

FASTING

YOUR METAMORPHOSIS

Ramadan 1443 AH / April 2022

setting My Ramadan goals

FASTING: YOUR METAMORPHOSIS

Ramadan 1443 AH / April 2022

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few." Sunan Ibn Mājah

Assalaamu alaykum & Ramadan Mubarak!

Allah reminds us how important planning is. How we plan is just as important, as the hadith above reminds us. Insha'Allah we plan in a balanced way, with small habits we can keep and then build up gradually.

Do share your Ramadan Goals, Plans and Successes with us or any other beneficial ideas, by emailing info@TheQuranicWay.com

May Allah (swt) accept from you and us all. Let's make this Ramadan our best yet!

The Quranic Way Team

Weekdays

FASTING: YOUR METAMORPHOSIS

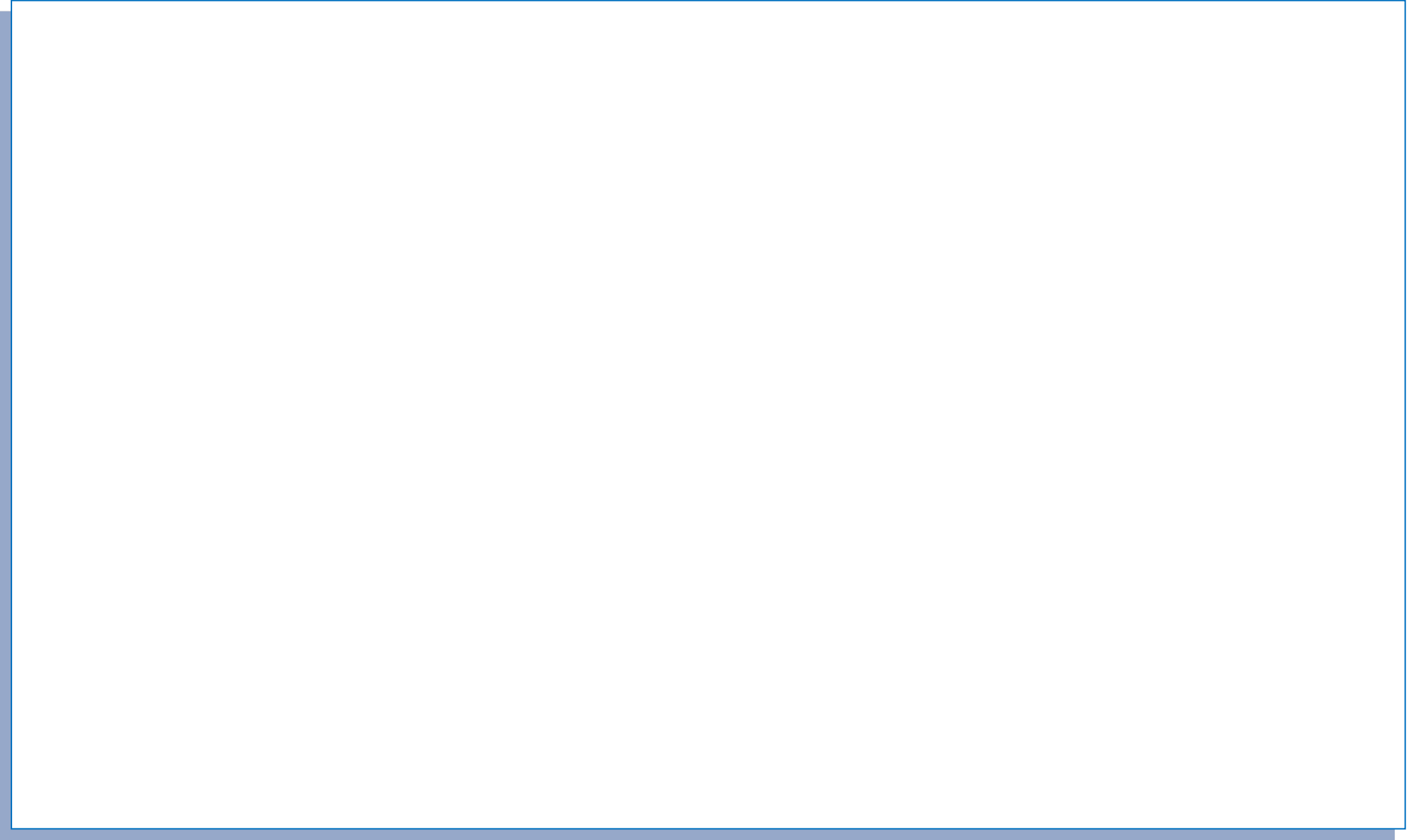
Weekends

Time of Day	Activity
4am	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	
12am	
1am	
2am	
3am	

