

MY  
RAMADAN  
*Journal*



*Asiya Zee*



*As Salam Alaykum  
Sister*

This journal is an invitation to walk through Ramadan exactly as you are. Some days you may feel close to Allah; other days you may feel tired or overwhelmed by the weight of life or the words of others. All of it belongs here. You do not need to fill every page or write perfectly — a few honest lines are enough.

Use the daily pages to reflect on the Hadiths and notice how their meanings meet your own life, emotions, and experiences.

The Qur'an and the words of the Ahl al-Bayt (peace be upon them) are sources of mercy and healing — meant to soothe the heart, steady the soul, and create space to sit with your feelings in Allah's presence.

This journal is not about completing Ramadan perfectly. It is about showing up with sincerity, reflection, and compassion toward yourself. At the end of this journal, you will find 30 du'ās — one for each day of Ramadan — to accompany you in growth, healing, and gentle return to Allah.

*Asiya X*



# Day 1

## Intention Without Burden

### Du'ā

O Allah,  
You know my limits better than I do.  
Accept from me what is sincere,  
even if it is small and imperfect.

### Reflection

Where am I placing pressure on myself as I step into Ramadan?

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# Day 2

## Being Seen by Allah

### Du'ā

O Allah,  
when my worship feels unseen by others,  
remind me that You see all effort,  
even what is hidden.

### Reflection

Where do I fear being unseen?

How does God's awareness change that?

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# Day 3

## Mercy Over Performance

### Du'ā

O Allah,  
teach me to seek Your mercy  
more than my own sense of achievement.

### Reflection

Where does my faith feel like performance instead of presence with Allah?

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# Day 4

## Acceptance of Limits

### Du‘ā

O Allah,  
Help me accept what I cannot do  
without shame or resentment.

### Reflection

What am I learning to accept about myself right now and how might I call upon Allah to help me?

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# Day 5

## Nearness without Perfection

### Du'ā

O Allah,  
draw me close to You  
without requiring perfection from me.

### Reflection

What parts of me still believe I must be perfect to be close to Allah?

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# Day 6

## Trusting divine Judgement

### Du'ā

O Allah,  
You are just and You do not wrong.  
Help me trust that nothing sincere is wasted.

### Reflection

Where am I being asked to trust Allah's guidance , even if I cannot see the way ahead?

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# Day 7

## Loneliness in Worship

### Du‘ā

O Allah,  
be near to me in my solitude, let my heart feel  
your presence  
when I worship alone.

### Reflection

How can I open my heart to feel Allah’s presence more  
deeply when I worship alone?

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# Week 1

## End of week Reflection

### Du'ā

O Allah, Most Merciful, thank You for carrying me through these first days of Ramadan. Thank You for patience, for Your guidance, and for Your mercy even when I faltered. Keep my heart mindful of Your blessings, my actions sincere, and my spirit close to You  
. Ameen.

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# Day 8

## Softening the Heart

### Du'ā

O Allah,  
soften what has become hard in me  
without breaking me open.

### Reflection

What feels safe enough to soften?

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# Day 9

## Being Held

### Du'ā

O Allah,  
hold me when I feel overwhelmed,  
even if all I can do is turn toward You.

### Reflection

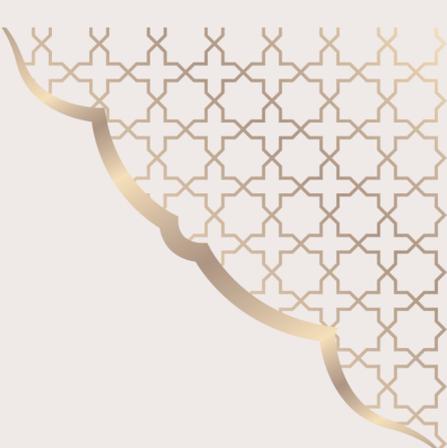
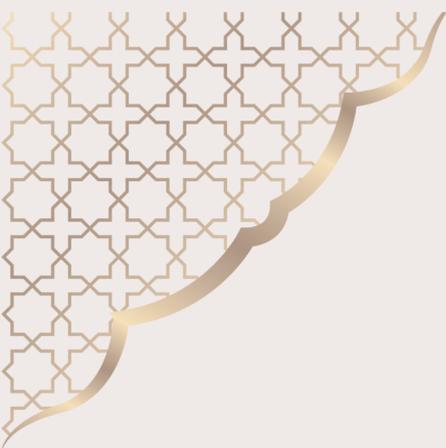
What overwhelms me most right now?

