



# 12 Months, 12 New Actions

## Activity Overview

This activity helps children (and adults) make **gradual, meaningful changes** over the course of a year.

Instead of changing everything at once, we focus on **one small change** each month across six key areas of life.



## The 6 Focus Areas

Participants choose **12 goals** (one per month) in any or all of these areas:

- ✓ 1. Change a Habit
- ✓ 2. Introduce a Good Deed
- ✓ 3. Practice a Sunnah
- ✓ 4. Connect with a Qur'an Verse
- ✓ 5. Learn Ilm (du'a, hadith, Islamic knowledge)
- ✓ 6. Leave a Sin



## How the Activity Works



### ✓ List Stage

Write ideas in each category (you do not need to fill everything).



### ✓ Monthly Planning

Choose one change for each month using the table sheet.



### ✓ Month-by-Month Action

Focus only on the change for the current month.



### ✓ Reflection & Growth

Small steps, practiced consistently, lead to lasting change.

Small steps done consistently can lead to big change.



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# The 6 Key Areas

Choose one goal each month in any of these areas.  
Suitable for children, teens, and adults.

## ✓ Leave a Bad Habit

Work on breaking a bad habit or starting a good one.

- ✓ **Example:** Reduce food waste.



## ✓ Introduce Good Deed

Start doing new good action every month.

- ✓ **Example:** Say Salam regularly to as many people as possible.



## ✓ Practice a Sunnah

Act upon a Sunnah of the Prophet ﷺ

- ✓ **Example:** Eat with your right hand.



## ✓ Connect with a Qur'an Verse

Focus on a specific verse of the Qur'an.

- ✓ **Example:** Memorise the ayah. (40:60)



## ✓ Learn Ilm

Increase your knowledge little by little every month.

- ✓ **Example:** Learn the du'a before sleeping.



## ✓ Leave a Sin

Quit a sin or sinful behaviour.

- ✓ **Example:** Avoid lying.





# 12 Months, 12 New Actions

Small changes. One month at a time.

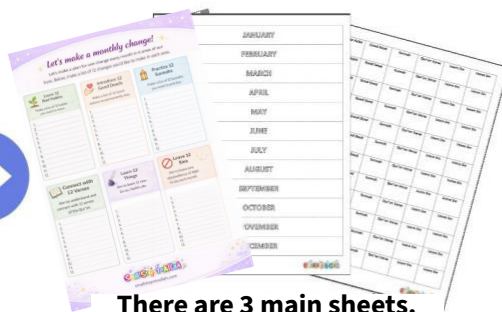
The start of any new year, is an ideal opportunity for us to make gradual lifestyle, health and religious changes. After all we bid farewell to the previous year, so why **not bid farewell** to some old habits and actions?

Today's activity we will make a list of some **changes** we want to make and we will slowly **introduce one change every month** during this new year! Ready to get started?

## Activity



Download and Print the templates



There are 3 main sheets. Remember this activity is for adults too! Everyone should have a go.



Think carefully and write down 12 changes you would like to make in all or some of the six categories!



Pick one change from the lists you have made and put in the relevant boxes.



Place sheet A (months sheet) over Sheet B (table sheet) and glue along the left hand margin only.



A



Colour in and decorate the sheet with month names and cut along the dotted lines. This will be the cover sheet.



B



Every month open the flap for that month and work on making those changes!



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# Let's make a monthly change!

Let's make a plan for one change every month in 6 areas of our lives. Below, make a list of 12 changes you'd like to make in each area.



## Leave 12 Bad Habits

Make a list of 12 habits you want to leave.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## Introduce 12 Good Deeds

Make a list of 12 Good Actions to permanently stay.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## Practice 12 Sunnahs

Make a list of 12 Sunnahs you want to practice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## Connect with 12 Verses

Aim to understand and connect with 12 verses of the Qur'an.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## Learn 12 Things

Aim to learn 12 new Du'as, Hadith, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## Leave 12 Sins

Aim to leave one disobedience of Allah Ta'ala each month.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



My Monthly Plan

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

[illegible]