



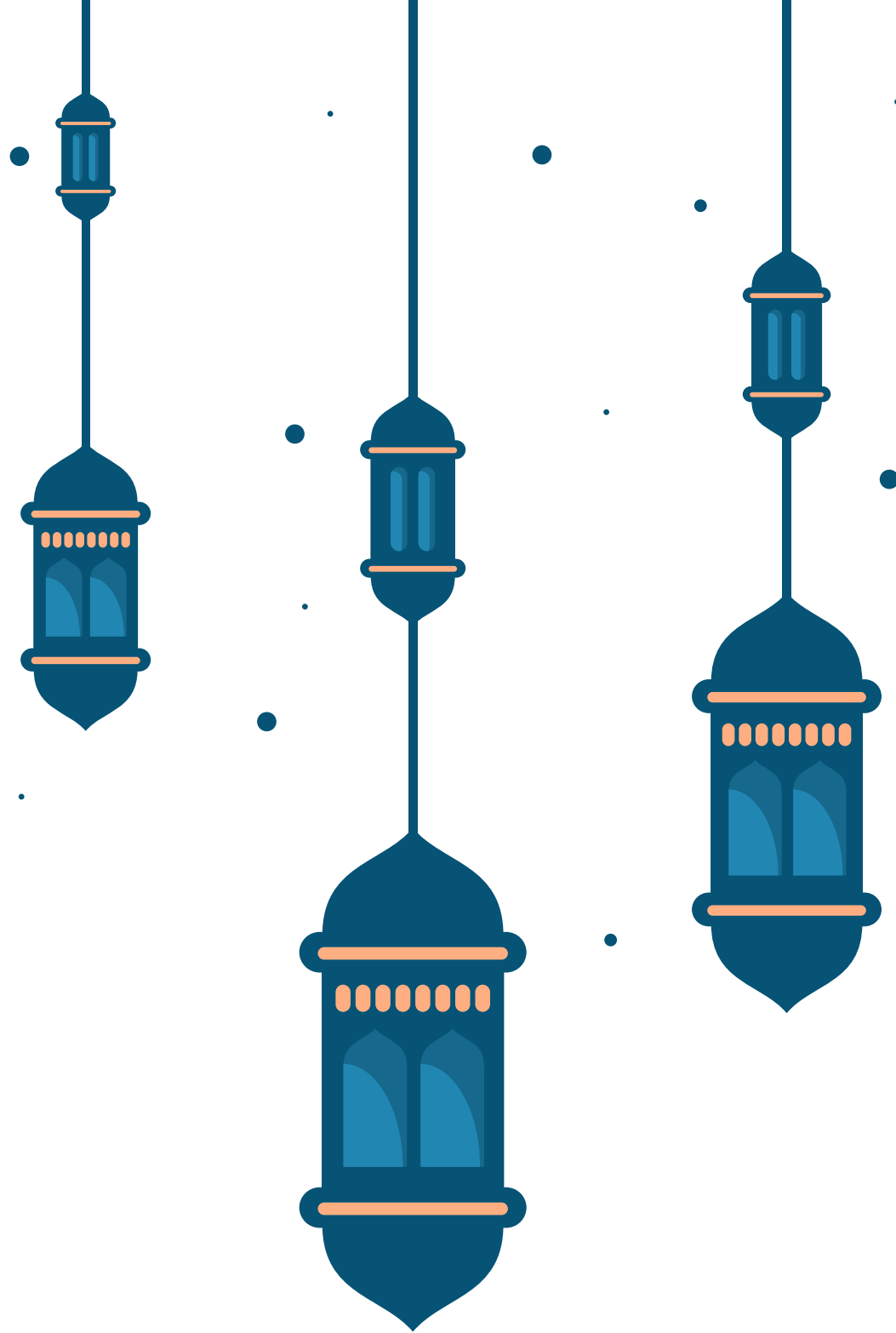
RAMADAN ADVANTAGE

ONLINE WORKSHOP

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YAMEENUDDIN AHMED
CEO | TIMELENDERS





- **CEO** Timelenders
- Entrepreneur, Trainer, Coach, Business Consultant
- **23+ Years** in training, coaching & consulting
- Impacted more than **100,000 people** from **85+ Nationalities**
- **1000+ Organizations** (Asia, Africa, ME, Europe and NA)
- Honored to trained at **Umm-ul-Qura'** University Mekkah
- Traveled extensively
- Married and Father of 4 Alhumdulillah

LET'S START WITH A SMALL STORY FROM MY CAREER



WE ASKED 15,000+ PEOPLE

about their last Ramadan
experience...

