A month of intention, not perfection

Plan the month before it arrives. Fill this in lightly - in pencil - and leave room for the unexpected.

My intentions for the month

Area	One intention
Qur'an	
Prayer	
Charity	
Family	
Character	
Rest and health	

Weekly rhythm

Week	Reading portion	Extra worship	Family / community	Rest
1				
2				
3				
4				

Daily checklist

Day	Fasted	Qur'an	Tarawih	Sadaqah	Dua list
1					
2					
3					
4					
5					
6					
7					

8
9
10
11
12
13
14
15

Continue on the back of the page for days 16-30.

If the month feels heavy

Lower the plan, not the intention. A small, kept promise is better than a large, abandoned one. The deeds most beloved to Allah are the steady ones.