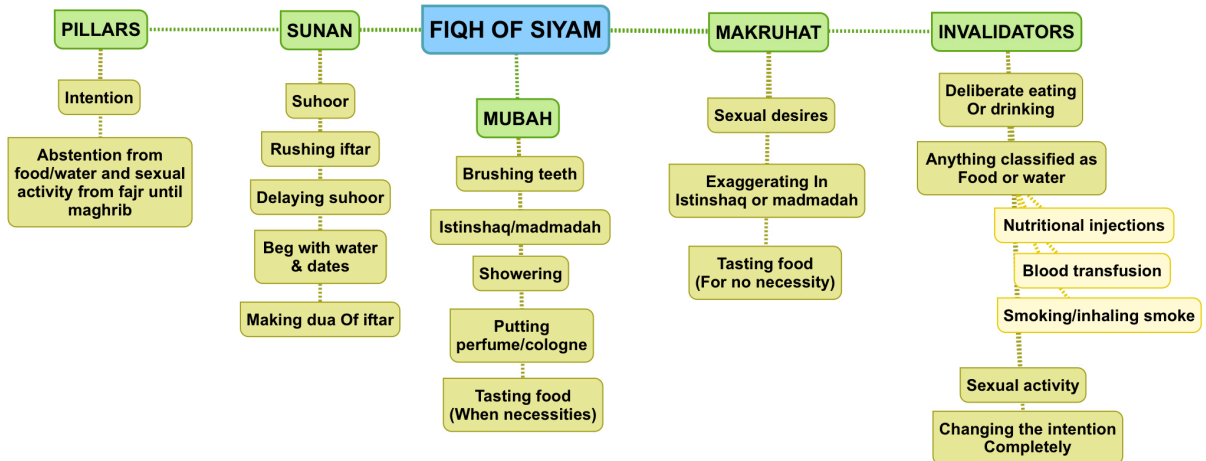


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✕ RAMADAN PLAN

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DAR-AL-SALAM

A SUCCEFULL PLAN

- ✕ Specify the goals
- ✕ Specify the means
- ✕ Specify the details (time, place, amount etc)
remove or limit distractions
- ✕ Measure your performance

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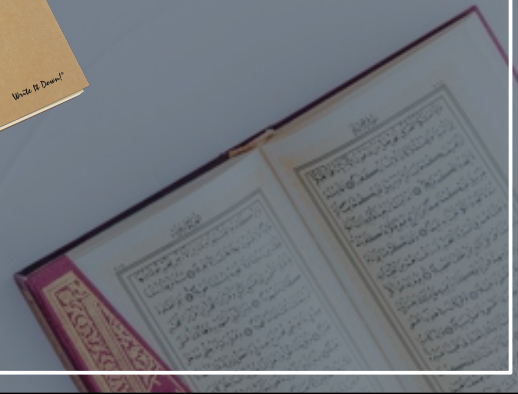
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DAR-AL-SALAM

THE GOALS

DAR AL-SALAM

1. Personal
2. Spiritual
3. Educational
4. Family
5. Other goals



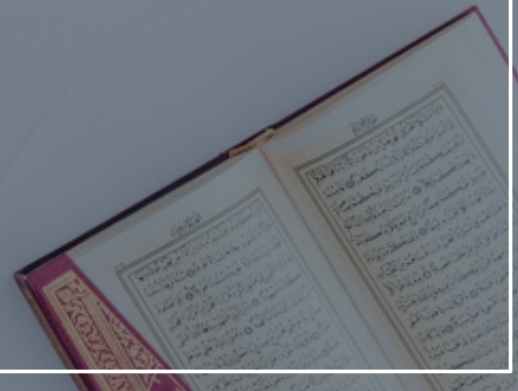
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PREFERRED ACTS IN RAMADAN

DAR AL-SALAM

- ✕ Taraweeh
- ✕ Tahajjud
- ✕ Quran
- ✕ Feeding the poor
- ✕ Giving in sadaqah
- ✕ Helping our family



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DAR AL-SALAM

GOALS	MEANS
memorizing juzz amma	1hr everyday with my friend ____
sadaqah	prepare 5 meals and feed the poor
quitting a bad habit (anger)	every time I'm angry ill say (la ilahal ila allah) 20 times before I react

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YOU MUST

DAR AL-SALAM

- ✗ Keep it nice and simple
- ✗ Keep it realistic
- ✗ Keep it flexible

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HOW TO MAKE IT EFFECTIVE

DAR AL-SALAM

- ✗ Promise yourself to commit
- ✗ Writing your entire goal
- ✗ Practicality
- ✗ Share your goals
- ✗ Set timers and schedules
- ✗ Reward your self
- ✗ Track yourself in a journal

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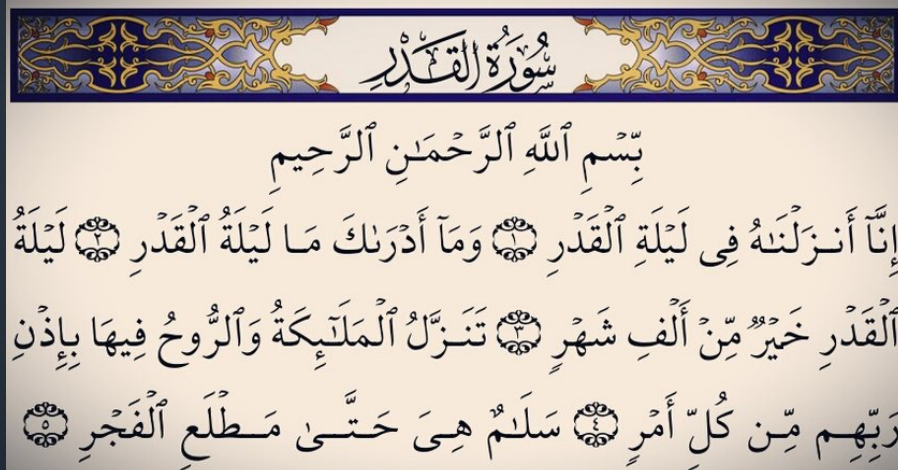
EXAMPLES OF WASTING TIME

DAR AL-SALAM

- ✗ Movies and shows
- ✗ Pointless long nights
- ✗ Long sitting on dinner table
- ✗ On devices, video games etc
- ✗ Procrastination

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WHATS YOUR FAV FOOD IN RAMADAN?

DAR AL-SALAM



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DAR AL-SALAM



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