

SELF ASSESSMENT FORM

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Did I expose someone else's sins in public																															
Did I use this blessing to do the Zikr of Allah(S.W.A)																															
Did I spread the religion of Allah (S.W.A.) that has been given to me in trust.																															
Did I use this blessing to say kind words to my subordinates(my workers, both at home and at work)																															
Did I use kind words on my spouse																															
Did I use kind words on my children																															
Did I use kind words on my parents																															
Did I use kind words on the elders of my community																															
In general, did I keep a tight control over the words that I mentioned.																															
Did I use my intellect to choose the words I spoke																															
FASTING OF SELF DESIRE																															
Did I control my anger																															
Did I control my lustful thoughts																															
Did jealousy come over me																															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

