

The background is a solid dark green. At the top, there are two brown lanterns with yellow light. In the center, a large white scalloped shape contains the text and a name box. Below this, there is a green silhouette of a mosque with a central dome, two side domes, and a crescent moon on top. At the bottom, there are two tall, detailed brown minarets. The entire design is symmetrical.

**THIS JOURNAL
BELONGS TO**

A white rectangular box with rounded corners, intended for writing a name. It has a small green dot at the top left and a small orange dot at the bottom right, connected by a thin white line.

OTTAWA
MUSLIM YOUTH CLUB



*"Ramadan is the month in which
the Quran was sent down, as a
guide to mankind, with clear signs
of guidance and judgment between
right and wrong."*

SURAH AL-BAQARAH 2:185





2025 RAMADAN GOALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____





DAILY PRAYER TRACKER



	FAJR	DHUHR	ASR	MAGHRIB	ISHA
DAY 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





DAILY PRAYER TRACKER



	FAJR	DHUHR	ASR	MAGHRIB	ISHA
DAY 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





QURAN CHECKLIST



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DAILY SADAQAH



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SELF REFLECTION



RAMADAN DAY 1

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

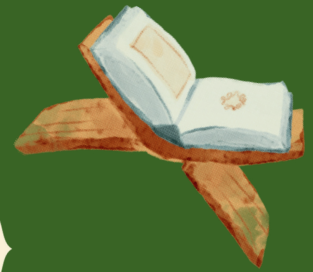
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 1

TODAY'S INSPIRATION

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous."
(Quran 2:183)

DID YOU KNOW...

Fasting helps achieve mental focus as it increases the brain-derived neurotrophic factors

TODAY'S MOTIVATION

"Be kind, for whenever kindness becomes part of something, it beautifies it. Whenever it is taken from something, it leaves it tarnished." Prophet Muhammad (PBUH)

DEED OF THE DAY
Educate a non muslim you know about Ramadan

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 2

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

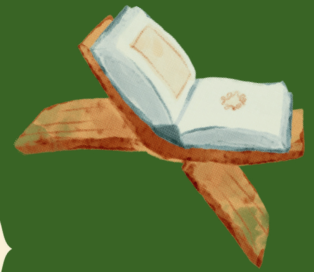
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 2

TODAY'S INSPIRATION

And He is
with you
wherever
you are."

(Quran 57:4)

DID YOU KNOW...

The start of Ramadan is determined by the sighting of the new moon, often leading to debates about its exact beginning

TODAY'S MOTIVATION

The best deed of a great man is to forgive and forget." Prophet Muhammad (PBUH)

DEED OF THE DAY

Express gratitude to someone who has positively impacted your life

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 3

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

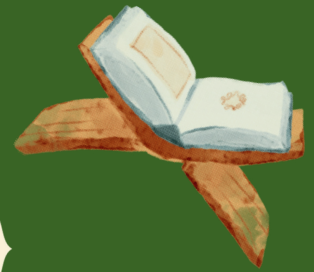
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 3

TODAY'S INSPIRATION

And He found
you lost and
guided
[you]."
(Quran 93:7)

DID YOU KNOW...

Suhoor is the pre-dawn meal eaten before the fast begins, and Iftar is the meal to break the fast at sunset

DEED OF THE DAY

Donate to a
charitable cause or
help those facing
financial difficulties

TODAY'S MOTIVATION

"Kindness is a
mark of faith,
and whoever is
not kind has no
faith." Prophet
Muhammad
(PBUH)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 4

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 4

TODAY'S INSPIRATION

**So remember
Me; I will
remember
you." (Quran
2:152)**

DID YOU KNOW...

**The Quran was first
revealed to Prophet
Muhammad (PBUH) during
the month of Ramadan**

TODAY'S MOTIVATION

**"Patience is a
pillar of
faith."
Prophet
Muhammad
(PBUH)**

DEED OF THE DAY

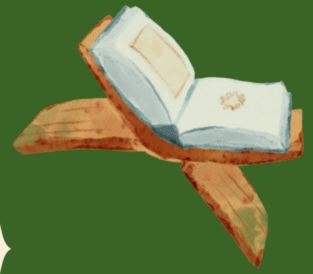
**Reach out to a family
member or friend
you haven't spoken
to in a while**

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 5

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 5

TODAY'S INSPIRATION

And when My servants ask you regarding Me [they should know that], I am near, and I answer the prayer of the one who prays when they pray to me. Therefore, they should respond to Me and have faith in Me in order that they may be led aright (Quran 2:186)

DID YOU KNOW...

