



MONTHLY SELF-ASSESSMENT FORM

محاسبه فارم

Name: _____

Month: _____

This is a sample Self-Assessment form parents and older Atfal can use to track their spirituality. You may print and affix to your fridge at home as this will serve as a reminder.

Holy Qur'an:

1. When did you last finish the recital of the entire Holy Qur'an?
2. How would you rate (out of 10) your ability to read Holy Qur'an flawlessly?
3. Do you think you need Qur'an classes to improve your recitation?
4. Do you read a portion of the Holy Qur'an daily?
5. Have you memorized the last 10 Chapters of the Holy Qur'an?
6. Do you want to set a Goal for next Month? If so, enter here: _____

Salaat (Prayers):

1. Do you know the entire salaat in Arabic?
2. Do you know its translation in entirety in your spoken language?
3. Do you read the 5 daily prayers regularly?
4. How many of the daily prayers do you offer in congregation?
5. How many of these prayers do you offer in congregation at masjid/mosque (or salaat centre)?
6. How many days did you offer tahajjud (pre fajr) nawaafil prayers this month?

Promised Messiah (as):

1. When was the last time you read or listened to the book of Hadhrat Masih Maood (as)?
2. Do you read or listen to a portion of the writings/sayings of the Promised Messiah (as) daily?
3. Have you organized a "Malfoozaat Time" at home where you read one paragraph from the writings of The Promised Messiah (as) to entire family?

Khilafat:

1. When do you listen to the Khutba (Sermon) of Hadhrat Khalifatul Masih (aba)?
2. Did you write a letter to Hadhrat Khalifatul Masih (aba) this month?

General Questions:

1. Did you pay your Chanda this month?
2. Did you do Tabligh this month?
3. Did you help a needy person this month?
4. Did you take part in cleaning the masjid this month?
5. Did you ensure that your children attend Atfal and Nasirat Classes regularly?
6. Do you know the 9 Habits of an Ideal Tifl & visit www.ATFALUSA.org regularly?