make an intention to keep the goal after Ramadan is over. Insh'Allah

#1

EX: I want to memorize Surahs 100-150 with tajweed by May 22nd. After Ramadan, I intend to keep this habit by memorizing 2-3 Surahs a month at minimum.

#2

EX: I want to have a solid routine of spending 30 minutes of undivided attention (no phone even) with my children each day by May 22nd. After Ramadan, I intend to keep this habit by making it a continued daily occurrence.

#3

EX: I want to begin going up to fajr and pray it consistently by May 22nd. After Ramadan, I intend to keep this habit by praying fajr each day on time from then on.

#4

EX: I want to pray 8 rakats of Taraweh at least 5 times a week consistently during all four weeks of Ramadan. Since I know that 8 rakat might be hard outside of Ramadan, I will commit to praying at least 2 after Isha with my husband and 2 before fajr by myself each day to keep this Sunnah consistently (make your husband aware when you make the goal).

Sample page
(Over 100 pages)

Goal Detail

1 Goal Summary / Rewrite Goal #1 in a SMART goal form.

Key Motivations / The reasons why you need to accomplish this goal.

Next Steps / Write the next five actions you need to do to reach your goal.

Your Reward / Describe how you want to celebrate when you achieve your goal.

Tracker / Check off your progress as you go (helpful for habit goals).

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡♡



Ramadan Goal Tracker



Track the Overall Progress of Your Goals. See your strength & Weakness at a Glance to Self-Assess, Pivot & Make Better Decisions

WEEK 1

M T W T F S S

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WEEK 2

M T W T F S S

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WEEK 3

M T W T F S S

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WEEK 4

M T W T F S S

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Sample page
(Over 100 pages)

Weekly Preview

Step 1 My biggest wins / List 3-5 major accomplishments from the past week.

Step 2 After action review / Refer to your Weekly Top 3

How far did you go?

%

COMPLETED

Sample page
(Over 100 pages)

What worked? What didn't?

What will you keep, improve, start or stop doing?

