

2. Schedule & Monitor Daily Worship

One of the best ways that we can maximize each day in Ramadan is to plan & schedule our time effectively. By doing so we will have clearly defined goals and targets which we can strive towards achieving each day. In this way we can also check & monitor our daily progress & make adjustments & improvements accordingly.

3. Avoiding distractions

There will be many things getting in our way & distracting us from our worship. But we must take all necessary precautions & measures in order to avoid any possible distractions.

The first thing we must do is to avoid major [distractions like TV for a month or at least as much as possible. Putting away games consoles.](#) If we meet with friends then not getting into useless & idle discussions. Not going to places like the mall or high street's unless it is absolutely necessary.

We must also not spend hours on end cooking a table full of food every single day for Iftaar for this is contrary to the purpose of Ramadan. We should spend as little time as possible on things other than worship. We should fulfill our daily duties as quickly as possible & spend as much time as possible in worshipping Allah.

4. Avoid eating excessively

There is no doubt that excessive eating is not only a cause of many diseases but is also a major factor in stopping us from maximizing our daily worship.

There is nothing worse than fasting the whole day & when time comes to open our fast we end up over eating until we can't move. Surely this will make us feel heavy & lazy in worship & make it harder for us to pray & to get up for Sehri.

Over eating go against the very purpose of Ramadan which is to be moderate in eating & to remember those who have less than us. How can we remember the unfortunate if we constantly over eat before and after fasting?