

12 Months, 12 New Actions

The start of any new year, is an ideal opportunity for us to make some 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?

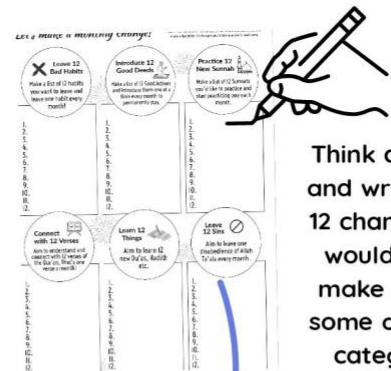
Activity



Download and Print the templates



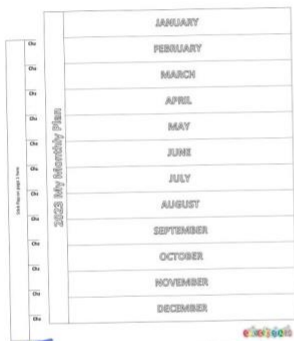
young ones, use the image to make a timetable.



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 over Sheet B and Glue along the left hand margin



Colour in and decorate the first sheet and cut along the dotted lines the



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



Let's make a monthly change!

Let's make a plan to for one change every month in 6 areas of our lives. The will be 72 changes by the end of the year! First lets make a list of the 12 changes you'd like to make in each area.



Leave 12 Bad Habits

Make a list of 12 habits you want to leave and leave one habit every month!

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

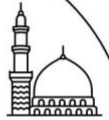
Introduce 12 Good Deeds



Make a list of 12 Good Actions and introduce them one at a time every month to permanently stay.

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

Practice 12 New Sunnah



Make a list of 12 Sunnats you'd like to practice and start practicing one each month.

- 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. That's one verse a month!

- 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 every month.

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

2023 My Monthly Plan

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

