



30 HEART

30 Days of Intentional
Practice for Ramadan Inspired
by HEART's Core Values



Niyaaah & Amanah

(intention & divinely entrusted responsibility)

Day 1:

“Say, ‘Indeed, my prayer, my sacrifice, my living and my dying are for Allah, Lord of the worlds.’” (Qur’an 6:162)

Practice:

- Name your intention(s) for Ramadan (out loud or written).

Reflect:

- Who does this intention serve: you, others, or both?
- If your intention shaped your daily choices, what would change?
- What would it mean for your work, rest, and relationships to be acts of devotion?

Day 2:

“Indeed, Allah commands you to render trusts to whom they are due...” (Qur’an 4:58)

Practice:

- Identify one responsibility you carry that impacts others.

Reflect:

- What would it look like to hold the responsibility with care?
- Where have you internalized urgency instead of trust?
- How might justice begin in the way you treat yourself while fulfilling this trust?

Niyaaah & Amanah

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Day 3:

“O you who believe, stand firmly for justice...”
(Qur’an 4:135)

Practice:

Make space for a quiet check-in.

Reflect:

- Where do you feel invited toward greater alignment?
- Is there something that would bring a little more ease into your life?
- What would it mean to approach yourself with the same fairness you hope to extend to others?

Day 4:

“Indeed, Allah commands you to render trusts to whom they are due...” (Qur’an 4:58)

Practice:

- Identify one trust or responsibility you hold & spend 15 minutes strengthening it.

Reflect:

- What shifted when you gave this your undivided attention?
- Do you usually respond to responsibility reactively or intentionally?

Niyaaah & Amanah

(intention & divinely entrusted responsibility)

Day 3:

“O you who believe, stand firmly for justice...”
(Qur’an 4:135)

Practice:

- Make space for a check-in with yourself.

Reflect:

- Where do you feel invited toward greater alignment?
- Is there something that would bring a little more ease into your life?
- What would it mean to approach yourself with the same fairness you hope to extend to others?

Day 4:

“Allah does not burden a soul beyond that it can bear.” (Qur’an 2:286)

Practice:

- Name one boundary you will honor this Ramadan. (Ex: one hour without your phone, limits on doom-scrolling, no phones at iftar.)

Reflect:

- How does honoring limits reduce harm?
- Where are you exceeding what Allah has required of you?
- If ease is part of divine design, what might you release?

Ummah

(community of belonging and solidarity)

Day 5:

“And hold firmly to the rope of Allah all together and do not become divided...” (Qur’an 3:103)

Practice:

- Reach out to someone who might be fasting alone or someone you have been meaning to connect with this Ramadan.

Reflect:

- What makes you feel held in community?
- Where have you experienced exclusion?
- How can you embody the Qur’anic vision of repair and solidarity?

Day 6:

“Indeed this community of yours is one community, and I am your Lord, so worship Me.” (Qur’an 21:92)

Practice:

- Strengthen one thread of connection this week: support a community-led mutual aid effort, volunteer your time, or share a meal with a neighbor or coworker.

Reflect:

- How does remembering the Ummah shape the way you move through this Ramadan, in your choices, attention, and care for yourself and others?

Ummah

(community of belonging and solidarity)

Day 7:

“And hold firmly to the rope of Allah all together and do not become divided...” (Qur’an 3:103)

Practice:

- Extend or receive help as an act of shared care, simply and openly.

Reflect:

- What arises in you when you give or receive support?
- How does noticing your willingness to help or be helped shape your understanding of care?
- How can small acts of attention or support ripple in your community?

Day 8:

“And hold to forgiveness; command what is right; but turn away from the ignorant.” (Qur’an 7:199)

Practice:

- Tend to one relationship with care.

Reflect:

- What does staying connected ask of you right now?
- How can you act with care without compromising your own boundaries?
- What would it look like to repair or nurture this relationship with dignity and attention?

