



### Step 1: Diagnosis:

In private, or with someone else if you prefer, answer to the following questions:

Question	My answer
Do I really understand how important dua is?	
Do I make time each day to make dua to Allah?	
If I make duas, are these 'automated' or mechanical duas? Are they mine, or just those of the imam?	
Do I make time to think about what I truly need and want, and make specific duas for that?	
Do I believe that my duas have to be in Arabic only?	
Do I truly believe that Allah will answer my duas?	
What actions cause Allah to reject duas?	
Am I doing anything – intentionally or out of forgetfulness – that would cause Allah to reject my duas?	
When are the best times to make dua (i.e. the times when they are readily accepted)?	
What actions cause Allah to readily accept duas?	
Am I carrying out these actions on a regular basis?	
Do I know the etiquettes of dua?	
Do I know duas from the Quran and Sunnah? (Either in English or Arabic.)	



**Step 2: Identifying issues:**

Using the table below, list the personal weaknesses or problems you identified in the first table:

Weakness / issue:
1.
2.
3.
4.
5.
6.
7.

**Step 3: Root cause analysis:**

Copy your weaknesses / problems from the previous table. Now find the root cause of each issue:

Issue	Outward symptoms	Root causes <i>(Keep asking "Why?" until you come to the most basic cause)</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		



#### Step 4: Solutions:

Brainstorm and list practical ways to solve the issues from the root:

Weakness / Problem	Possible solutions
1.	
2.	
3.	
4.	
5.	
6.	
7.	

#### Step 5: Planning:

Analyse your expected schedule and life after Ramadaan and come up with a realistic plan of how you can implement the solutions for each issue. Break your solutions into baby steps that you'll work on consistently over the next 11 months. If you find you're not coping after a while, make adjustments as needed – as long as you stay consistent and keep progressing, even if it's small steps:

#### Resources

For resources to help with the current focus, visit <https://accidentalmuslims.com/ramadaan1440-part2-dua>.

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