



RAMADAN WELL-BEING JOURNAL

2023

YOUR RAMADAN WELL-BEING JOURNAL

The Muslim Youth Helpline presents the 2023 Ramadan Well-Being Journal. The Muslim Youth Helpline is a charity that offers non-judgemental, confidential support throughout the year.

Ramadan is an amazing time of year but it's also pretty intense. This journal will help you keep track of your mental health and well-being throughout Ramadan. Take your time to plan your well-being and spiritual goals, or use our tips at the top of each page for inspiration.

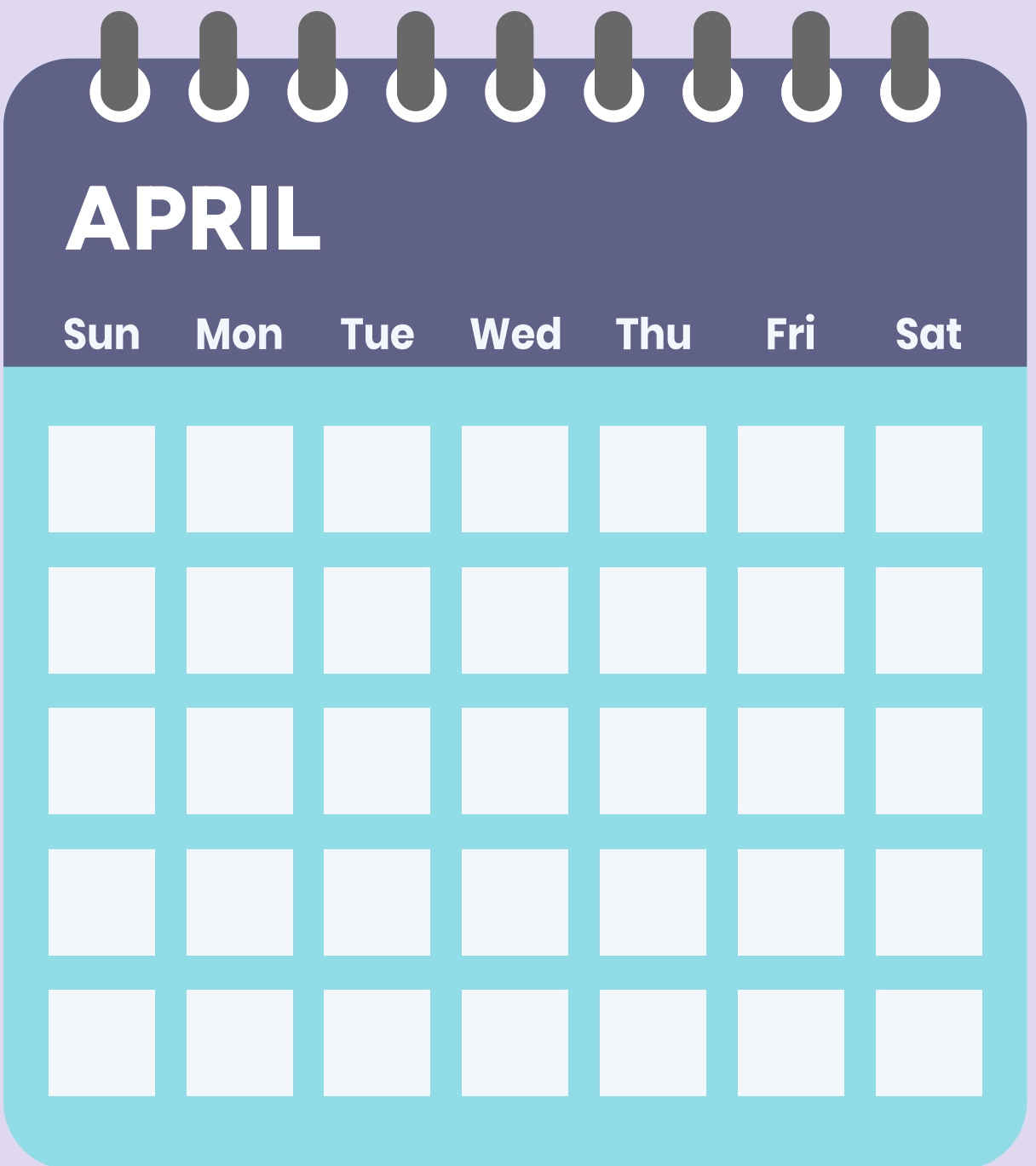
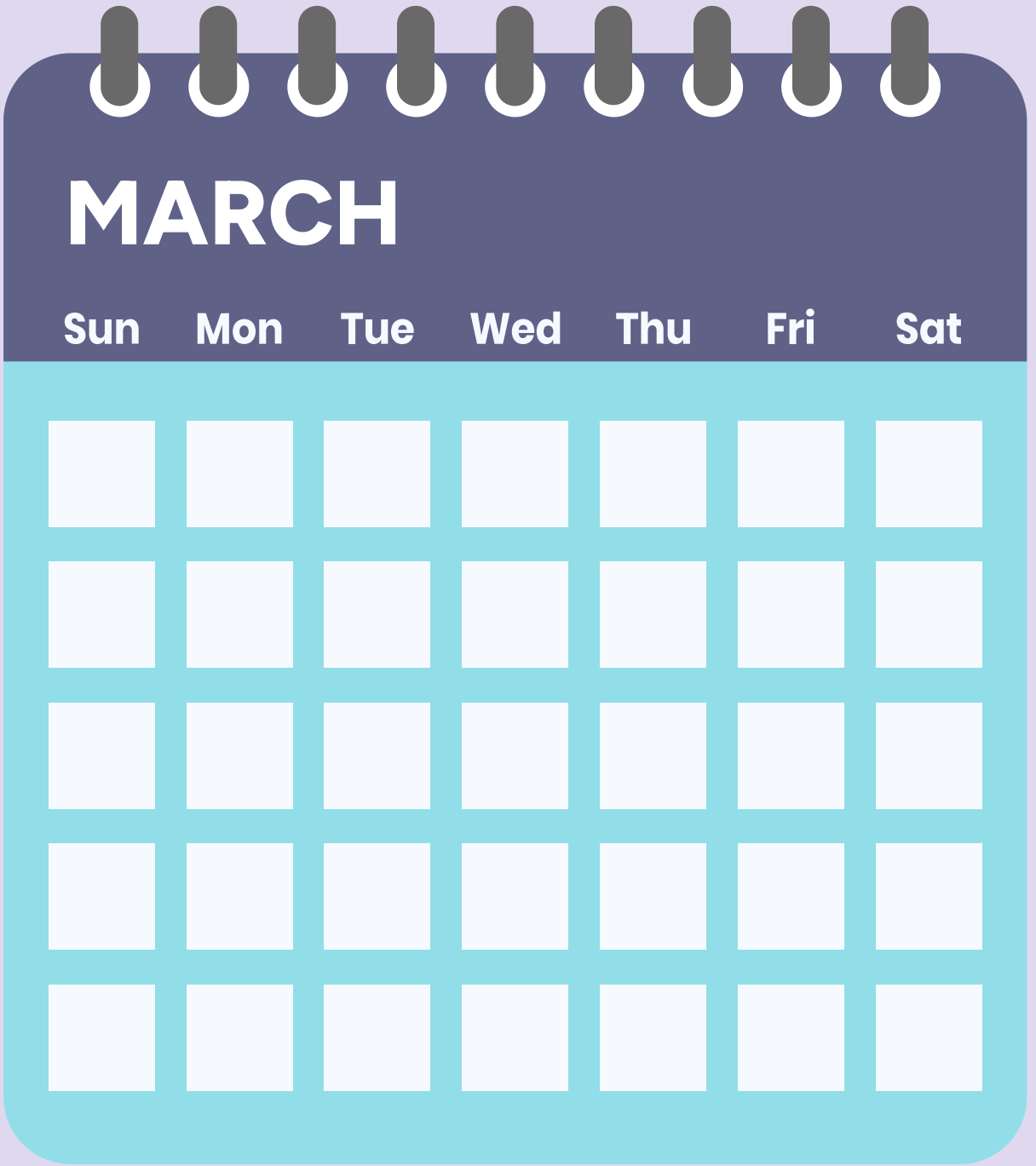
MY SPIRITUAL GOALS FOR RAMADAN 2023