94% people

end Ramadan with regrets.
Only 6% don't.



WHY 94% REGRET?

(From the survey)

- Unable to manage time properly
- Unable to complete Quran in a month
- Not getting full spiritual benefit
- Hardly complete Quran recitation
- Don't know how to read Quran daily
- Don't have energy to pray Taraveeh
- Mismanage my sleep during Ramadan
- Unable to involve the family in spiritual deeds
- I always lose laylat-ul-Qadr because of sleep
- Too much time goes in shopping with wife
- Too much time goes in kitchen due to demands of husband, kids and in-laws
- Irregularity in Quran and prayers
- Never completed Quran with translation
- I pass time on social media and videos
- Over-eating especially in Iftaar
- Motivation goes down after 4-5 days

IN THE 
SAME SURVEY
WITH 15,000+
PEOPLE...

81% people believe

that the overall performance
should not be dropped in
Ramadan



And that's the good news

What we'll cover in this workshop?

01

What Ramadan means to us

02

Reflections & Envision

03

Ramadan Intention

04

My Spiritual Goals

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My Learning Goals

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My Health / Energy Goals

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My Ramadan Daily Planner

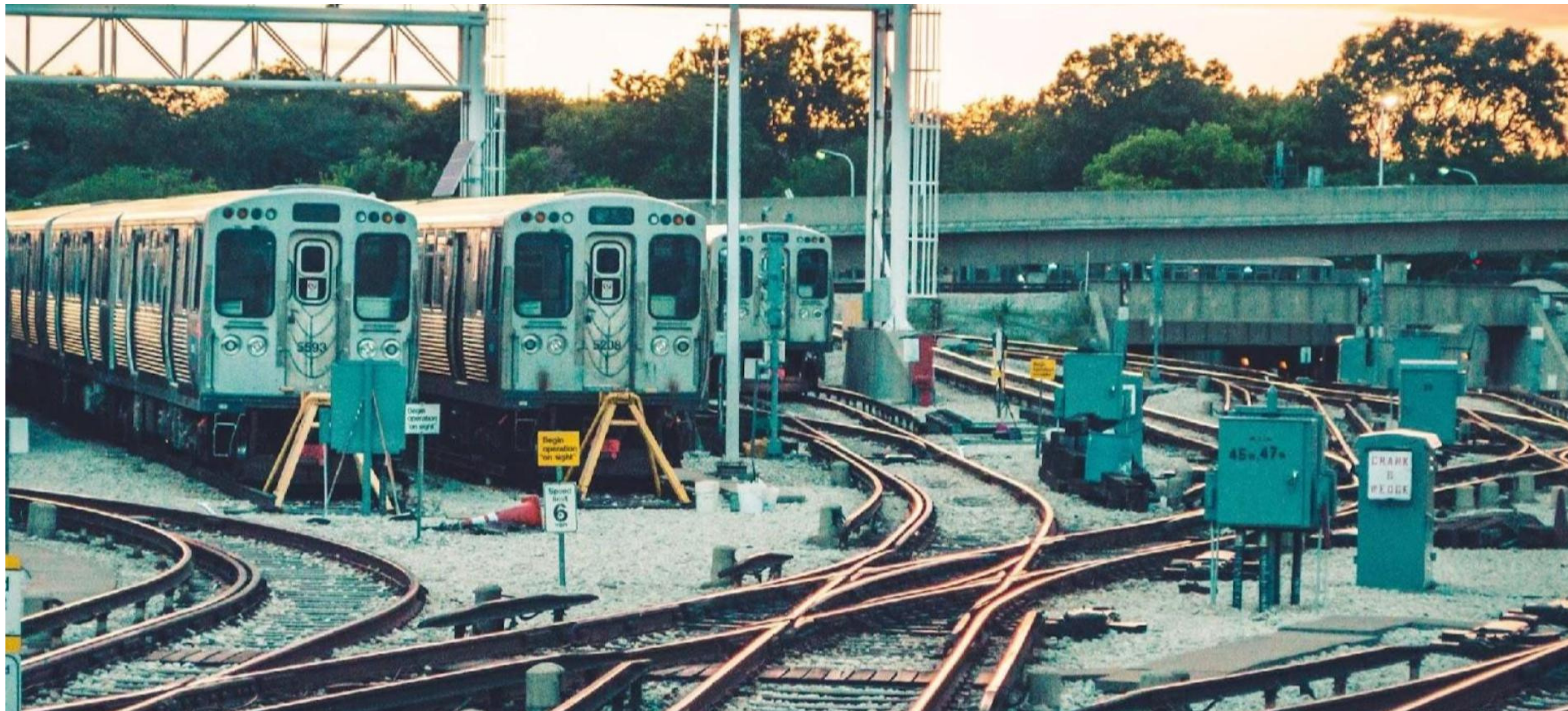
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**Ramadan is a
glimpse of the person you
can be every single day.**

