



Introduction to Ramadhan

What is Ramadhan, and why is it important in the Islamic calendar?

What are some things you look forward to during Ramadhan?

Draw a picture of something that reminds you of Ramadhan.

Setting Goals for Ramadhan

What are some goals you want to achieve during Ramadhan, such as increasing prayer consistency or reading more Quran?

Write down three things you want to accomplish during Ramadhan.

Create a goal-setting template to help you track your progress.

Reflection and Journaling

What is reflection, and why is it important during Ramadhan?

Write about a time when you reflected on your actions and thoughts. What did you learn from the experience?

Create a journal entry about your first day of Ramadhan. What did you do, and how did you feel?

Gratitude and Positivity

What are three things you are grateful for today?

Write about a time when someone showed you kindness or generosity. How did it make you feel?

Create a gratitude log to track the things you are thankful for each day.

Overcoming Challenges

What are some challenges you might face during Ramadhan, such as feeling hungry or thirsty?

Write about a time when you overcame a challenge. What strategies did you use?

Create a list of coping mechanisms to help you stay positive and focused during Ramadhan.

Community and Service

How can you help others during Ramadhan, such as volunteering or donating to charity?

Write about a time when you helped someone in need. How did it make you feel?

Create a plan to perform an act of kindness or service during Ramadhan.

Reflection and Evaluation

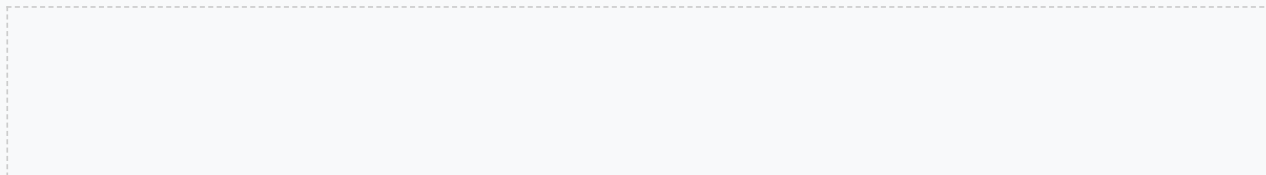
What have you learned about yourself and your relationship with Allah during Ramadhan?

Write about a challenging experience you faced during Ramadhan. What did you learn from it?

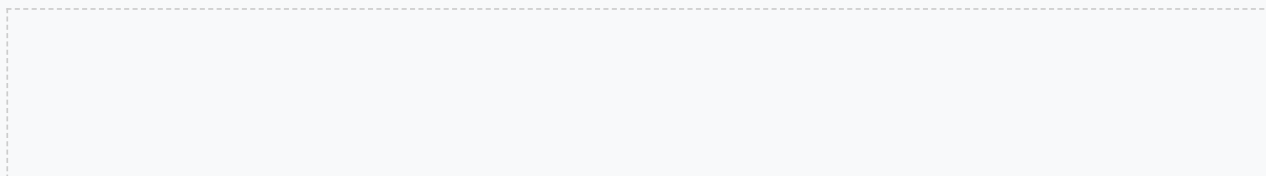
Evaluate your progress toward your Ramadhan goals. What successes and challenges did you face?

Creativity and Self-Expression

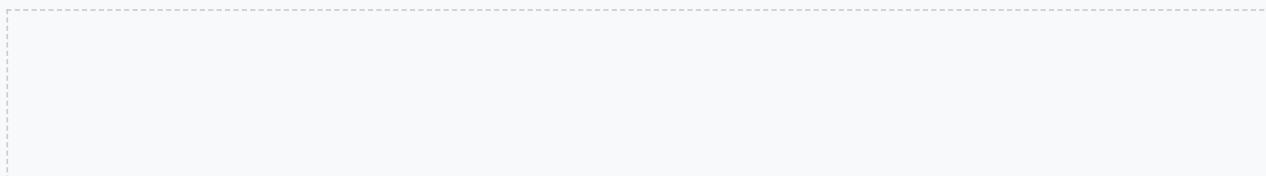
Create a piece of art that represents your Ramadhan experience.



Write a poem or song about Ramadhan.



Design a cover for your Ramadhan journal.



Conclusion and Next Steps

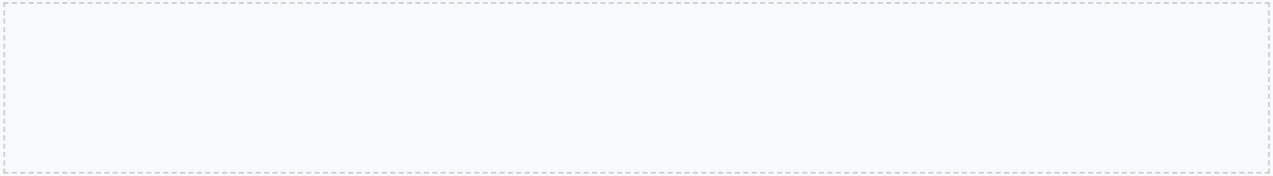
What did you learn from creating a personal Ramadhan journal?

Write about how you plan to continue using your journal after Ramadhan.

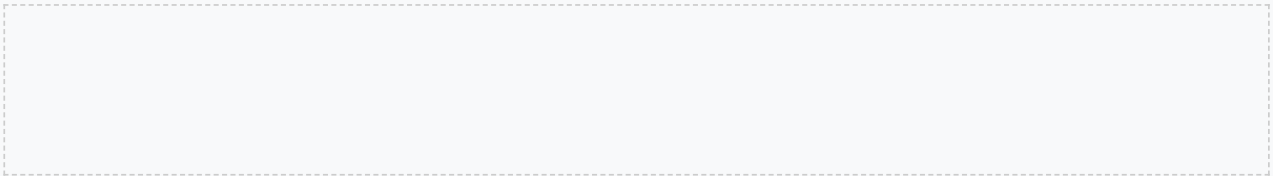
Create a plan to share your Ramadhan experience with others.

Final Reflection

What is one thing you will always remember about your Ramadhan experience?



Write a final reflection on your Ramadhan journey.



Draw a picture that represents your growth and progress during Ramadhan.