Time of Day	Activity
4am	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	
12am	
1am	
2am	
3am	

My Ramadan Metamorphosis

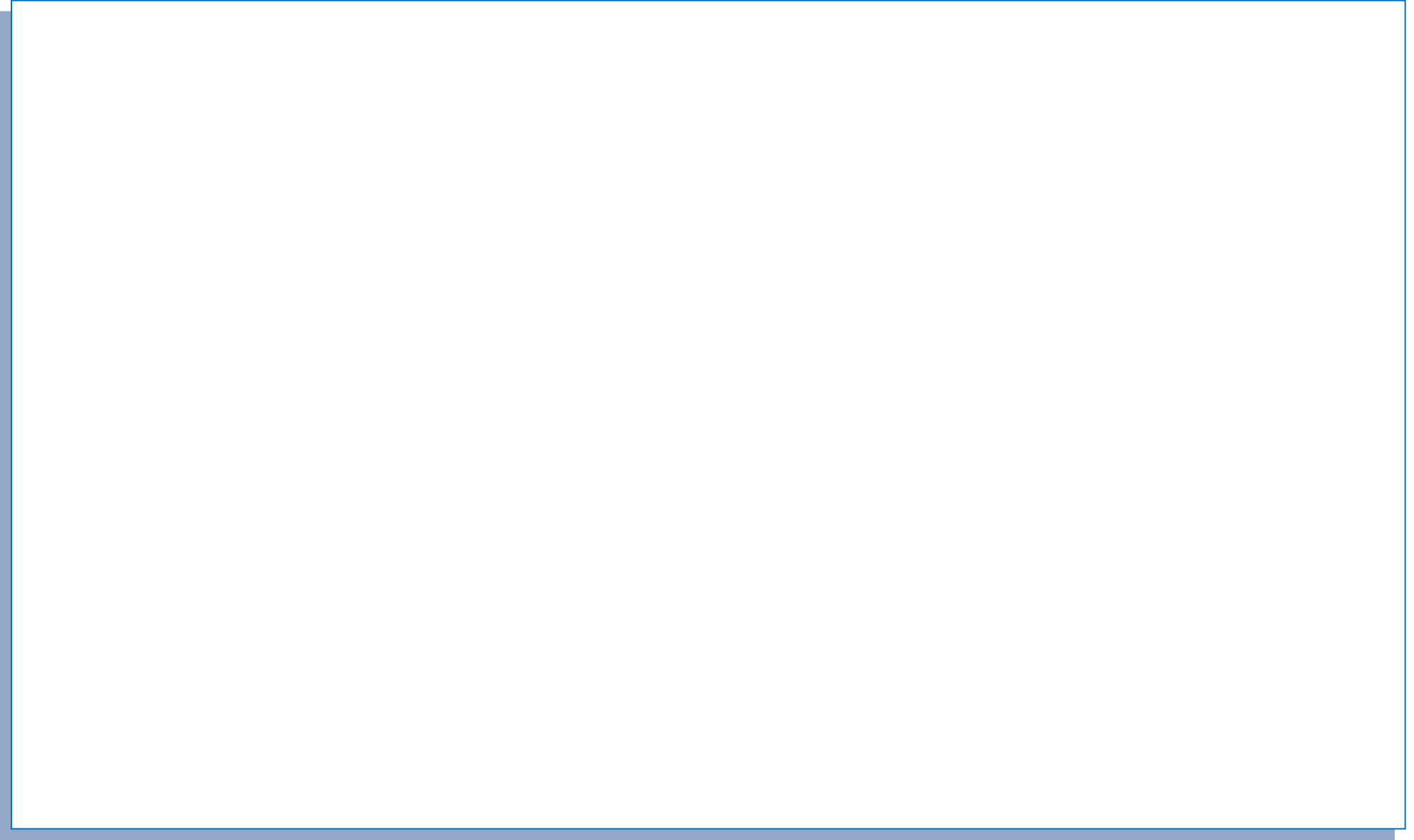
Goal: What I Want to Achieve to Maximise my Ramadan Metamorphosis



