



Home

Progress **Kit**



1 Planning at Home

Spiritual & Self Awareness Skills

Age 5+

My Goals

Name _____



Goal 1

S
M
A
R
T
E
R

Goal 2

S
M
A
R
T
E
R

Goal 3

S
M
A
R
T
E
R

How will you achieve them? Try **SMARTER** Goals



Specific

Be as specific as you possibly can be.

Bad: Write a story.

Good: Write a 20 page about a girl who cycled to Makkah and back.



Measurable

Put a number on the result. You want to know absolutely, positively whether or not you hit the goal.

Bad: Pray more.

Good: Pray 2 extra units of prayer before sleeping.



Actionable

Every goal should start with an action verb (e.g., "run," "finish," "draw," etc.) rather than a to-be verb (e.g., "am," "be," "have," etc.)

Bad: Be good to mum.

Good: Make breakfast for mum everyday.



Risky

If you're not out of your comfort zone, you're not thinking big enough.

Bad: Give £10 in charity.

Good: Give £100 in charity.



Time-based

Make sure that every goal ends with a by when date.

Bad: Run 5km.

Good: Run 5km by the end of Ramadan.



Exciting

You should be personally excited about achieving the goal.

Bad: Read a book.

Good: Read the whole Quran in a month.



Relevant

Your goal should be aligned with the hereafter directly or indirectly.

Bad: Go on holiday to relax.

Good: Go on a week holiday to Tureky so I can recharge and get energised to achieve my goals.

2 Progress at Home





My Checklist

Spiritual & Self Awareness Skills

Age 5+

Name _____

Month _____

Activity	Details	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
 Quran Reading																																
 Salah																																
 Reading																																
 Deen Time																																

The Prophet ﷺ said, "...the best deeds are those done regularly even if they are few."

IBN MAJAH



3 Praying Together at Home

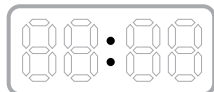
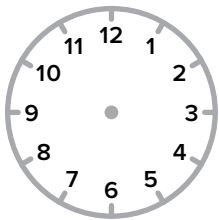
Spiritual & Self Awareness Skills

Age 5+

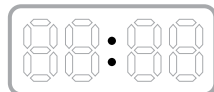
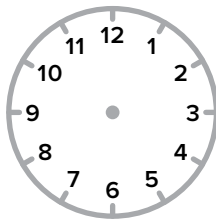
Family Jamat Times



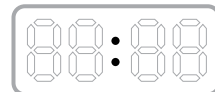
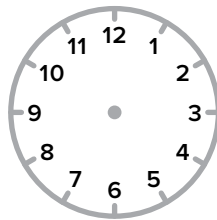
Fajr



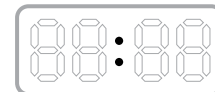
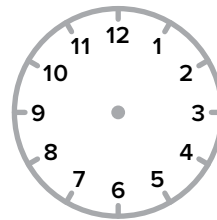
Dhuhr



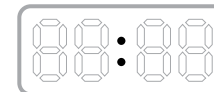
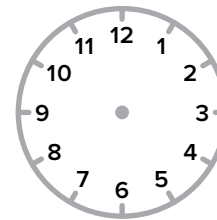
Asr



Maghrib



Isha



Certainly, **As-Salat**
(the prayer) has been
assigned to the believers
at fixed times.

Quran 4:103




















































































































































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Tue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fri	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Sat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Month _____

Our FAMILY Calendar

Year _____
Hijri _____

Monday 	Tuesday 	Wednesday 	Thursday 	Friday! 	Saturday 	Sunday 
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Get the larger
Ramadan Calendar
with fun stickers
inside the **Ramadan**
Activity Book
available from:



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Let us know your
Feedback

