

Shaban Checklist

Goal 1: Improve Salah

	Pray all 5 Daily Prayers on Time (within 30 minutes of the Athan)
	Come to Salah with pure intentions and well-done wudu
	Audit my Salat so that I know it is being done correctly
	Pray the Sunnah Salat
	Recite Ayat Al-Kursi after each Salah
	Make Du'a and Dhikr after every Salah
	Adding Tahajjud

Goal 2: Daily Connection with Quran

	Establish a Recitation Routine
	Determine a Reflection Time
	Set a Memorization Goal

Goal 3: Du'a and Dhikr

	Review Etiquettes of Du'a and Dhikr
	Start a Du'a Journal
	Morning Dhikr
	Evening Dhikr

Goal 4: Voluntary Fasting

	Fasting Mondays
	Fasting Thursdays
	White Days – 13, 14, 15

Goal 5: Seeking Knowledge

	Reading Books
	Reading Articles
	Listening to Lectures
	Attending Classes

Goal 6: Charity and Community Service

	Sadaqah
	Volunteer

Goal 7: Family Preparations

	Clean the House from Top to Bottom
	Ramadan Meal Plan
	Eid Shopping

Goal 6: Self Care

	Eating Healthy

Goal 7: Removing Bad Habits

	Consuming Less Media

Many thanks to my beautiful Sr. Ferdousi for coming up with the idea to make such a blessed list!

