aaplus

# The Gentle Calendar

2025

# **January**

M	Т	W	Т	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# **January**

M	T	T W		T F		S	
		1	2	3	4		
6	7	8	9	10	11	12	
13	14	15	16	17	18		
20	21	22	23	24	25	26	
27	28	29	30	31			

## To ponder:

How is your relationship with Solah?

#### To pursue:

What steps can you take to better your Solah? (Pray on time, be mindful with Wudhu, prolong Sujud etc)

□ Extra: Learn more about Isra' & Mi'raj and reflect on how precious Solah is as a gift that Allah SWT gave to Rasulullah ﷺ and by extension, us, his Ummah ﷺ. And seek help through patience and prayer. Indeed, it is a burden except for the humble—

[ar-Baqarah 2:45]

# February

M	Т	W	Т	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

# February

S	S	F	T	W	T	M
2	1					
		7	6	5	4	3
16	15	14	13	12	11	10
23	22	21	20	19	18	17
		28	27	26	25	24

# Ramadhan Checklist

Review your Ramadhan last year and reflect on what worked and what didn't last year.

Work towards replacing all of your missed fast, if you have not already. Reflect and write down your intentions for Ramadhan this year. Start
implementing
a more
Tahajudcentred
sleeping
pattern.

Create your own Ibadah

game-plan (What would work for you in your current season of life). Seek forgiveness from any of your loved ones before the blessed

Plan your Haid Out Activities in Ramadhan for your time of the month

Learn and practice simple recipes for Suhoor and Iftar.

Prepare a Sadaqah -Recipient List (It doesn't have Prepare a list of Du'as to make during Ramadan. Wash, iron and perfume your prayer attire to get yourself

Prepare a Ramadhan Ibadah corner or room in your home.

Set a good habit that you intend to be gently consistent in during Identify a bad habit that you intend to leave or reduce significantly during Ramadhan. Give out simple Ramadhan gift baskets to family, loved ones and neighbours.

Settle as many Eid preparations before Ramadan And I entrust my affairs to Allah.

Surely Allah is All-Seeing of all 'His' servants."

[Ghafir 40:44]

# March

M	Т	W	Т	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# March

M	T	W	Т	F	S	S
					1	2
3	4	5	6	7		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Jot down key highlights of your journey in gaining closeness to the Quran this Ramadhan.

Day 1	Day 2	Day 3	Day 4	Day 5
				D 40
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

The Prophet (ﷺ) was asked

# "What deeds are loved most by Allah?"

He (ﷺ) said

"The most regular constant deeds even if it were little"

[Sahih al-Bukhari]

# **April**

M	Т	W	Т	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# **April**

M	T	W	T	F	S	S
	1	2	3	4	5	6
7			10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# Journal your favourite memories that you have shared with your family, friends, and your community this month.

The Prophet (ﷺ) said

## Allah (mighty and sublime be He) said:

devoted to Me. I shall be at war with him. shall love him. When I love him I am his

[Sahih al-Bukhari and Muslim]

# May

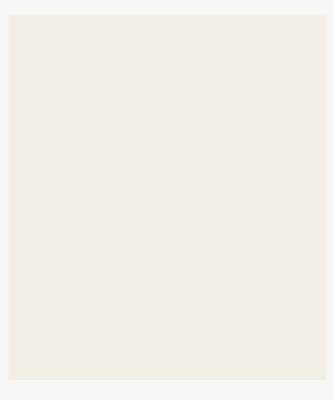
M	T	W	Т	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# May

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# This month is ideal to prepare yourself for the best day of the year - the Day of Arafah.

(Use this space to write down your Arafah Intentions & Dua List)



# "And I have never been disappointed in my prayer to You, my Lord!"

[Maryam 19:4]

# June

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# June

S	S	F	T	W	T	M
1						
	7	6	5	4	3	2
15	14	13	12	11	10	9
22	21	20	19	18	17	16
29	28	27	26	25	24	23

30

## Pen down simple good deeds that you did each day for this month.

Day 1	Day 2	Day 3	Day 4	Day 5
			Day 4	
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
			17ay 14	
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21			Day 24	
D00	D 07	D00	D00	D70
Day 26	Day 27	Day 28	Day 29	Day 30

# Is there any reward for goodness?

[ar-Rahman 55:60]