Ramadan's direct translation is "the hot month," being derived from the word ramad meaning "dryness"

DEED OF THE DAY
**Plant a tree or
contribute to an
environmental
cause**

**TODAY'S
MOTIVATION**
"The best among
you are those
who have the
best manners and
character."
Prophet
Muhammad
(PBUH)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 6

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 6

TODAY'S INSPIRATION

"Say, 'Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds.'" (Quran 6:162)

DID YOU KNOW...

It is recommended to read the entire Quran during the month of Ramadan

DEED OF THE DAY
Volunteer your time to a local charity or community service

HOW DO YOU FEEL TODAY



TODAY'S MOTIVATION

"Your body has a right over you."
Prophet Muhammad (PBUH)





SELF REFLECTION



RAMADAN DAY 7

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 7

TODAY'S INSPIRATION

It is the month of Ramaḍān when the Qur'ān was sent down. [The Qur'ān] is a guidance for people, clear proof of guidance and a criterion [for mankind and jinn], and whoever remains present in the month of Ramaḍān, he should fast, and whoever is sick or on a journey, [he should fast] the same number on other days. God desires easiness not hardship for you and in order that you may complete the number of days [of fasting in Ramaḍān], and mention the greatness of God for he guided you, and that you may give thanks. (Quran 2:185)

DID YOU KNOW...

Ramadan concludes with the celebration of Eid al-Fitr, a festive day marked by special prayers, feasts, and the exchange of gifts

TODAY'S MOTIVATION

"The strongest among you is the one who controls his anger."
Prophet Muhammad (PBUH)

DEED OF THE DAY

Make a sincere dua (supplication) for the well-being of others

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 8

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

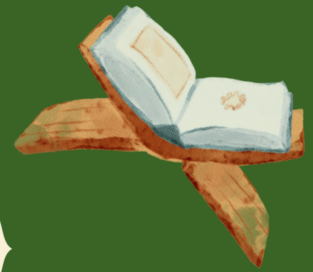
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 8

TODAY'S INSPIRATION

"Indeed, those who believe and do righteous deeds – their Lord will guide them because of their faith. Beneath them rivers will flow in the Gardens of Pleasure."
(Quran 10:9)

DID YOU KNOW...

Chewing gum is not allowed during Ramadan, as consuming the sugars and other ingredients counts as breaking your fast, even if you don't swallow the gum itself

DEED OF THE DAY
Support a local business or buy from a small vendor

**TODAY'S
MOTIVATION**
"Seek knowledge from the cradle to the grave." Prophet Muhammad (PBUH)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 9

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 9

TODAY'S INSPIRATION

"And Allah is
the best of
providers."
(Quran
62:11)

DID YOU KNOW...

Muslims give a
mandatory charity called
Zakat al-Fitr before the
Eid al-Fitr prayer

TODAY'S MOTIVATION

"Do not be people
without minds of your
own, saying that if
others treat you well
you will treat them well,
and that if they do
wrong you will do
wrong." Prophet
Muhammad (PBUH)

DEED OF THE DAY

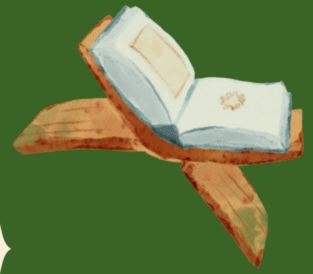
Write a heartfelt note of
appreciation to someone
who has positively
impacted your life

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 10

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 10

TODAY'S INSPIRATION

The most
honored by
Allah amongst
you are those
best in
taqwaa."(Quran
49:13)

DID YOU KNOW...

Ramadan isn't the same for everyone. There are people out there who observe Ramadan without the suhoor to begin their fast, nor the iftar to break it

TODAY'S MOTIVATION

"The best way
to defeat
someone is to
beat him at
politeness."
Imam Ali (A.S.)

DEED OF THE DAY

Visit or call an
elderly relative or
neighbour to check
on their well-being

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 11

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

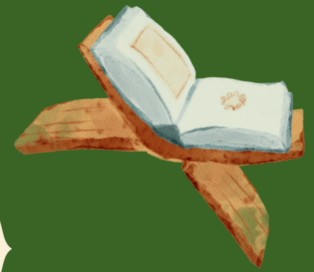
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 11

TODAY'S INSPIRATION

"Allah is
with those
who restrain
themselves."
(Quran 16:
128)

DID YOU KNOW...

