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The Gentle Calendar

2025



January

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27	28	29	30	31		

January

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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 Rasulallah 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

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February

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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 Tahajud-centred 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 month

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 to be monetary)

Prepare a list of Du'as to make during Ramadan.

Wash, iron and perfume your prayer attire to get yourself excited

Prepare a Ramadhan Ibadah corner or room in your home.

Set a good habit that you intend to be gently consistent in during Ramadhan.

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.

March

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March

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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
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

April

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April

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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)

A large, empty, light beige rectangular area intended for writing down Arafah Intentions and Dua List.

**“And I have
never been
disappointed in
my prayer to You,
my Lord!”**

[Maryam 19:4]

June

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

Day 1	Day 2	Day 3	Day 4	Day 5
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

July

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July

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Learn 3 of Allah's Beautiful Names

1

How can you bring this Name of Allah into your daily life

2

How can you bring this Name of Allah into your daily life

3

How can you bring this Name of Allah into your daily life

August

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August

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Celebrate Your Wins This Month

3 Spiritual Wins:

3 Mental Wins:

3 Physical Wins:

3 Social Wins:

September

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September

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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.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

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.

اللَّهُمَّ بِاسْمِكَ أَحْيَا وَأَمُوتُ

Spread the greeting of peace when visiting others

Sleeping on your right

October

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October

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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

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November

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Get to know 3 of the Sahabahs of Rasulullah SAW.

1

Key points about this Sahabah:

What impacted me most about him / her?

2

Key points about this Sahabah:

What impacted me most about him / her?

3

Key points about this Sahabah:

What impacted me most about him / her?

December

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December

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To Ponder:

What have you learned from this year?

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

