


Good Deeds Dash

Are you ready to race
against the clock?



We've made a list of some actions for
you to try to complete in the next 24
hours. Are you ready for the
challenge?

Instructions

- 1 Your task is to try to complete them all or
do as many as you can.
- 2 You can do them in any order. 
- 3 Everytime you complete a task tick the box.
- 4 Once you've done them fill out the reflection
table.

Note: You can choose between the beginner
and intermediate task list.



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Intermediate

How many can you tick off in a day?



- ☐ Give Sadaqah
- ☐ Read a Seerah book for 10 minutes.
- ☐ Help parents with any house chore
- ☐ Practice 10 Sunnah acts
- ☐ Make 5 people smile
- ☐ Learn 5 names of Allah Ta'ala, 5 Prophets and 5 Sahabah
- ☐ Say Salam to 10 people
- ☐ After all five Salah make 3-5 minutes Du'a
- ☐ Read any Dhikr 100 time with concentration.
- ☐ Say sorry to anyone you have hurt in the past.
- ☐ Meet/Phone a relative
- ☐ Say Jazakallah to parents for being kind to you and make Du'a for them
- ☐ Think of 5 blessings Allah Ta'ala has given and thank Him.

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Beginner

How many can you tick off in a day?



- ☐ Give Sadaqah (Charity)
- ☐ Help parents with any house chore
- ☐ Practice 5 Sunnah acts
- ☐ Say something nice to your brother/sister or friend.
- ☐ Say Salam to 5 people
- ☐ After any Salah ask Allah Ta'ala for Jannah
- ☐ Read any Dhikr 25 times.
- ☐ Smile at your parents and say Jazakallah to them



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Time to reflect

How many tasks did you complete?

Which task did you enjoy most?

Which task did you find difficult and why?

How do you feel after doing these good actions?

Which actions do you want to continue doing and how?