YAMEENUDDIN AHMED

The Journey Begins...

08





Imagine you're at the railway station and you make your way to the ticket counter. Your luggage is with you, and you know that you are going on vacation.

You approach the counter, and the salesperson asks you,

“Where do you want to go”?

You stand there with a big smile on your face and say, “I don't exactly know, any good place!” At this point the salesperson looks at you like you're crazy and replies: “I'm sorry sir, but you need to tell me your destination for me to give you a ticket”.

Do you know what is
the biggest **mistake**
people make regarding
Ramadan?...



The Biggest Mistake People Make

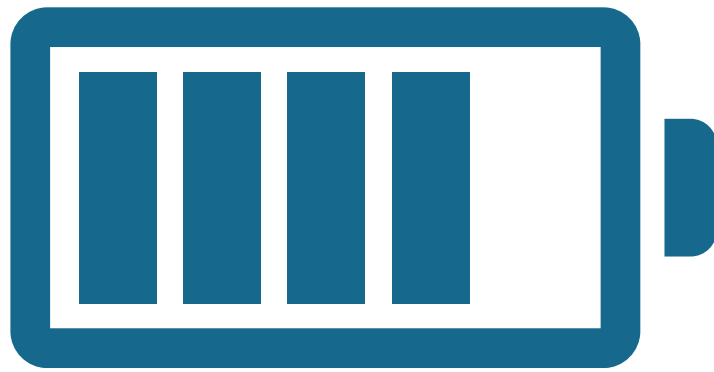


Preparing Late

Not Preparing at all

Do you know what is
the biggest **mistake**
people make regarding
Ramadan?...