Fasting is not only
abstaining from food; it
also involves controlling
one's speech and
behavior

TODAY'S MOTIVATION

"The best way
to defeat
someone is to
make him a
friend." Imam
Ali (A.S.)

DEED OF THE DAY
Forgive someone
who may have
wronged you

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 12

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 12

TODAY'S INSPIRATION

"And He is
the Hearing,
the
Knowing."
(Quran
2:127)

DID YOU KNOW...

Eating dates is a popular way to break the fast. They contain natural sugars, are high in fibre, are excellent for digestion, high in countless vitamins and nutrients, and more

TODAY'S MOTIVATION

"Be like a flower
that gives its
fragrance even
to the hand that
crushes it."
Imam Ali (A.S.)

DEED OF THE DAY
Share a meal
with a neighbour
or someone in
need

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 13

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 13

TODAY'S INSPIRATION

"And Allah
is with the
patient."
(Quran
8:46)

DID YOU KNOW...

Fasting in Ramadan is
not just physical; it's also
about being spiritually
connected to Allah

TODAY'S MOTIVATION

"The remedy
for
ignorance is
to question."
Imam Ali
(A.S.)

DEED OF THE DAY

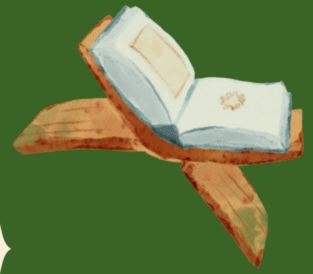
Contribute to a local
food drive or charity
supporting those
facing hunger

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 14

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

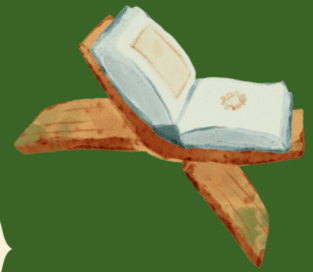
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 14

TODAY'S INSPIRATION

Indeed, We sent the Qur'an down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn.
(Quran 97:1 - 97:5)

DID YOU KNOW...

Many people find themselves clenching their jaws while fasting, which can lead to tooth pain. This may be because not eating can increase your body's production of the stress hormone cortisol, and we know that stress is one of the main causes of teeth grinding and jaw clenching

DEED OF THE DAY
Offer to help a friend or family member with a task or errand

HOW DO YOU FEEL TODAY



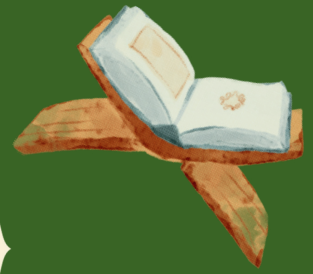
TODAY'S MOTIVATION

"Your actions speak louder than your words."
Prophet Muhammad (PBUH)





SELF REFLECTION



RAMADAN DAY 15

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

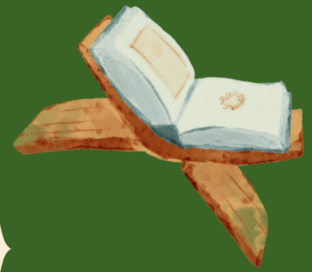
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 15

TODAY'S INSPIRATION

"Do not
despair of
the mercy of
Allah."
(Quran
39:53)

DID YOU KNOW...

The beginning of a
fast is initiated with a
dua (prayer) of niyah
(intention)

TODAY'S MOTIVATION

"When you have
nothing left
except Allah, then
you find that Allah
is always enough
for you." Imam Ali
(A.S.)

DEED OF THE DAY

Conserve energy by
turning off lights and
electronic devices
when not in use

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 16

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 16

TODAY'S INSPIRATION

"[Fasting has been prescribed for you during] the certain number of days, but if some of you are sick or on a journey, [you should fast] the same number during other days. And those who are not able to fast should feed a poor person as an atonement, and whosoever volunteers more [and feeds more than one poor] it is better for him. Fasting is better for you if you know." (Quran 2:184)

DID YOU KNOW...

Fasting is not just about abstaining from food but also from negative habits and behaviors

TODAY'S MOTIVATION

"The best jihad is to speak the truth in the face of a tyrant ruler." Imam Ali (A.S.)

