

RAMADAN GOALS

SALAH

- PERFORM SLOW
- MAINTAIN FOCUS
- UNDERSTAND MEANING
- ADD NAWAFAL SALAH

QURAN

- RECITE QURAN 30 MINS DAILY
- READ IN SALAH WHAT YOU MEMORIZE EACH DAY

FAMILY

- SPEND 15-20 MINS WITH PARENTS
- SPEND 15-20 MINS WITH SIBLINGS (READ A STORY, DO SOME ACTIVITY OR PLAY)

HOUSE CHORES

- HELP MOM PREPARING IFTAR AND SAHOOR
- LOADING OR EMPTY DISHWASHER
- CLEAN UP

AZKAR

- 15 MINS BEFORE BED
- USE YOUR SILENT TIME

DO NOT

- FIGHT
- SCREAM
- LIE
- DISRESPECT OTHERS