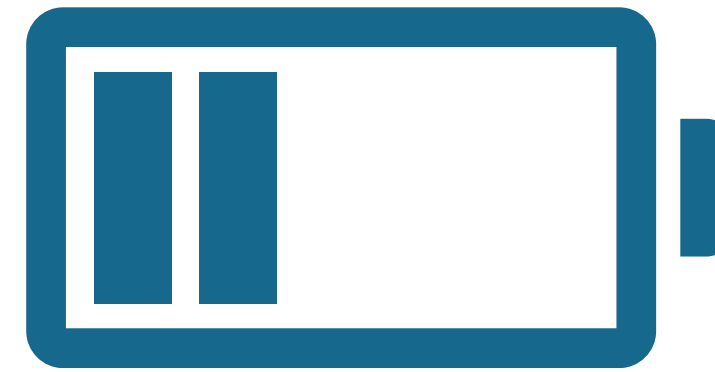
The Result of this Mistake



1-4 Ramadan



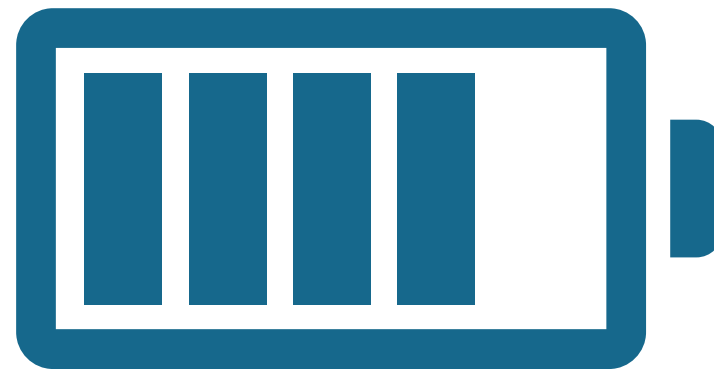
5-10 Ramadan



11-20 Ramadan



21-26 Ramadan

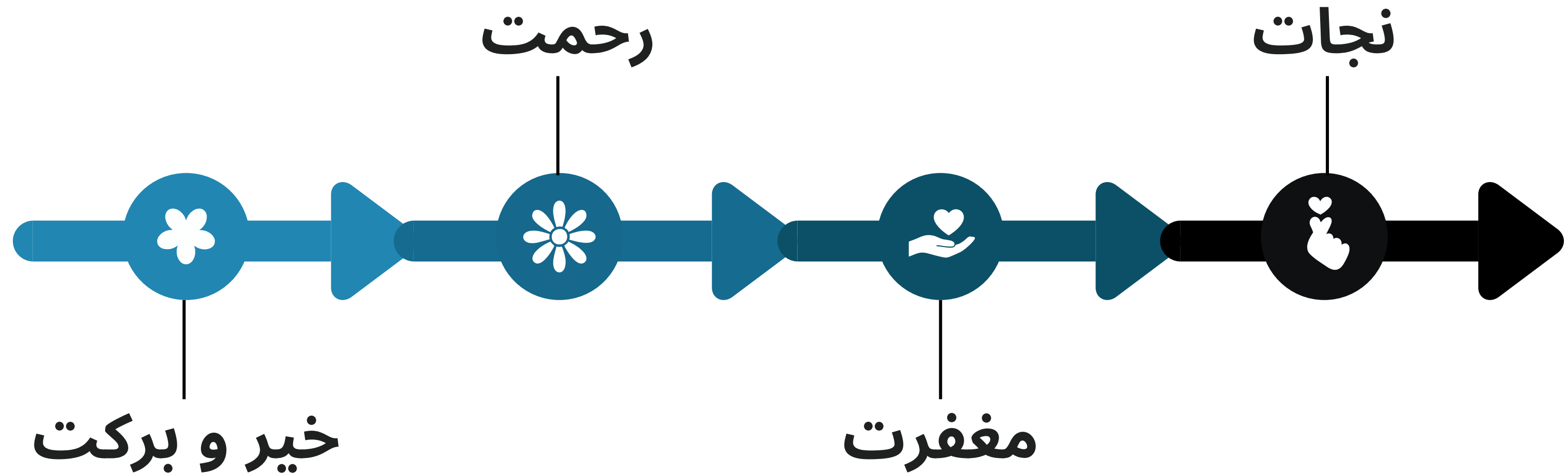


27 Ramadan



28-30 Ramadan

What Ramadan Means to us..



What comes to your mind when you think of Ramadan? (From the survey)

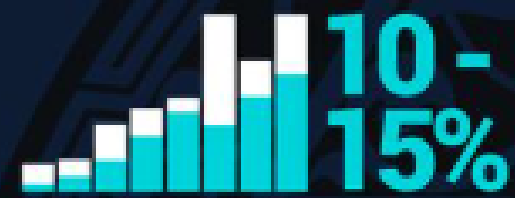
1. Delicious Iftari
2. Variety of Food
3. Pakoray, Dahi baday, Rooh Afza
4. Iftar parties / iftar + dinner deals
5. Taraveeh prayers
6. Recitation of Quran
7. Zakaat / Charity
8. Waking up early
9. Less sleep / Low energy
10. Difficult work routine
11. Regular Prayers
12. Changed routine
13. Special TV shows
14. Shopping for Eid / New clothes
15. Understanding Quran
16. Road Rage / Anger
17. Problem in smoking

It's more of a cultural festival now instead of an opportunity to transform one's life!



INTERNET USAGE DURING RAMADAN

12 to 3am
Usage Peak
Just Before
Suhoor¹ ☕ 🍞



Increase in Traffic during
RAMADAN²

30 - 40%
Increase
in time spent
Online 📱

Based on data for selected websites
comparing before and during
RAMADAN³

SOCIAL MEDIA USAGE DURING RAMADAN



30% average
increase
in usage during
RAMADAN⁴
excluding Eid ▲▲▲▲▲▲▲▲

DIGITAL MARKETING
during **RAMADAN**
35% Increase in activity⁵
📱📱📱📱📱📱📱📱📱

RAMADAN GLOBAL REACH

23%
of worlds
population

1,57
billion⁶



rackspace
the open cloud company

WORKSHEET

Ramadan 1446 & 1447 (2025 & 2026)

01

Did you end last Ramadan with the feeling that you could have done better with your time, worship and deeds?



