

# **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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes 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 Gritudes Today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_