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# Day 10

## Quiet Faith

### Du‘ā

O Allah,  
accept my quiet faith  
that does not announce itself

### Reflection

Which parts of your faith live quietly that you would like to share more openly with others?

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# Day 11

## Trust over Control

### Du‘ā

Allah,  
help me loosen my grip  
and trust You where I lack control.

### Reflection

What am I holding too tightly, and how can I release it to Allah?

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# Day 12

## Allah's Nearness

### Du'ā

O Allah,  
remind me that You are nearer to me  
than my own thoughts.

### Reflection

How can I be more mindful of Allah's nearness in my daily life?

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# Day 13

## Worth Beyond Productivity

### Du‘ā

O Allah,  
teach me that my worth  
is not measured by output.

### Reflection

In the moments I struggle how can I remind myself that my worth is with Allah, not in my productivity?

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# Day 14

## Rest as Worship

### Du'ā

O Allah,  
allow my rest to be counted  
when it is taken in Your name.

### Reflection

How can I honour rest as an act of worship for  
myself and Allah?

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# Week 2

## Midpoint Reflection

### Du'ā

O Allah, accept what I have done this week, forgive what I have neglected, and guide my heart to grow in patience, gratitude, and quiet devotion. Strengthen my faith in the unseen, help me release what is not mine to carry, and allow my rest, my worship, and my efforts to be pleasing to You.

### Reflection

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# Day 15

## Presence in Prayer

### Du'ā

O Allah, help me to be present in my salah, not rushing through it.

### Reflection

How can I make each prayer a space to truly meet Allah?

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# Day 16

## Steadfast Devotion

### Du'ā

O Allah, help me remain devoted to you  
always

### Reflection

How can I nurture consistency in my worship, even  
in private moments?

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# Day 17

## Inner strength

### Du'ā

O Allah, help me remain devoted to you  
always.

### Reflection

How can I nurture consistency in my worship, even  
in private moments?

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# Day 18

## Nourishing the Soul

### Du'ā

O Allah, help me to care for my soul as much as my duties.

### Reflection

How can I nurture myself in a way that draws me closer to You?

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# Day 19

## Patience In difficulty

### Du'ā

O Allah, teach me patience in moments of difficulty

### Reflection

How can I let my heart rest in Allah's timing even when I struggle?

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# Day 20

## Letting Go

### Du'ā

O Allah, help me to release what is not meant for me.

### Reflection

How can I release what is not mine to carry and leave it with Allah?

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# Day 21

## Gentle Speech

### Du'ā

O Allah, guide my tongue and soften my speech.

### Reflection

How can my words reflect mercy and truth today?

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# Week 3

## Rising Light & Renewal

### Du'ā

O Allah, accept our fasting and prayers, forgive our sins, and guide us to make the most of the blessed last ten nights.”

اللهم تقبل صيامنا وقيامنا، واغفر ذنوبنا، ووفقنا لاغتنام العشر الأواخر

### Reflection

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# Day 22

## Awareness of Allah

### Du'ā

O Allah, remind me that You are always near and watching over me.

### Reflection

Do my actions reflect being mindful of Allah in all I do?

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# Day 23

## Mercy for Myself

### Du'ā

O Allah, help me to let go of guilt and forgive myself.

### Reflection

How can I show myself mercy as Allah shows me mercy?

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# Day 24

## Gratitude

### Du'ā

O Allah, strengthen my heart in  
gratitude.

### Reflection

What small blessings today can I recognise as gifts from Allah?

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# Day 25

## Compassion for Others

### Du'ā

O Allah, teach me to see others with compassion

### Reflection

How can I soften my heart toward those around me today?

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# Day 26

## Surrender

### Du'ā

O Allah, help me to surrender what I cannot control.

### Reflection

Where can I release control and trust Allah's plan?

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# Day 27

## Clear Intentions

### Du'ā

O Allah, grant me clarity in my intentions.

### Reflection

How can I align my actions with what truly matters to Allah?