DEED OF THE DAY

Make a sincere dua for the well-being of the entire Muslim Ummah

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 17

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 17

TODAY'S INSPIRATION

"And be patient,
for indeed, Allah
does not allow to
be lost the
reward of those
who do good."
(Quran 11:115)

DID YOU KNOW...

The last ten days of
Ramadan are considered the
most spiritually significant,
with increased devotion and
seeking of Laylat al-Qadr

TODAY'S MOTIVATION

"The reward of
deeds depends
upon the
intentions."
Prophet
Muhammad
(PBUH)

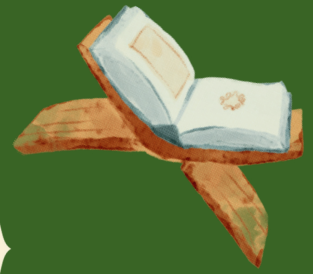
DEED OF THE DAY
Offer to babysit
or help parents
with young
children

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 18

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

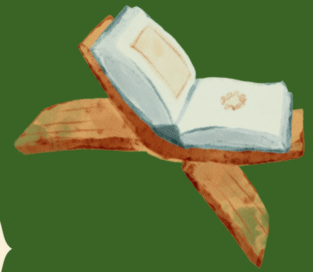
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 18

TODAY'S INSPIRATION

"And We have certainly made the Quran easy for remembrance, so is there any who will remember?"
(Quran 54:17)

DID YOU KNOW...

Charity given during Ramadan is multiplied in reward, reflecting the emphasis on generosity and compassion

TODAY'S MOTIVATION

"Live your life like you're going to die tomorrow."
Prophet Muhammad (PBUH)

DEED OF THE DAY

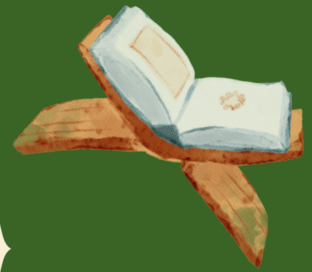
Participate in a community cleanup or beautification project

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 19

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 19

TODAY'S INSPIRATION

"And be not like those who forgot Allah, so He made them forget themselves."
(Quran 59:19)

DID YOU KNOW...

Fasting in Ramadan is not just physical; it's also about purifying the soul and developing self-discipline

DEED OF THE DAY

Demonstrate patience and understanding, especially in challenging situations

TODAY'S MOTIVATION

"He who has a good friend has no need of a mirror."
Imam Ali
(A.S.)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 20

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 20

TODAY'S INSPIRATION

"And He is
the Forgiving,
the
Affectionate."
(Quran 85:14)

DID YOU KNOW...

Laylat al-Qadr, the Night
of Power, is hidden
within the odd-
numbered nights of the
last ten days

TODAY'S MOTIVATION

"The tongue is very
small but it can
take you to the
greatest heights
and it can put you
in the lowest
depths." Imam Ali
(A.S)

DEED OF THE DAY
Share a meal
with someone
who may be
alone or in need

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 21

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 21

TODAY'S INSPIRATION

"And [He] has made me blessed wherever I am and has enjoined upon me prayer and zakah as long as I remain alive."
(Quran 19:31)

DID YOU KNOW...

Prophet Muhammad (PBUH) was known to be exceptionally generous, and his generosity increased during the month of Ramadan

TODAY'S MOTIVATION

"Do not let your difficulties fill you with anxiety; after all, it is only in the darkest nights that stars shine more brilliantly." Imam Ali (A.S.)

DEED OF THE DAY

Reflect on a personal challenge and find a positive lesson or growth opportunity

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 22

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 22

TODAY'S INSPIRATION

"And those who strive for Us – We will surely guide them to Our ways. And indeed, Allah is with the doers of good." (Quran 29:69)

DID YOU KNOW...

Fasting not only includes abstaining from food and drink but also from negative behaviors, such as gossip and anger

DEED OF THE DAY

Donate to a cause supporting education or provide educational resources to someone in need

TODAY'S MOTIVATION

"Don't be a slave to others when Allah has created you free." Imam Ali (A.S.)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 23

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 23

TODAY'S INSPIRATION

"And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah]." (Quran 2:45)

DID YOU KNOW...

