



My Ramadhan Journal

Brought to you by Lovera

Oh you who Believe!

Fasting is prescribed to you as
it was prescribed to those before you,
that you may (learn) self-restrain

(Surah Al-Baqarah: 183)

Ramadhan

checklist

DAY	FASTED	SOLAT EARLY	READ QURAN	MADE DU'A	GOOD DEEDS	GAVE SADAQAH	TARAWIKH
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
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17							
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19							
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21							
22							
23							
24							
25							
26							
27							
28							
29							
30							

Morning + Evening

Zikir

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ،
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

There is none worthy of worship except Allah,
who has no partners, for Him is the Dominion,
and for Him is all Praise, and
He is able to do all things

(Hadith Ahmad)





1

Give

RM1 each day at
the mosque's donation box

Small Acts

2

Buy

RM10 kuih
give them out to the
fasting Muslims



3

Smile

extra & radiate
positivity!



4

Listen

to Islamic lectures for
10 minutes a day



Big Impacts

5

Zkir

and praise Allah for
His Rahmah and Mercy

Subhanallah
alhamdulillah
Allah Akbar

6

Make Doa

for your loved ones
and for others



Sunnah Acts

of Ramadhan

Tadarus
Quran

Wake up
for
Sahur

Khatam
the Quran &
the Tafseer

Break
your fast
early!

Feed  
and give Iftaar to
the fasting!





Tips for a Productive Ramadhan

- 1 Plan your day ahead!
- 2 Don't skip sahur
- 3 Try to short nap before or after Zohor prayers
- 4 Plan your days around Solat times!
- 5 Break your fast with dates



Doa for
Lailatul Qadr

اَللّٰهُمَّ اِنَّكَ عَفُوٌّ،
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّيْ

Oh Allah, certainly you are
Most Forgiving, you love to forgive,
so forgive me

(Hadith At-Tirmidhi)

Quick Beauty Tips

with LOVERA this

Ramadhan / Syawal

This Ramadhan, focus on your ibadah. Because Lovera is going to take care of your skin's well-being!

Pimples

GSST
(Glossy Skin
Serum Toner)

Magic
Jelly

Oily Skin

GSST

MJ
Day
Cream

Sunburn

Day
Cream

GSST

MJ

Dry Skin

GSST

BB
Jelly

MJ

After
Solat:

Before
Terawikh



BBJ

↖
Magic
Jelly



↖
MJ

Breakup with Breakouts with LOVERA!

↖
Complete
Cleanser



Glossy Skin
Serum Toner



↖
Magic
Jelly



BB
Jelly



↖
Day
Cream



Lovera Coupons



(pay postage & handling fees RM10 only for each set)



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May you have
a
Blessed
Ramadhan

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