

# My 30 days Ramadan

## GOOD DEEDS CALENDAR IDEAS

Begin with a gratitude journal. Write down three things you're thankful for.

Reflect on your life goals. Set a small, achievable goal for the month.

Practice mindfulness in prayer. Take a few extra moments to focus on your connection with Allah.

Donate unused clothes or household items to those in need.

Write a letter of appreciation to someone who has positively influenced your life.

Perform a small act of kindness for a family member or neighbor.

Cook or buy a meal for someone in need.

Offer to help an elderly neighbor with grocery shopping or household chores.

Volunteer your time at a local charity or community organization.

Leave uplifting notes in public spaces for strangers to find.

Sponsor a meal for a family in need.

Plant a tree or flowers in a public space to beautify the environment.

Share a skill or teach something beneficial to others.

Donate to a cause that supports education or healthcare in underprivileged areas.

Call or visit a family member you haven't connected with recently.

Forgive someone who may have wronged you and pray for their well-being.

Spend quality time with your parents or elders in your family.

Apologize to someone if you have hurt them, mending relationships.

Organize a virtual iftar or suhoor with friends or family.

Send a care package to a friend or family member living far away.

Compliment someone genuinely and make them smile.

Read a portion of the Quran with understanding and reflection.

Learn a new du'a (supplication) and incorporate it into your prayers.

Increase your charity - give to a cause you haven't supported before.

Reflect on your personal growth throughout the month and set new goals.

Sponsor an iftar for those who are fasting.

Make a commitment to continue one of the good deeds beyond Ramadan.

Express gratitude for the opportunities and blessings you've had during Ramadan.

Perform additional prayers (Tahajjud) during the last ten nights.

On the last day, make du'a for yourself, your loved ones, and the entire Ummah.