- Check out the [Fasting: Your Metamorphosis online course](#) & Support Group, as we support one another to use Ramadan to truly elevate

My Ramadan Metamorphosis

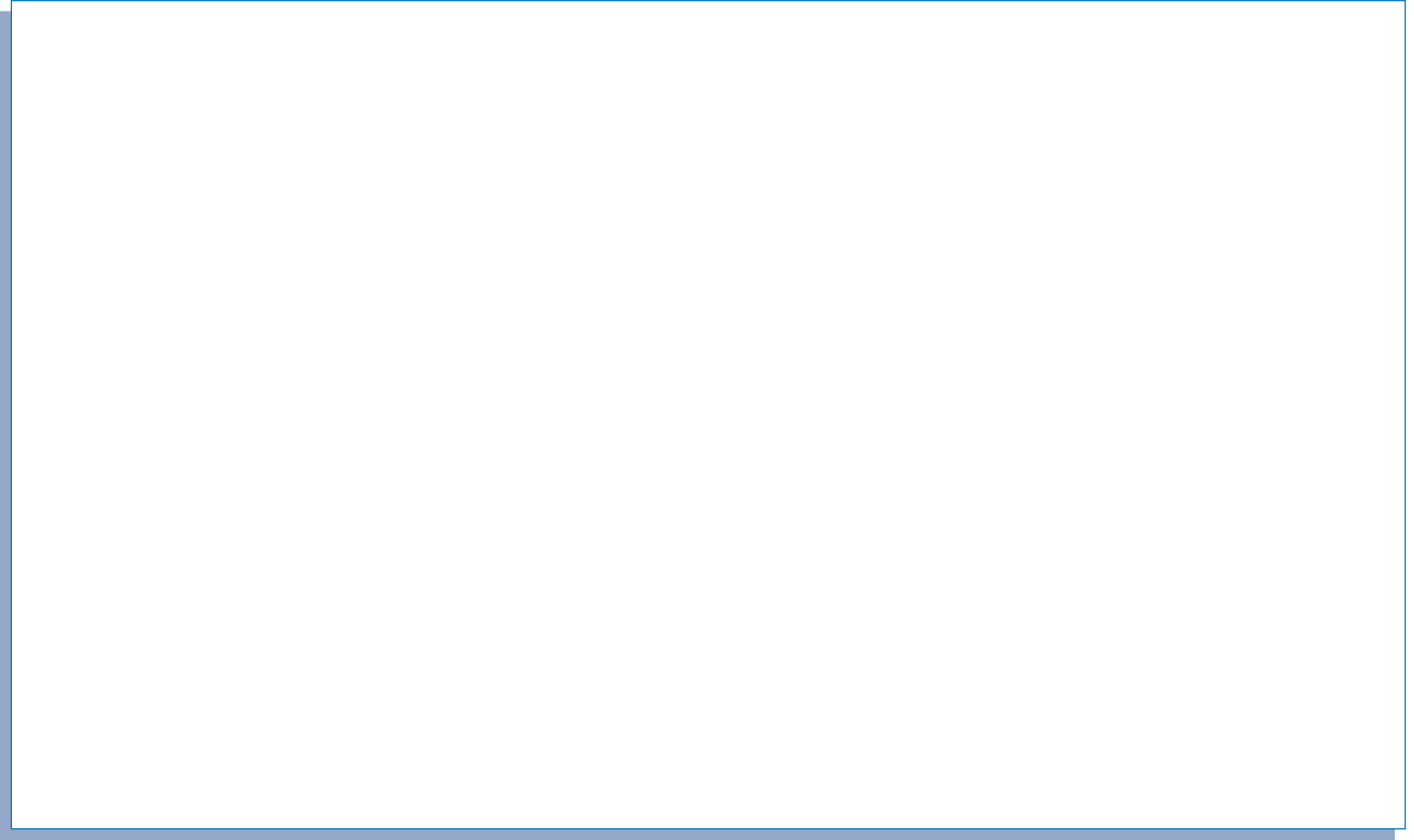
My Plan To Achieve This:



- Check out the [Fasting: Your Metamorphosis online course](#) & Support Group, as we support one another to use Ramadan to truly elevate

My Ramadan Metamorphosis

My Plan for Habits To continue Post-Ramadan:



- Check out the [Fasting: Your Metamorphosis online course](#) & Support Group, as we support one another to use Ramadan to truly elevate