

# Pre-Ramadan Cheat Sheet



## 3 Weeks Before...

◇ Set goals for the month (at least 3 personal, 2 family, 1 community)

Personal \_\_\_\_\_

Personal \_\_\_\_\_

Personal \_\_\_\_\_

Family \_\_\_\_\_

Family \_\_\_\_\_

Community \_\_\_\_\_

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◇ Set up your system of choice for kids Ramadan rewards

Daily knick-knacks (recommended ages 0-3)

Weekly prizes (recommended ages 3-12)

Random earned prizes (recommended 12+)

Large basket in the beginning of the month

◇ Purchase or make any necessary prizes/toys.

◇ Takes 21 days to make a habit, you want to learn these before Ramadan to reap the benefits of the month!

Patience

Self-discipline

Generosity , Humbleness

Thankfulness

◇ Begin meal planning for you and kids who may not be fasting.

◇ Shop for non-perishables enough for the month (paper products, canned goods, rice, beans, toiletries, etc.)