

# Make a Ramadan Resolution - 1441

ليس منا من لم يحاسب نفسه كل يوم، فإن عمل حسنا استزاد منه وإن عمل سيئا استغفر الله منه وتاب اليه

“He who does not hold himself accountable every day, cannot be associated with us [i.e. as a Muslim] , so if he has done something good he can continue doing it, and if he has done something bad he can seek forgiveness from Allah (swt) and repent from it.”

- Imam al-Kazim (as)

This Ramadan, follow the steps in this worksheet to make a resolution to change a bad habit. This way, by the end of the month, you have made the most of Ramadan and improved yourself inshaAllah!

## Tips:

- Pray for *tawfiq*
- Replace bad habit with a good habit
- Remove temptations
- Be patient and don't be disappointed if you don't see progress straight away
- Focus on one, small, achievable goal to avoid being overwhelmed
- Think: what makes this a bad habit?
- Consistency is key
- Ask for forgiveness from Allah (swt)

## Examples of bad habits:

- Procrastination
- Delaying prayers or neglecting night prayer
- Being ungrateful to Allah (swt)
- Using social media late at night
- Too much time on TV, video games etc.
- Talking back at parents (no matter your age!)
- Saying things without thinking first
- Anger/ having a temper
- Wasting food
- Stressing over small things
- Not owning up to mistakes

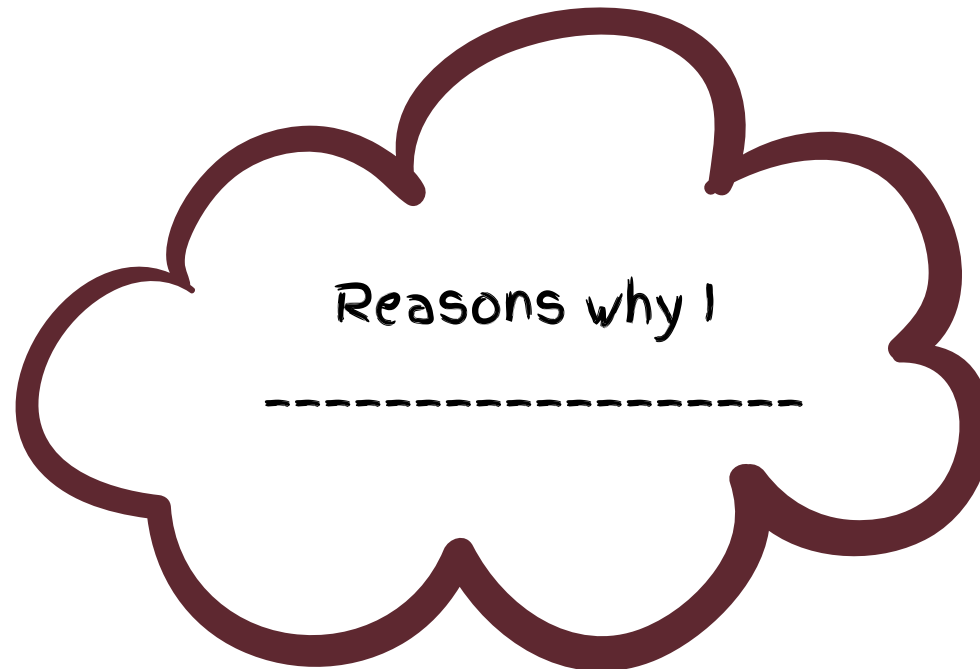
# Step 1: List your good and bad habits

In the table below, list all of your good habits and bad habits that you can think of. This will remind you to keep up with the good habits and work to get rid of the bad.

<i>Good Habits</i>	<i>Bad Habits</i>

# Step 2: Brainstorm

Now, choose one of the bad habits you listed in step 1, and brainstorm reasons why you think you have this bad habit. Most bad habits have underlying causes and we need to be able to know why we are doing something before we can change it!



# Step 3: Make a Plan

Use the table below to write the bad habit you chose and how you will try to use this Ramadan to change it (you can put more than one bad habit if you want).

<i>Habit</i>	<i>Goal</i>	<i>Process</i>
<i>E.g. spending too much time on social media</i>	<i>E.g. spend only one hour a day on social media</i>	<i>E.g. charge phone outside bedroom, find a good book to read, spend time with family</i>

# Step 4: Eid al-Fitr

On Eid al-Fitr, reflect: did I achieve the change I wanted to in this month?  
Check the box next to your answer

**I achieved my goal Alhamdulillah!**



Mabrook, that is an amazing achievement!

Now, how will you make sure you will keep this after Ramadan?

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**I tried, but not quite there yet**



That's ok, it is never too late!  
Keep trying and you will get there in the end inshaAllah

## Step 5: Feedback

We would appreciate your feedback on this activity by filling out the survey on this link:  
<http://www.kalima.org.au/ramadan-resolution-survey/>