

March Newsletter

Ramadan Kareem!

Welcome to our newsletter for this month, where we will be focusing on creating new habits that will help you on your journey to self-improvement. Habits are the building blocks of our lives, and they can be the key to success or failure in achieving our goals. It's essential to have good habits that support your growth, but it's just as important to eliminate bad habits that are holding you back.

Habits are our daily behaviors, and they can be good or bad. Good habits lead to success and happiness, while bad habits lead to misery. Examples of good habits include working out, taking the stairs, reading, and showing affection to loved ones. Examples of bad habits include smoking, reaching for your phone when bored, and overthinking.

Ramadan is a perfect time to create good habits and break bad ones because it promotes self-improvement, kindness, and spirituality. Additionally, fasting can make breaking bad habits easier.

A habit tracker can help you keep track of your progress. Here are some awesome apps, books and articles to help you on your journey of creating awesome habits. Also remember to check out the habit trackers on the website, they are free and super easy to use. Just print it out, stick it on your wall and check the days off!

I wish you luck and know you can totally do this. Let's use this beautiful month of Ramadan to get you closer to your happier self.

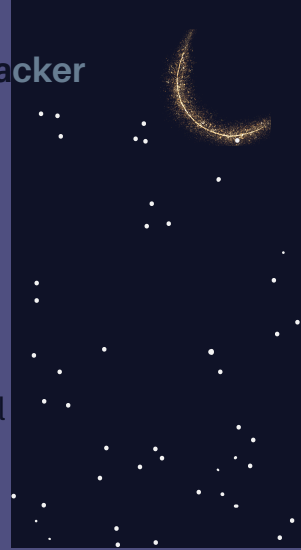
Remember, it's okay to eff up, as long as you get back on track.

BEST HABIT BOOKS

- Atomic Habits by James Clear
- The Power of Habit by Charles Duhigg
- Daily Rituals: How Artists Work by Mason Currey
- Hooked by Nir Eyal
- The Slight Edge by Jeff Olson

BEST HABIT TRACKING APPS

1. Habitica
2. Streaks
3. Tally
4. Habitify
5. Loop Habit Tracker



WHY RAMADAN?

Improved physical health: Fasting during Ramadan can help regulate blood sugar levels, lower cholesterol, and promote weight loss. This can lead to improved physical health and a reduced risk of chronic diseases such as diabetes and heart disease.

Mental clarity: Fasting can also have a positive effect on mental clarity, as the body focuses its energy on repairing and rejuvenating cells instead of digesting food. Many people report feeling more alert and focused during Ramadan.

Spiritual connection: Ramadan is a time for spiritual reflection and connection with God. Many people find that the act of fasting helps them feel closer to their faith and more connected to their community.

Increased empathy: Fasting can also help increase empathy and understanding for those who are less fortunate. By experiencing hunger and thirst, individuals may develop a deeper appreciation for the blessings in their life and feel more motivated to help others.

Overall, Ramadan provides an opportunity for physical, mental, and spiritual rejuvenation, and can be a powerful tool for improving overall well-being.



One of the worst things for me about not living in Kuwait is the amount of social events I miss out on. Last year, I focused on making my Ramadan in Dubai, a Ramadan like Kuwait. So everyday I had someone over for futoor (breaking our fast). This in turn made me develop a great social habit that has now translated to my daily life. Our home is always full and that makes my heart full.

What habits are you going to pick up and what habits will you say bye to? Share your progress with us on social media using the hashtag #tmcNewHabits.

Here's to creating new habits that will help us grow and improve!

Love and glitter, Bashayer