

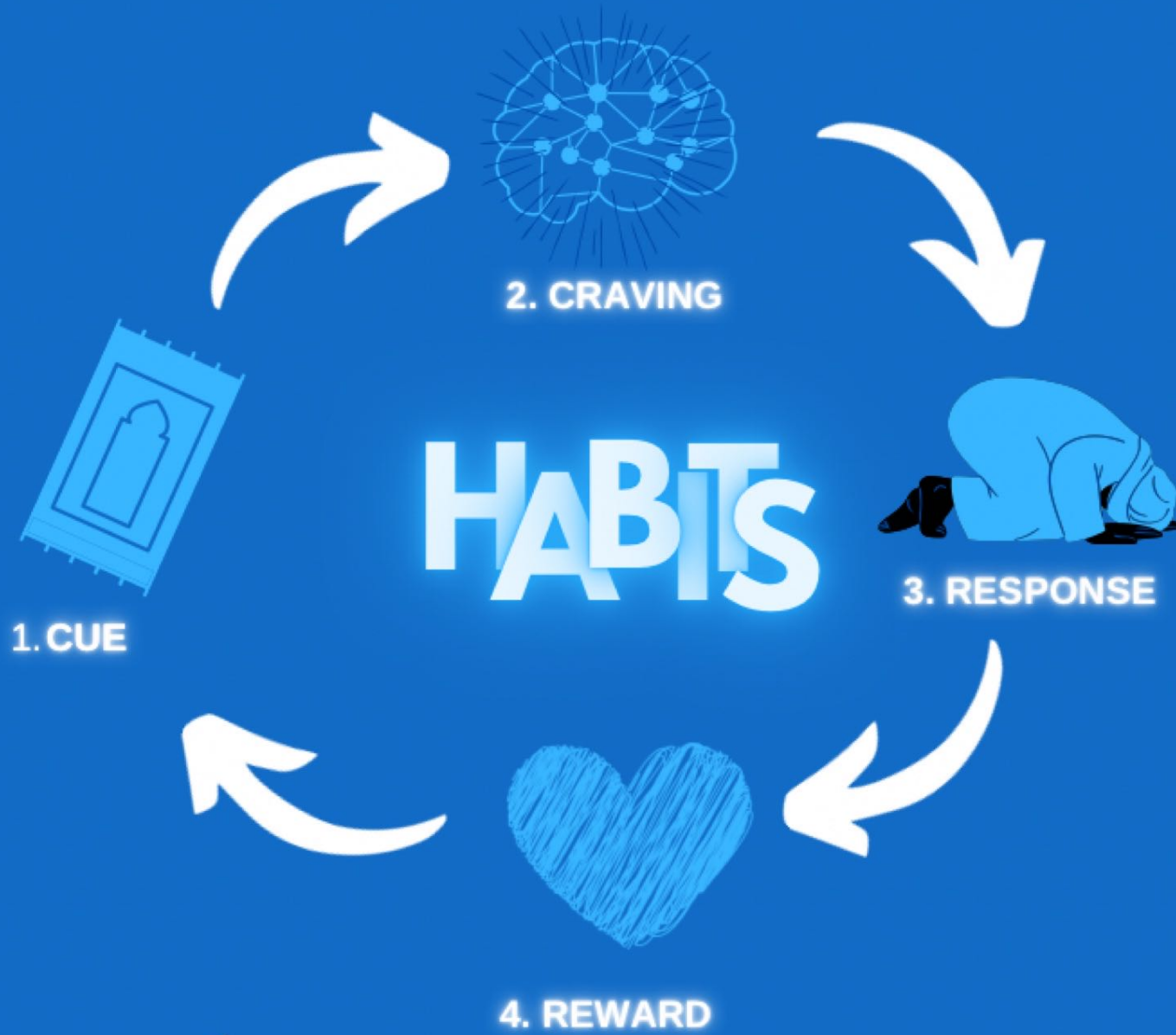
مَقْرَرَاتٌ  
RESOLUTIONS

THE KEY TO  
**HABITS**

THIS RAMADAN AND BEYOND

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## FOUR STEPS TO HABIT FORMATION



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# MAKE **CUE** OBVIOUS

Cue refers to your environment. They include **time and location**. To create good habits that will sustain this Ramadan and beyond, start with changes in time and location.

One must chose the time and place to perform your good deeds. While being at that time and place, **avoid all other activities until your brain associates that environment with the good deed.**

# MAKE CRAVING ATTRACTIVE

We crave for the reward attained from our good deed. Our cravings are our **biggest source of motivation** to do an act.

The best motivation for performing our acts of worship is attained by **constantly remembering our purpose behind those actions**. Be around those who have similar habits and ambitions. By this way, each person acts as a source of motivation to the other and encourage each other to strive in the path of God.

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# MAKE **RESPONSE** EASY

Response refers to **actual action**. Cue and craving ultimately act as sources of motivation but the benefit is derived from our action.

Start a habit **small and easy**. Then gradually upgrade with time. Also maintain a **keystone habit**. A **keystone habit** is that habit which gives rise to a series of other habits in succession.

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# MAKE **REWARD** ATTRACTIVE

There is no better reward for a believer than the one his or her Lord has promised. The best of rewards in the month of Ramadan is the forgiveness of Allah. We are guaranteed that **Allah will forgive all of our sins if we sincerely fast and worship Him in this month of Ramadan.**

We rely upon our Lord for the reward He has promised in this life:

**Verily, in the remembrance of Allah do hearts find rest.**

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