- 1.
- 2.
- 3.
- 4.
- 5.

MY WELLBEING GOALS FOR RAMADAN 2023

- 1.
- 2.
- 3.
- 4.
- 5.

PLAN FOR THE BEST RAMADAN EVER



DAY



Start Ramadan with a gratitude jar. Before iftar, write one thing you were grateful for that day and put it in your jar. Go through your jar just before Ramadan ends and reflect on the month.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



Eat mindfully and practice gratitude.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



“Do not lose hope, nor be sad” (Quran 3:139)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 4

Create something. If you have a creative hobby, this can also be a good opportunity to practice mindfulness. Spend some time doing what you enjoy and be in the moment of creation.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 5

Express how you feel. Think about the people in your life. When was the last time you expressed gratitude for their friendship or told a family member you love them?

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



Today give up one thing that negatively impacts your mental health and see how it makes you feel.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



“If you give thanks, I will give you more.” (Quran 14:7)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

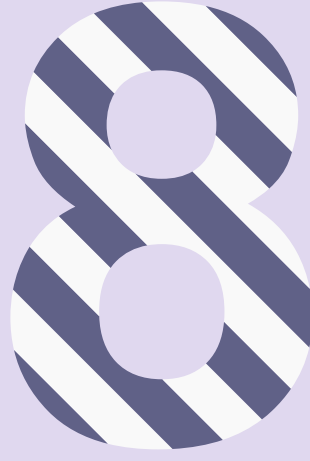
- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



Reach out to friends and family you haven't spoken to in a while.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



Take daily walks with your family and acknowledge Allah's amazing creatures.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 10

“You will not attain righteousness till you spend in charity of the things you love.”(Quran Chapter 3 Verse 92)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY



It's ok to make mistakes. What's important is what we decide to do after. Practice forgiveness and set goals to learn and grow.

WELLBEING PRACTICE OF THE DAY

GOALS

1
2
3

ACHIEVEMENTS/PROGRESS

1
2
3

SPIRITUAL PRACTICE OF THE DAY

GOALS

1
2
3

ACHIEVEMENTS/PROGRESS

1
2
3

TODAY I FEEL:

DAY 12

“Remember Me, and I shall remember you” (Quran 2:152)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 13

Check-in on a friend or loved one that may be struggling this Ramadan or living alone. Tip: invite them for Iftar, take a walk to stay active during Ramadan.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 14

Anas reported that the Prophet said, "If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him." [Sahih Bukhari]

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
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ACHIEVEMENTS/PROGRESS

- 1.
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SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 15

"The happiness of your life depends upon the quality of your thoughts." (Marcus Aurelius, Meditations)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
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ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 16

“None of you truly believes (in Allah and His religion) until he loves for his brother what he loves for himself.”
[Sahih Bukhari and Muslim]

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 17

“Give love in secret by praying for one another.” (Anonymous)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 18

“Call upon Me, I will respond to you.” (Quran 40:60)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 19

“If you want to focus more on Allah during your prayers, focus more on him outside your prayers” (Yasmin Mogahed)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY

20

“He knows what is in every heart” (Quran 67:13)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

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- 2.
- 3.

ACHIEVEMENTS/PROGRESS

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- 2.
- 3.

TODAY I FEEL:

DAY

21

“Do you know what is better than charity and fasting and prayer?
It is keeping peace, good relations between people, as quarrels
and bad feelings destroy mankind” (Prophet Muhammed)

WELLBEING PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

TODAY I FEEL:

DAY



“Educating the mind without educating the heart is no education at all.” (Aristotle)

WELLBEING PRACTICE OF THE DAY

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ACHIEVEMENTS/PROGRESS

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SPIRITUAL PRACTICE OF THE DAY

GOALS

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- 3.

ACHIEVEMENTS/PROGRESS

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- 3.

TODAY I FEEL:

DAY 23

For indeed with hardship will be ease (Quran 94:5)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 24

“In a world full of doing, doing, doing, it’s important to take a moment to just breathe, to just be.” (Unknown)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 25

Never underestimate the power of dua (supplication).

WELLBEING PRACTICE OF THE DAY

GOALS

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- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 20

“Believe you can, and you’re halfway there.” (Theodore Roosevelt)

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 27

“For what it’s worth, it’s never too late to be whoever you want to be. I hope you live a life you’re proud of, and if you find you’re not, I hope you have the strength to start over.”
(F. Scott Fitzgerald)

WELLBEING PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

TODAY I FEEL:

DAY

28

“The sign of a beautiful person is that they always see beauty in others.” (Omar Suleiman)

WELLBEING PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

1.
2.
3.

ACHIEVEMENTS/PROGRESS

1.
2.
3.

TODAY I FEEL:

DAY 29

Ramadan isn't over yet. Reflect on your achievements and goals you set for yourself - is there anything else you are aiming for?

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

DAY 30

The last day of Ramadan doesn't signify the end but the start of good habits we can carry on throughout the year. You've taken part in a beautiful journey; improving your relationship with yourself through mindfulness and positive affirmations, the environment, your loved ones, and the broader community. Try to incorporate some (or all) of these positive habits for the rest of the year. It may bring about a long-term positive change in your life and how you see the world around you.

WELLBEING PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

SPIRITUAL PRACTICE OF THE DAY

GOALS

- 1.
- 2.
- 3.

ACHIEVEMENTS/PROGRESS

- 1.
- 2.
- 3.

TODAY I FEEL:

A MESSAGE FROM MUSLIM YOUTH HELPLINE

We hope this journal helps you track your mental health and well-being this Ramadan.

Documenting and journaling your journey it allows you to reflect and evaluate your feelings. As a result, we hope you have the best Ramadan ever both for your spiritual and mental state. May Allah bless you.

The Muslim Youth Helpline is a charity that offers non-judgemental, confidential support throughout the year. Whether you or a loved one needs someone to talk to, we are here.