Yes



No

02

Did you promise yourself that it wouldn't be the same next year?



Yes



No

94% finished Ramadan with the feelings of REGRET. We make promises to ourselves that we won't repeat the same mistakes the next year. But a year passes, Ramadan returns, and we find ourselves chained with the same excuses.

The truth is every year hundreds of Muslims die before they reach their next Ramadan. We are not guaranteed to live – the next Ramadan, the next month, or even the next day.

WORKSHEET

Reflect & Envision

01

How many people in your acquaintance do you know who were alive and healthy in last Ramadan, but they're no more? Please reflect and write their names.

02

Neither you nor I know whether we will live to see the next Ramadan, but imagine for a moment that you were told that this is your last Ramadan and you're not going to be alive to see the next Ramadan, then what would you like to do in this Ramadan to make it the most meaningful Ramadan ever in your life?

WORKSHEET

Intention

01

What is your intention/Purpose behind making your Ramadan more meaningful and rewarding?

Ramadan Pledge of Intention

In the name of Allah, the Most Gracious, the Most Merciful.

I, _____ (your name)

Solemnly make this pledge to Allah (swt), my Lord and Cherisher, seeking His (swt)'s assistance and acceptance.

Every single action that I do will depend on the quality of my intention. Therefore, I testify that I will always purify and renew my intention and seek for His Forgiveness solely to earn His (swt)'s pleasure.

I promise that I will not compare myself to any other person like me. I believe that everyone is at a different level and success is when I am better than I was yesterday. And the only people to copy and to upgrade myself are people of piety (taqwa) starting from beloved Prophet Muhammad (sas) and his Sahaba (raa).

This Ramadan, I will bring myself to a better level by improving my character and taqwa. I intend to always repent, forgive others, stop doing bad habits and replace it with good habits. I agree to keep track of my daily action, to practice self-control, and to motivate myself to do more everyday with the right intention. I intend to continue doing with what I have learned and practiced this month even after Ramadan is over.

May Allah (swt) guide me, protect me and give me strength to make this Ramadan more productive, meaningful and rewarding. May He (swt) make it easy for me to turn to Him completely and perpetually. Aameen.

Signed by _____ Date _____

WORKSHEET

Before Ramadan

01

Have you already done your preparations for Ramadan?



Yes



No

02

Have you already done your preparations for Eid?



Yes



No

03

Please describe how do you feel about your heart, your mind and your emaan, now before the Ramadan starts.

WORKSHEET

3 Important Reflections

01

Where am I now in terms of planning my Ramadan?

- ☐ I have done all my planning and ready for it
- ☐ I have thought that I need to plan, but haven't done anything yet
- ☐ I have not thought and done any concrete plans for Ramadan

02

Have you already done your preparations for Eid?

03

How will I get what I want out of this Ramadan?

WORKSHEET

My Spiritual Goals

All those deeds that help you strengthen your relationship with Allah (swt).

- 1 Salah: I'll pray all 5 daily prayers with Jama'at.
- 2 Taraveeh: I'll offer complete taraveeh with full concentration
- 3 Recitation: I'll recite 1 Juzz a day. (Define the quantity)
- 4 Azkaar: Astaghfaar, Hamd, Durood Shareef, Morning & Evening Azkaar, Minimum 15 times tasbeeh in Sujood, Others – Quantify them
- 5 Sunnahs: I'll adopt following sunnahs in this month. List down the Sunnahs
- 6 Charity / Sadaqah: Please quantify the amount per day and which cause
- 7 Tahajjud: I'll wake up an hour before Suhoor and pray 8 raka'at of Tahajjud.
- 8 Nawafil: I'll regularly offer Ishraaq, Chasht, awwabin and other nawafil.
- 9 I'tekaaf: I'll spend last 10 days in I'tekaaf reflecting and getting closer to Allah (swt).
- 10 Dua: All masnoon duas + I'll prepare my list of targeted duas that I'll ask Allah (swt) every day

Bad Habits I want to get rid of...