Adalah

(justice & equity)

Day 9:

“O you who believe, be persistently standing firm for Allah, witnesses in justice...” (Qur’an 5:8)

Practice:

- Take one action connected to justice & community needs.

Reflect:

- How does noticing injustice around you shift the way you show up?
- If practicing justice is a form of worship, how does it show up in your daily life?

Day 10:

“O you who believe, seek help through patience and prayer. Indeed, Allah is with the patient.”
(Qur’an 2:153)

Practice:

- When something feels frustrating or urgent today, take a moment of pause before responding.

Reflect:

- What changes when you pause instead of reacting?
- Where in your life is patience asking to be practiced gently?
- How does inviting Allah into small moments of tension shift your steadiness?

Adalah

(justice & equity)

Day 11:

“Indeed, Allah commands justice and excellence...”
(Qur’an 16:90)

Practice:

- Notice where you hold influence: voice, access, or safety.

Reflect:

- How can you use your influence to protect, care, or uplift?
- Who benefits when you speak, and who when you remain silent?
- What responsibility accompanies the privileges you hold?

Day 12:

“We have not sent you except as a mercy to the worlds.” (Qur’an 21:107)

Practice:

- Imagine a world free of harm or punishment, where repair, restoration, and freedom guide responses to wrongdoing.

Reflect:

- What would a just and safe world feel like if harm could be addressed without retribution?
- How can mercy and liberation coexist in your daily practice and in your relationships with others?

Inaya

(care)

Day 13:

“And lower to them the wing of humility out of mercy and say, ‘My Lord, have mercy on them as they brought me up when I was small.’” (Qur’an 17:24)

Practice:

- Ask yourself what you need today, and honor it.

Reflect:

- How does caring for yourself change your ability to care for others?
- Where do you deny yourself simple acts of compassion?
- How might attention and care ripple through your day?

Day 14:

“And We made your sleep for rest.” (Qur’an 78:9)

Practice:

- Notice in what ways has Ramadan impacted your rest, in relation to sleep & beyond.

Reflect:

- What beliefs make rest feel difficult?
- How could intentional rest serve justice toward your own body and spirit?
- What emerges when you let go of productivity for a moment?

Inaya

(care)

Day 15:

“Indeed, Allah will not allow the reward of the righteous to be lost.” (Qur’an 9:120)

Practice:

- Assume survivorship in yourself and others, and name what resilience looks like in your life and community.

Reflect:

- How does noticing injustice around you shift the way you show up?
- If practicing justice is a form of worship, how does it show up in your daily life?

Day 16:

“And He it is who has made the night for you that you may rest therein, and the day to see.” (Qur’an 10:67)

Practice:

- Leave space in your day unfilled.

Reflect:

- What arises when your day is not fully scheduled?
- How does slowing down reveal priorities or attention you may have overlooked?
- How can spaciousness deepen your connection to Allah and community?

Rahma

(compassion)

Day 17:

“My mercy encompasses all things.”
(Qur’an 7:156)

Practice:

- Show mercy today through one small, intentional act toward yourself or someone else.

Reflect:

- How does acting from care rather than obligation feel?
- What ripple might this small act of mercy create in your day or community?

Day 18:

“And rely upon Allah; and sufficient is Allah as Disposer of affairs.” (Qur’an 33:3)

Practice:

- Notice where hesitation or doubt shows up in your interactions, and choose to respond from trust.

Reflect:

- Where in this interaction could choosing trust open space for understanding or compassion?
- How does releasing doubt or suspicion feel in your heart and body?
- What might unfold if you let Allah guide your trust in this moment?

Rahma

(compassion)

Day 19:

“For indeed, with hardship will be ease.”
(Qur’an 94:6)

Practice:

- Let something remain unfinished or imperfect.

Reflect:

- How does releasing perfection invite ease?
- Where have you equated effort with value or worth?
- How might accepting imperfection open space for growth and mercy?

