

June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9 Go for a walk and pick up trash or any harmful object from the road.	10 Don't lose your temper today. Allow someone to overtake you on the road without cursing.	11 Promote someone's business on social media.	12 Do something kind for your domestic staff (i.e driver, maid/nanny).	13 Fast today.	14 Prepare or buy a meal for someone.	15 Take a walk to the mosque and pray Asr.
16 Visit a relative.	17 Send a basket of fruits to your neighbor.	18 Give Sadaqah.	19 Send gratitude message/email to an old teacher/mentor.	20 Gift an item you love to someone who needs it more.	21 Pray for the dead or visit a cemetery.	22 Treat your family (i.e lunch, buy a small but thoughtful gift).
23 Pray Tahajjud.	24 Buy cold drinks for construction workers.	25 Gift a scarf to a non-hijabi.	26 Tip a traffic warden/waiter.	27 Listen or recite quran for 30mins.	28 Call and pray for your grandparent or an elderly person.	29 Babysit.
30 Feed or offer drink to a stray animal.	1	2	3	4	5	6

Notes:

- Make sure you highlight the deeds you've completed!

