



**Now, repeat after me:**

*\*I promise myself to go through this challenge successfully, I can do this, I am capable, and I am fully willing to give myself the love and care I need.*

*\*I deserve to create the change I desire in my life.*

*\*I can choose what I want and I am capable of doing it.*

*\*I am committed to my growth and I take action every day.*

**Congratulations!! You are ready to start!!!!**

What is required from you in order to win this challenge?

- 1- **Commitment to implementing the habit for 30 days in Ramadan** (Any missed day will lead to adding one day extra to the challenge, the goal is to finish 30 whole days)
- 2- Use this worksheet to track your progress (print out a copy and hang it in a place where you can see it... make this fun and check off the list every day! This way your brain will be happy to see the progress)
- 3- Post about your progress on your Social Media Account with the hashtag **#RamadanChallenge2023** and tag me **@saraabiqwa** so I can follow up with you.
- 4- Have fun with it, be creative and enjoy this holly month.

**YOU CAN DO THIS!** To help you track your progress, you can find your tracking table below.

Track your progress using the table below, this challenge starts on Thursday March 23, 2023:

Days	Completed (Y/N)	Days	Completed (Y/N)
Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	