Laylat al-Qadr is a night when angels descend to Earth, bringing peace and divine blessings

DEED OF THE DAY

Spend quality time with family, fostering bonds and creating positive memories

TODAY'S

MOTIVATION

"Whoever does not show mercy to the people, Allah will not show mercy to him." Prophet Muhammad (PBUH)

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 24

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

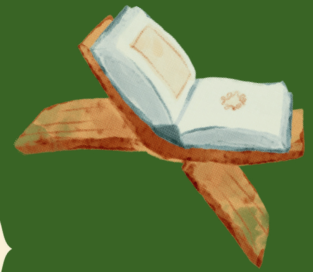
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 24

TODAY'S INSPIRATION

"And Allah
is the best
of
planners."
(Quran 8:30)

DID YOU KNOW...

The Quran was revealed
gradually over 23 years,
with the process
beginning in the month of
Ramadan

TODAY'S MOTIVATION

"The most
complete gift of
God is a life
based on
knowledge."
Imam Ali (A.S.)

DEED OF THE DAY

Share a skill or
knowledge with
someone, promoting
mutual growth

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 25

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 25

TODAY'S
INSPIRATION

"And My
Mercy
encompasses
all things."
(Quran 7:156)

DID YOU KNOW...

Muslims believe that
fasting helps purify the
soul and brings them
closer to Allah

TODAY'S
MOTIVATION

"The best
richness is the
richness of the
soul." Prophet
Muhammad
(PBUH)

DEED OF THE DAY

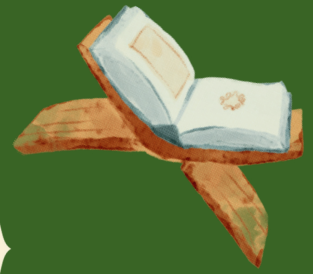
Help prepare
iftar for your
family

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 26

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

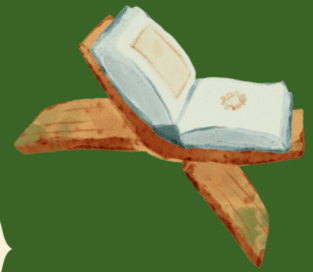
TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 26

TODAY'S INSPIRATION

"Say, 'Call upon Allah or call upon the Most Merciful. Whichever [name] you call - to Him belong the best names.'" (Quran 17:110)

DID YOU KNOW...

The Night of Power (Laylat al-Qadr) falls within the last ten nights of Ramadan and is considered more significant than a thousand months

TODAY'S MOTIVATION

"When you see a person who has been given more than you in money and beauty, then look to those who have been given less." Prophet Muhammad (PBUH)

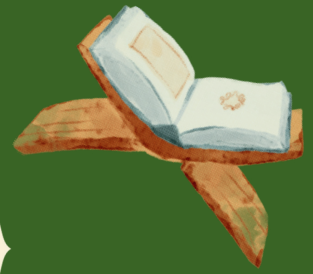
DEED OF THE DAY
Make handmade cards or artwork and gift them to friends or family

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 27

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 27

TODAY'S INSPIRATION

"And the example of a bad word is like a bad tree, uprooted from the surface of the earth, not having any stability."
(Quran 14:26)

DID YOU KNOW...

Children, the elderly, pregnant or nursing women, travelers, and those with health conditions are exempt from fasting

TODAY'S MOTIVATION

"The seeking of knowledge is obligatory for every Muslim."
Prophet Muhammad
(PBUH)

DEED OF THE DAY

Spread positivity on social media by giving compliments and sharing encouraging messages

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 28

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 28

TODAY'S INSPIRATION

"For indeed,
with hardship
[will be]
ease." (Quran
94:5-6)

DID YOU KNOW...

Social media platforms
witness increased activity
during Ramadan, with Muslims
sharing their experiences,
reflections, and inspirational
messages

TODAY'S MOTIVATION

"A true believer
does not taunt or
curse or abuse or
talk indecently."
Prophet
Muhammad
(PBUH)

DEED OF THE DAY
**Help with
clean up
after iftar**

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 29

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 29

TODAY'S INSPIRATION

"Indeed, Allah is with those who fear Him and those who are doers of good."
(Quran 16:128)

DID YOU KNOW...

The length of fasting varies depending on geographic location, with some places experiencing longer days during certain times of the year

TODAY'S MOTIVATION

"People are slaves to this world, and as long as they live favorable circumstances, they are loyal to religious principles." Imam Ali (A.S.)