Bad Habits	Possibly Replaced with
1. Listening to Music	Listening to Quran recitation / Lectures / Audio Books / Nasheeds / Na'ats
2. Back Biting	Warn people, change the topic, suggest a meaningful discussion, leave the place
3. Anger	Walk away from the situation, drink water, recite durood shareef, make wudu
4. Disrespecting Parents / Elders	Reflect upon verses 23-24 Surah Al-Isra' and Ahadith, keep yourself in their shoes, keep quiet
5. Delaying Salah	What is more important? Salah or what you're occupied with (Priorities)
6. Rushing Salah	Salat-un-Nabwi (sas), spend more time in ruku/sujood, learn duas of qayam, ruku and sujood
7. Missing Salah	Reflect upon ahadith regarding leaving Salah / What are your priorities?
8. Excessive Sleeping	Warn people, change the topic, suggest a meaningful discussion, leave the place
9. Using Curse Words	Use alternative words e.g. Astaghfirullah, keep your tongue wet with Azkaar
10. Wasting time on TV / Videos	Increase your time in Tilawat, learning & development, remove the cable, nawafil
11. Stress over Little Things	Build your trust in Allah (swt), make a lot of dua, You've got Tahajjud, Dua after sunnahs of Fajr
12. Overspending	Budget your finances and stick to it, Make a list of only necessary things, Don't buy what is not in list
13. Skip Suhoor	Do not go to bed late, Sleep immediately after Taraveeh
14. Smoking	Find halal alternatives e.g. writing, reading, art, calligraphy, poetry, sports etc. / leave the company
15. Social Media	Mute notifications, mute videos, audios, image files on WhatsApp, Put other filters
16. Others...	

WORKSHEET

My Targeted Dua List

Imagine that Allah (swt) is asking you to ask Him for anything and everything you've ever wanted! Imagine the possibilities! Write down everything you want to ask Allah with no limitations (but keep it halal!)

01

Make a list of your targeted Duas. Write them clearly and ask Allah (swt) as if you're talking to Him (swt)

02

What are the best times to supplicate?

- ☐ The last third of the night
- ☐ Between Azaan & Iqamah
- ☐ While in Sujood
- ☐ At the time of Sehri and Iftaar
- ☐ In Laylah-tul-Qadr
- ☐ After Fard Salah
- ☐ Between Asr & Maghrib on Friday

WORKSHEET

My Learning Goals

All those deeds that help you strengthen your intellect and learning capacity.

- 1 Quran Translation: Quantify per day
- 2 Quran Tafseer / Daura-e-Quran: Quantify per day
- 3 Understanding Hadith: Discuss with a competent scholar and make a curriculum for the month
- 4 Seerah of Prophet Muhammad (sas): Select a book of seerah and complete it in the month
- 4 Today's Taraveeh: Make a slot and understand what is in today's Taraveeh
- 5 Weekly Dars / Lecture: Attend a dars or lecture by a competent scholar

WORKSHEET

My Family Goals

Our Family members are an integral part of our lives and it is our responsibility to help them plan their Ramadan in a way that they can also benefit the same way we want for ourselves.

GOAL AREAS	SPOUSE	CHILDREN	PARENTS	SIBLINGS
Spiritual				
Intellectual				
Physical				
Leaving Bad Habits				

WORKSHEET

For Busy Mothers

30

Many mothers out there are looking for ways to ensure they get best out of Ramadan because it's a challenge managing family, kids, kitchen and other work along with ibadah.

1. Organize

- Books, Quran, Tafseer, pens, pencils,
- Where to attend Daura-e-Quran
- Taraveeh, where babysitting is available

2. Kitchen++

- Spend less time in kitchen
- Kabab, samosa, rolls, chutneys – prepare & freeze
- Do cleaning before Ramadan

3. Shopping

- Complete your grocery shopping before Ramadan
- Complete Eid shopping
- Eidi and Eidi envelopes

4. Socialize

- Avoid Iftar parties amap
- Visit relatives before Ramadan
- List of people to call and share your experience

5. Prioritize

- Make up any missed fasts before Ramadan
- Designate a time slot for learning & reflection
- Remove time wasters; a friend, social media, game etc.

6. Children

- Involve kids with you
- Adopt few Sunnahs this month with kids
- Delegate chores to kids as per their age
- Have a charity box and encourage kids to contribute

Don't worry! If you won't be able to follow all of this, you will still get highest rewards for your intention and effort to maximize the Ramadan benefit. Remember! Allah (swt) knows our situations, intentions and how deeply we want to please Him (swt)

WORKSHEET

My Ummati Goals

All those deeds / actions which contribute in the lives of other people for their better dunya and better aakhirah, and shall work for you as a sadaqa-e-jariyah.

