

30 DAYS RAMADAN TRANSFORMATION PLANNER

Transform Your Nafs Into Your Best Self

Designed for Personal Growth, Spiritual Discipline & Islamic Lifestyle Building

Self Discovery Institute

Day 1

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 2

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 3

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 4

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 5

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratitudes Today:

1. _____
2. _____
3. _____

Day 6

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 7

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 8

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 9

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 10

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 11

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 12

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 13

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 14

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 15

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 16

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 17

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 18

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 19

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 20

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 21

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 22

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 23

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratitudes Today:

1. _____
2. _____
3. _____

Day 24

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 25

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 26

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 27

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 28

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 29

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____

Day 30

Daily Intention (Niyyah): _____

Salah Tracker:

Fajr	Dhuhr	Asr	Maghrib	Isha

Quran Recitation (minutes/pages): _____

Dhikr / Istighfar Count: _____

Good Deed Today: _____

Reaction Control Moment (Where I Controlled My Nafs):

Reflection: What did I learn about myself today?

3 Gratuities Today:

1. _____
2. _____
3. _____