DEED OF THE DAY

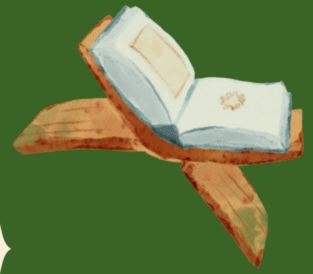
Declutter your space and donate unused items to those in need

HOW DO YOU FEEL TODAY





SELF REFLECTION



RAMADAN DAY 30

TODAY I
ACCOMPLISHED...

TODAY I LEARNT...

TODAY I THANK ALLAH
(SWT) FOR...

TODAY I ASK ALLAH
(SWT) FOR...





FOOD FOR THOUGHT



RAMADAN DAY 30

TODAY'S INSPIRATION

"And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me."
(Quran 2:186)

DID YOU KNOW...

Many Muslims use Ramadan as a time for increased religious education, attending lectures and studying the Quran more intensely

DEED OF THE DAY

Promote Mental Health:
Check in on friends or family members and offer support for their mental well-being

TODAY'S MOTIVATION

"Do not grieve over what has passed unless it makes you work for what is about to come." Imam Ali (A.S.)


HOW DO YOU FEEL TODAY






Eid

IN THE EMBRACE OF TWILIGHT, RAMADAN FADES AWAY,
A TAPESTRY OF FEELINGS, A BLEND OF NIGHT AND DAY.
SADNESS WHISPERS SOFTLY, AS THE MONTH BIDS ADIEU,
YET JOY ARISES, FOR EID'S CELEBRATION ENSUES.



YOU SOARED THROUGH RAMADAN, A JOURNEY SUBLIME,
PRAYERS, FASTING, QURAN – A MELODY IN RHYME.
IN ALLAH'S GAZE, YOUR EFFORTS FIND THEIR EMBRACE,
IN YOUR JOURNAL'S PAGES, REFLECTIONS OF GRACE.





EID'S SYMPHONY BECKONS, A CALL TO UNITE,
THE PROPHET'S DECREE, THE EID PRAYER IN SUNLIGHT.
BENEATH THE MORNING SUN, ITS GOLDEN BEAMS,
AWAKEN THE SPIRIT FROM ENCHANTING DREAMS.

SADAQAT AL-FITR, A CHARITABLE GRACE,
GIFTS FOR THE NEEDY IN THIS SACRED SPACE.
RICE, DATES, AND FLOUR, A CULINARY DELIGHT,
ENSURING ALL PARTAKE IN EID'S FEAST OF LIGHT.

AS THE CRESCENT MOON GRACES THE VELVET SKY,
REFLECT ON RAMADAN, LET GRATITUDE FLY.
CONGRATS ON YOUR JOURNEY, STEADFAST AND TRUE,
IN CELEBRATION, MAY EID BRING JOY ANEW.

WITH FAMILY AND FRIENDS, HEARTS INTERTWINED,
EID'S MAGIC LINGERS, A LOVE UNDEFINED.
CHERISH THESE MOMENTS, A COMMUNAL ART,
KINDNESS AND GOODWILL, A BEAT IN EVERY HEART.

BEYOND RAMADAN'S MOON, LET YOUR LIGHT PERSIST,
IN THE WORLD'S VAST TAPESTRY, A THREAD OF BLISS.
WISHING YOU AN EID ADORNED IN DELIGHT,
A SYMPHONY OF JOY, RESOUNDING THROUGH THE NIGHT.





EID DAY SELF REFLECTION







NOTES



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OTTAWA
MUSLIM YOUTH CLUB

Welcome to the OMYC Youth Ramadan Journal, a purposeful companion crafted by the OMYC Youth for fellow young hearts and minds embarking on the sacred journey of Ramadan. This thoughtfully designed journal is more than just pages; it's a sanctuary for self-reflection, spiritual growth, and community connection.

Within these beautifully crafted pages, you'll find a blend of inspirational quotes, guided reflections, and creative prompts tailored to resonate with the unique experiences of the youth. Whether you're a seasoned Ramadan observer or a newcomer eager to explore the beauty of this holy month, this journal is your trusted ally.

Join us as we navigate the days of fasting, prayer, and introspection, providing a space to document your thoughts, express gratitude, and set intentions for personal development. Embrace the spirit of Ramadan with engaging activities, fostering a sense of community and understanding.

As you embark on this transformative journey, let the OMYC Youth Ramadan Journal be your companion, guiding you towards a deeper connection with your faith, yourself, and those around you. May your Ramadan be enriched with purpose, self-discovery, and the joy of shared experiences. Ramadan Mubarak!