01

Have you or are you involved in taking the vision of Prophet Muhammad (sas) to others?



Yes



No

02

How many people you would like to speak about the vision of Prophet Muhammad (sas) as their vision? Write number and names of people.

03

How many days or number of hours in this month you would like to spend in the way of Allah (swt)?

04

What Ummati project I would like to involved in and give my time to? Write details.

WORKSHEET

My Relationships

Many a times we have people in our family, relatives, neighbors and work who need our help or we need to mend our relationships with them. Ramadan is an excellent time to see our affairs.

01

Please list down the name of neighbors, relatives or co-workers who need my help (moral, emotional, financial).

02

Please list the names of people I need to rectify my relationship with and when do I need to see them? Communicate with them and mark your schedule.

WORKSHEET

My Work Goals

Many of us work professionally to make ends meet. Some of us are self-employed, do business or work for some organization. Ramadan doesn't mean that we're allowed to skip our work commitments, therefore, it's extremely important to plan our work goals as well.

01

Am I fulfilling my work responsibilities to the best of my ability?



Yes



No

02

Are there any commitments which are not yet fulfilled? If yes, write them down, contact the people you made these commitments with, seek forgiveness from them, renegotiate with them and take an extension.



Yes



No

03

Make your work to-do list for the whole month and break it down to weekly to-dos from now.

04

Mark at least 3 Most Important To-dos every day and highlight them in your daily to-do list.

WORKSHEET

My Last Ashara Goals

The last ashara of Ramadan has a great significance because of Lailah-tul-Qadar is there and Allah (swt)'s rahmah is at its peak. So, we have to stretch a little more to earn great rewards.

01

Please focus on your list of targeted duas

02

Please decide on special Ummati projects you want to initiate or give time to

03

Please increase your charity every day of this ashara

04

Please plan extra spiritual deeds (Nawafil, Tilawat, Azkaar)

My Weekend Reflections

Ramadan starts and in no time comes to the end. Every weekend sit down and reflect on the following to better prepare for the following week.

01

What have I achieved till now? Is it better than the same week last Ramadan?

02

What is left and that I can plan better for the coming week?

03

What more needed to be achieved in remaining weeks? Do your maths...

04

See my goals in all areas of life and review them once again.

WORKSHEET

My I'tekaaf Goals

I'tekaaf is one of the prominent deed attached with the last ashara of Ramadan. Allah (swt) calls the mu'takifeen "His Guests" as they leave everything to seek the pleasure of Him (swt). So, let's make the most out of it this year...

01

Keep list of your targeted duas with you

02

Make hour to hour plan for 24 hours in I'tekaaf

03

Sleep less (stretch a bit more) and increase Nawafil, Zikr, Tilawat as much as you can

04

Set aside time for learning from scholars in Masjid, from tafaseer and from other authentic books of Islamic knowledge

WORKSHEET

My Eid-ul-Fitr Goals

After a full month of sacrifice and dedication, Eid-ul-Fitr is a gift of Allah (swt) for the believers, and time to come together with family and loved ones to enjoy everyday blessings. But we have to plan our Eid goals in alignment with the purpose of seeking pleasure of Allah (swt).

01

Done with shopping, stitching, etc., before Ramadan. (Because of high inflation, a lot of people are suffering, so keep our preparations simple.

02

Make sure you pay the sadaqa-tul-Fitr before Eid so that it reaches to the needy

03

List of relatives and people I've not visited in a while and visit them this Eid.

04

You've spent one of the best Ramadans of your life, so be careful and avoid all forbidden activities on Eid like music, movies and leaving the Sunnahs you adopted in Ramadan

My Post Ramadan Life

The Ramadan is over, but the reward is not. The key is consistency and it comes from continuing the process of self-analysis and keeping yourself in check.

Continuing good habits
developed during
Ramadan

Fast 6 days of Shawwal

Continuing charity /
Sadaqah after Ramadan

Be regular in your Salah
with Jama'at

Don't sleep late and don't
wake up late

Get barakah from early
morning time

Seriously reflect upon the opportunity called "Life", What about working on the vision and a roadmap of your life just like you did for Ramadan and to become an asset in'sha'Allah