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# Day 28

## Nurturing the Heart

### Du‘ā

O Allah, help me to nurture my heart and spirit.

### Reflection

What is one way I can care for my inner self as an act of worship?

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# Day 29

## Mercy in the Final hours

### Du‘ā

“O Allah, forgive our shortcomings, accept our fasting and prayers, and grant us the blessings of Your mercy in these final days. Make us among those whose deeds are accepted and hearts are purified.”

اللهم اغفر تقصيرنا، وتقبل صيامنا وقيامنا، وارزقنا رحمتك في هذه الأيام الأخيرة، واجعلنا من المقبولين وقلوبنا مطهر

### Reflection

How will I carry the lessons, mercy, and patience of Ramadan into every day that follows?

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# Day 30

## Gratitude at Ramadans Close

Du'ā

“O Allah, accept all that we have done in this blessed month. Forgive what we have missed, strengthen our faith, and let the light of Ramadan remain in our hearts throughout the year.”

اللهم تقبل منا ما عملناه في هذا الشهر المبارك، واغفر ما فاتنا، وقو  
إيماننا، واجعل نور رمضان في قلوبنا طوال العا

### Reflection

What seed of faith, mercy, or gratitude from Ramadan will I nurture in my life after it ends?

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# 30 Daily Du'ā

Day 1:

“O Allah, accept my intention and my actions this Ramadan, and make me steadfast in Your worship.”

Day 2:

“O Allah, forgive my sins, both hidden and visible, and grant me Your mercy this month.”

Day 3:

“O Allah, increase my love for You and for Your Qur'an, and let me be guided by its light.”

Day 4:

“O Allah, help me be patient and grateful in all circumstances, and let my heart find peace in You.”

Day 5:

“O Allah, bless me with sincerity in my prayers, intentions, and daily actions.”

# 30 Daily Du'ā

Day 6:

“O Allah, protect me from harmful desires and give me strength to turn toward You always.”

Day 7:

“O Allah, accept whatever good I can do, however small, and let it bring me closer to You.”

Day 8:

“O Allah, make this Ramadan a source of purification for my heart and soul.”

Day 9:

“O Allah, guide me to speak only truth and act with kindness toward all.”

Day 10:

“O Allah, strengthen my faith, and let Your remembrance fill my heart and mind.”



# 30 Daily Du'ā

Day 11:

“O Allah, grant me understanding of Your words and wisdom in applying them in my life.”

Day 12:

“O Allah, forgive my shortcomings, and help me improve daily in Your sight.”

Day 13:

“O Allah, protect me from pride, arrogance, and envy, and fill me with humility.”

Day 14:

“O Allah, make me generous, and let my actions benefit others in Your path.”

Day 15:

“O Allah, accept my repentance and guide me to sincere, lasting reform.”



# 30 Daily Du'ā

Day 16:

“O Allah, make my heart soft and my tongue gentle toward others.”

Day 17:

“O Allah, help me remember You often, in words, thoughts, and actions.”

Day 18:

“O Allah, give me patience in hardship and gratitude in ease.”

Day 19:

“O Allah, let me see the blessings You have given and not take them for granted.”

Day 20:

“O Allah, bless me with wisdom, understanding, and clarity of mind.”



# 30 Daily Du'ā

Day 21:

“O Allah, protect me from sin, and help me return quickly when I fall.”

Day 22:

“O Allah, strengthen my heart against despair, and make me hopeful in Your mercy.”

Day 23:

“O Allah, let my fasting, prayer, and actions be accepted, even if I am alone.”

Day 24:

“O Allah, bless my family, friends, and the Ummah with health, peace, and guidance.”

Day 25:

“O Allah, grant me sincerity in every deed, small or great, and accept it from me.”



# 30 Daily Du'ā

Day 26:

“O Allah, purify my heart from hatred, jealousy, and ill will.”

Day 27:

“O Allah, let me reflect on Your signs and increase my faith each day.”

Day 28:

“O Allah, help me use this Ramadan to draw nearer to You in every way.”

Day 29:

“O Allah, grant me the wisdom to continue good habits even after Ramadan ends.”

Day 30:

“O Allah, accept my efforts this month, forgive my sins, and let me rise renewed and closer to You.”

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