Day 20:

“And be kind to others.”
(Qur’an 2:83)

Practice:

- Choose presence with someone over checking off a task.

Reflect:

- How does being present shift your priorities?
- Where could attention soften patterns of distraction?
- How does valuing relationships deepen your daily devotion?

‘Ilm

(knowledge)

Day 21:

“Read in the name of your Lord...”
(Qur’an 96:1)

Practice:

- Read or listen to something that stretches your understanding.

Reflect:

- What unsettles or expands your worldview?
- How does this knowledge shape your care or responsibility?
- Where can humility help you hold what you learn?

Day 22:

“And do not deprive people of their due, nor
commit abuse on earth, spreading corruption.”
(Qur’an 26:183)

Practice:

- Notice where someone’s contributions, wisdom, or labor are overlooked or dismissed today, and take one concrete action to honor them.

Reflect:

- Who or what has been denied its due in your life or community?
- How does honoring someone’s effort shift your relationships?
- What small actions can you take today to uphold dignity and care?

‘Ilm

(knowledge)

Day 23:

“Indeed, Allah commands justice, the doing of good, and liberality to kith and kin...”
(Qur’an 16:90)

Practice:

- Notice one small way you can make someone’s day easier or brighter.

Reflect:

- How does noticing injustice around you shift the way you show up?
- If practicing justice is a form of worship, how does it show up in your daily life?

Day 24:

“And lower your wing of humility out of mercy...” (Qur’an 17:24)

Practice:

- Name something you don’t know or understand.

Reflect:

- What opens when you admit limits to your knowledge?
- How does humility deepen your learning and connection?
- Where can gentle curiosity replace certainty or judgment?

Ridha

(culture of consent)

Day 25:

“Whoever does good - We will surely reward them.” (Qur’an 39:70)

Practice:

- Make one decision today that aligns with your values.

Reflect:

- What helped you make this choice?
- How does choosing intentionally shift your sense of care and freedom?
- How could this choice ripple outward to others?

Day 26:

“There is no compulsion in religion.”
(Qur’an 2:256)

Practice:

- Notice one space where you can honor boundaries today.

Reflect:

- How does honoring boundaries feel in your body and heart?
- Where might gently respecting limits create more ease for you or others?
- How can practicing care through choice strengthen your relationships and self-respect?

Adab

(humility and integrity)

Day 27:

“And have tawakkul [trust] in Allah and sufficient is Allah as Disposer of affairs.” (Qur’an 33:3)

Practice:

- Slow down today: pause between tasks, breathe, and offer your full attention to each moment and interaction.

Reflect:

- Where might being fully present soften stress or open space for compassion?
- How might trusting Allah in the small moments deepen your sense of peace beyond Ramadan?

Day 28:

“Indeed, Allah loves those who rely upon Him.”
(Qur’an 3:159)

Practice:

- Move through your day with one intentional act of kindness.

Reflect:

- Where can small acts of care shift your interactions today?
- How does mindful attention to manners strengthen your relationships?
- What simple gesture could bring ease or joy to someone, or yourself?

Adab

(humility and integrity)

Day 29:

“If you are grateful, I will surely increase you [in favor].” (Qur’an 14:7)

Practice:

- Name three people, moments, or supports that made Ramadan easier or more meaningful, and reach out or honor them in some way.

Reflect:

- How does recognizing others’ contributions shift your heart or awareness?
- What small act could return care or gratitude today?
- How can noticing these blessings guide your daily interactions?

Day 30:

Those who believe and whose hearts find comfort in the remembrance of Allah...” (Qur’an 13:28)

Practice:

- Choose one practice, habit, or intention from Ramadan to carry forward, and take one concrete step to embed it into your life.

Reflect:

- How can this intention live beyond this month in a sustainable way?
- What supports or routines will help you maintain it?
- Who can walk alongside you to make this growth collective?