



Step 1: Diagnosis:

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

Question	My answer
Do I understand the importance of Quran in this life and the Hereafter?	
How often do I read Quran, and for how long each time?	
Do I read only certain surahs or sections?	
Do I read Quran in Arabic, or do I just rely on translations?	
If I don't understand what I read, do I make an effort to get a deeper understanding?	
When I understand, do I try to implement this understanding in my life?	
Do I teach others what I learn of the Quran?	
Do I try to memorise more consistently?	
If I read in Arabic, is my tajweed correct?	

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-part3-guran>.

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