


30 DAYS EXPERIENCING RAMADHAN



EasyMuslim
GUIDANCE WITH EASE



30 Days Experiencing Ramadhan
A Gentle Personal Reflection
Journal

Name: _____

Start Date: _____

Introduction

"30 Days Experiencing Ramadhan" invites you to embrace the serene spirit of Ramadhan

Through gentle daily reflections. Each day offers a simple experience to help you slow down, notice, and connect with the essence of this sacred month. With space for personal insights, this journal encourages you to move softly through your journey of self-discovery and mindfulness.



How to use

Each day:

1. Try the small daily experience.
2. Return to this page.
3. Tick the box.
4. Write a few words.

That is all.



Day 1 - 5

Slowing Down

Day 1 - Sitting in Silence at Sunset

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 2 - Noticing the Night Sky

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 3 - Drinking Water with Awareness

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 4 - Eating a Date Slowly

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 5 - Pausing Before Eating

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today





Day 6 - 10

Intention and cleanliness

Day 6 - Washing with Awareness

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 7 - Tidying a Small Space

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 8 - Beginning the Day Gently

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 9 - Removing One Distraction

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 10 - Pausing Before Action

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today





Day 11 - 15

Character & Kindness

Day 11 - Speaking Gently All Day

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 12 - Offering Help Quietly

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 13 - Internal Forgiveness

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 14 - Giving Something Small

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 15 - Smiling Intentionally

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today





Day 16 - 20

Moments of Prayer

Day 16 - Standing Still for Two Minutes

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 17 - Placing Forehead to Ground

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 18 - A Personal Whispered Prayer

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 19 - Sitting in Quiet Reflection

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 20 - Experiencing Surrender

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today





Day 21 - 25

Reflection & Qur'an

Day 21 - Reading one short verse

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 22 - Reflecting on Its Meaning

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 23 - Writing What It Means to You

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 24 - Sitting with the Words

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 25 - Noticing emotional response

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today





Day 26 - 30

Living With God in Mind

Day 26 - Walking in Awareness

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 27 - Whispering Gratitude

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 28 - Reflecting on Dependence

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 29 - Looking at the Sky at Night

Did I experience this today?

Yes Not yet

What did I notice?

One feeling or thought to remember

A word for today

Day 30 - Looking Back to Day 1

What feels different after these 30 days?

What surprised me most?

Would I like to explore Islam further?

Yes I'm not sure yet

[EasyMuslim.org/mentor](https://www.easymuslim.org/mentor)