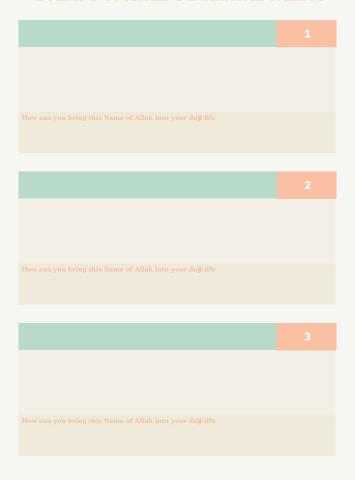
# July

M	Т	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# July

M	T	W	T	F	S	S
	1	2	3	4	5	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Learn 3 of Allah s Beautiful Names



The Prophet (ﷺ) said,

"Allah has ninety-nine Names, one-hundred less one;

and he who memorized them all by heart will enter Paradise."

To count something means to know it by heart.

[Sahih al-Bukhari]

# August

M	Т	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# August

M	T	W	T	F	S	S
				1	2	3
4	5		7		9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	<b>27</b>	28	29	30	31

#### **Celebrate Your Wins This Month**

3 Spiritual Wins: 3 Mental Wins:

3 Physical Wins: 3 Social Wins:

The Prophet (ﷺ) said

## Allah the Almighty said:

I am as My servant thinks I am.
I am with him when he makes mention of Me. If he makes mention of Me to himself, I make mention of him to Myself; and if he makes mention of Me in an assembly, I make mention of him in an assembly better than it. And if he draws near to Me an arm's length, I draw near to him a cubit, and if he draws near to Me a cubit, I draw near to him a fathom. And if he comes to Me walking, I go to him at speed.

[Sahih al-Bukhari and Muslim]

# September

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# September

M	T	W	T	F	S	S
1	2	3	4	5		7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# Simple Sunnahs

(Strike out the ones you've completed)

Smile to at least one person.	Enter the bathroom with the left foot and exit with the right.	Wear your shoes from the right.	Say "Bismillah" before eating and "Alhamdulillah" after eating.
Recite this Du'a after waking up. الحفظ لله الفها احتاثا بغذا عا أماثك والله الشور	Recite Ayatul Kursi after Fardh prayer.	Use siwak before taking your Wudhu' (pick a day to do this)	Eat with your right hand.
Answering the Athan (Call for Prayer) (pick a day to do this)	Drinking while sitting down	Make wudhu' before sleeping at night.	Removing an obstacle from the road.
Make a Du'a in between Azan and Iqamah.	Recite this Du'a before sleeping at night. اللّهُمُ بِالسِّمِكُ أَخِوا وَالْوِنْ	Spread the greeting of peace when visiting others	Sleeping on your right

The Prophet ( said,

"Religion is very easy and whoever overburdens himself in his religion will not be able to continue in that way.

So you should not be extremists, but try to be near to perfection and receive the good tidings that you will be rewarded; and gain strength by worshipping in the mornings, the afternoons, and during the last hours of the nights."

[Sahih al-Bukhari]

### October

M	Т	W	Т	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### October

S	S	F	T	W	T	M
5	4	3	2	1		
12	11	10	9	8	7	6
19	18	17	16	15	14	13
26	25	24	23	22	21	20
		31	30	29	28	27

#### To ponder:

What have you been grateful for lately?

#### To practice:

How can you show your gratitude through your actions?

Extra: Take this time to make secret du'as for the people you are grateful for.

Your Lord has proclaimed,

# "Call upon Me, I will respond to you"

[Ghafir 40:60]

### November

M	Т	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### November

M	Т	W	Т	F	S	S
					1	2
3	4	5	6	7		
10	11	12	13	14	15	
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### Get to know 3 of the Sahabahs of Rasulullah SAW.

Key points about this Sahabah:	
Key points about this Sahabah:	
Key points about this Sahabah:	

The Prophet ( ) said,

"Allah, the Exalted, has teams of angels who go about on the roads seeking those who remember Allah.

When they find some people remembering Allah they call to one another and say, 'Come to what you are looking for';

and they surround them with their wings till the space between them and the lowest sky is fully covered..."

[Sahih al-Bukhari]

# December

M	Т	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# December

M	T	W	T	F	S	S
1	2	3	4	5	6	7
		10	11	12	13	14
15	16	17		19	20	21
22	23	24	25	26	27	28
29	30	31				

#### To Ponder:

What have you learned from this year?

What are the things that you can carry forward for the next year?

# "Our Lord! Accept 'this' from us. You are indeed the All-Hearing, All-Knowing.

[al-Bagarah 2:127]