

My Ramadan Goals

Be sure to review this sheet daily to help keep you on track.

Tips for Setting SMART Goals:

1. Make them specific (say exactly what you are going to do); start with a verb
2. Make them measurable (tell how much/how many)
3. Make sure the goal is attainable/realistic: make the goal something that can be accomplished
4. Set a deadline (time)(not just “read Quraan” but read 2 pages of Quraan at/by 3 pm each day)

My Daily Goals

examples: read x number of pages/ayaat/surahs/juz of Quraan each day; read x number/pages of ahadith, make dhikr after all salaah, pray qiyaamul layl at ____am; work on memorization of _____ for x minutes/hours each day, etc.

Goals for the Month of Ramadan

Goal

by (date)

My Plan for Reaching My Goal

examples: memorize a specific surah/ayaat or duaa; learn how to make ghusl, wudhu, or pray a certain prayer; or a certain act of worship; give a certain amount of sadaqah

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