

Survey Results and Analysis: Planning and Journaling Habits 2024

Data Usage Guidelines:

This survey data is provided as a resource for creators and researchers developing Islamic or faith-centered journals, tools, and resources. We kindly request that you:

1. **Acknowledge Faithfull** as the source of this data in any derivative works, presentations, or publications.
2. **Contact us** for permissions or inquiries about using the data in commercial projects or extensive research collaborations.
3. **Collaborate with us** on future research or initiatives that align with our mission to support Muslims in integrating faith with daily life.

By accessing this data, you agree to respect these guidelines and uphold the principles of integrity and mutual benefit in sharing knowledge.

Faithfull Practice Research Team

www.faithfullpractice.com

research@faithfullpractice.com

Contents

1. Introduction	2
2. Methodology	2
3. Overview of Key Insights from Survey Results	2
4 Detailed Results	3
5 Discussion	9
6 Conclusion	9

1. Introduction

This survey was conducted to explore the planning and journaling habits of individuals, with a particular focus on identifying preferences and challenges related to integrating faith and productivity. By analysing these insights, the goal is to inform the development of a faith-centered planner that seamlessly combines spiritual growth and modern productivity techniques.

The survey gathered responses from a diverse audience, addressing key aspects such as current habits, preferred tools, valued features, and potential motivators for consistent use of a faith-based planner. This report presents the findings, key insights, and actionable recommendations for designing a planner that meets the needs of users.

2. Methodology

- **Survey Distribution:** The survey was conducted online over 12 weeks, but most data was collected within a 3-week window.
- **Target Audience:** Individuals interested in planning and journaling, with a specific focus on Muslims seeking a balance between faith and productivity.
- **Sample Size:** A total of 150 respondents.
- **Survey Type:** Mixed-methods, combining quantitative (Likert scale, multiple-choice) and qualitative (open-ended) questions.
- **Sampling Method:** Convenience sampling, distributed via social media and community networks.
- **Key Topics Covered:**
 - Planning frequency and tools.
 - Preferences for planner content and structure.
 - Challenges in consistent planning.
 - Interest in integrating Islamic principles with modern productivity.

3. Overview of Key Insights from Survey Results

3.1 Planning Habits

- **Planning Frequency:** 33.4% of respondents plan regularly (daily or weekly), while 57.7% plan only occasionally or rarely, and 10% never plan at all. This indicates a significant opportunity to foster consistent planning habits.
- **Tools Used:** Digital tools dominate planning preferences (40% use digital planners or apps), while traditional methods like journals (34%) and paper planners (26.7%) still have strong representation.
- **Preferred Features:** Respondents highly value daily planning pages (51%) and goal-setting sections (43%), followed by freeform journaling sections (36.9%) and monthly/weekly calendar views (34.9%).

3.2 Goals and Structure Preferences

- **Goal-Setting:** The majority (54.6%) prefer setting goals weekly or monthly, while smaller groups set goals annually (13.3%) or quarterly (10.7%).
- **Planner Focus:** 67.3% prefer a balance of short-term and long-term planning, highlighting the need for flexibility in planner design.
- **Customization:** Customization is important for nearly 90% of respondents, with 40% viewing it as very important and 48% as somewhat important.

3.3 Content and Reflection

- **Reflection Practices:** While 35.3% practice daily reflection, 42.6% reflect only occasionally or rarely, signaling an opportunity to encourage consistent reflective practices.
- **Content Preferences:** Key preferences include daily reflections on spiritual texts (70.7%), self-accountability prompts (58.7%), and goal-setting aligned with personal values (54.7%).
- **Motivators for Consistent Use:** Emphasis on spiritual growth alongside productivity is the strongest motivator for consistent planner use (45.3%).

3.4 Format and Practical Aspects

- **Format Preferences:** Single yearly planners (43%) are the most popular, but modular systems with multiple booklets (22.7%) and quarterly planners (16.7%) appeal to specific segments.
- **Interest in Faith Integration:** A significant majority (78%) are interested in planners combining modern productivity techniques with Islamic principles, with an additional 20.7% wanting to learn more.

4 Detailed Results

4.1 Planning Frequency

- 33.4% of respondents are regular planners:
 - 15.3% plan daily.
 - 18.1% plan weekly.
- 57.7% plan only occasionally or rarely.
- 10% never plan at all.

Key Insight: Most respondents plan sporadically, indicating opportunities to encourage consistent habits.

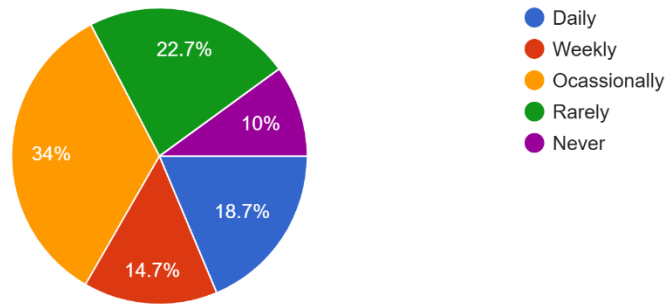


Figure 1: How Often Respondents Engage in Planning Practices

4.2 Tools Used

- 40% rely on digital planners or apps.
- 34% use journals (either bullet form or freeform).
- 26.7% use paper planners.
- 22% do not use any planner or journal.
- 11.3% use other types of planners (each accounting for less than 1% of responses).

Key Insight: Digital tools dominate, but there remains a notable preference for traditional methods like paper planners and journals.

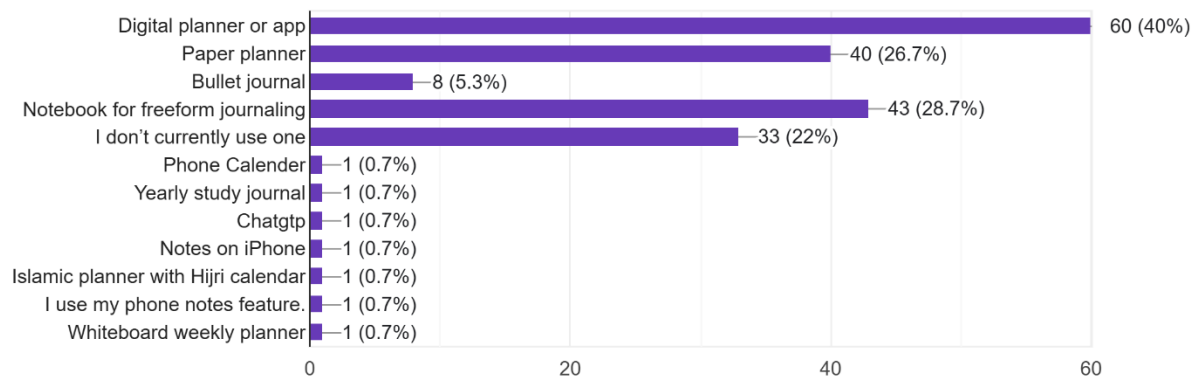


Figure 2: Tools Used for Planning: Digital vs. Traditional Methods

4.3 Key Features Valued

- 51% valued daily planning pages the most.
- 43% valued goal-setting sections.
- 36.9% freeform journaling sections.
- 34.9% monthly and weekly calendar views.
- 33% reflection and gratitude sections.
- 28% inspirational quotes and prompts.
- 21.5% flexibility and customization.

Key Insight: Structural planning tools such as daily planning and goal-setting rank higher than motivational or customizable elements.

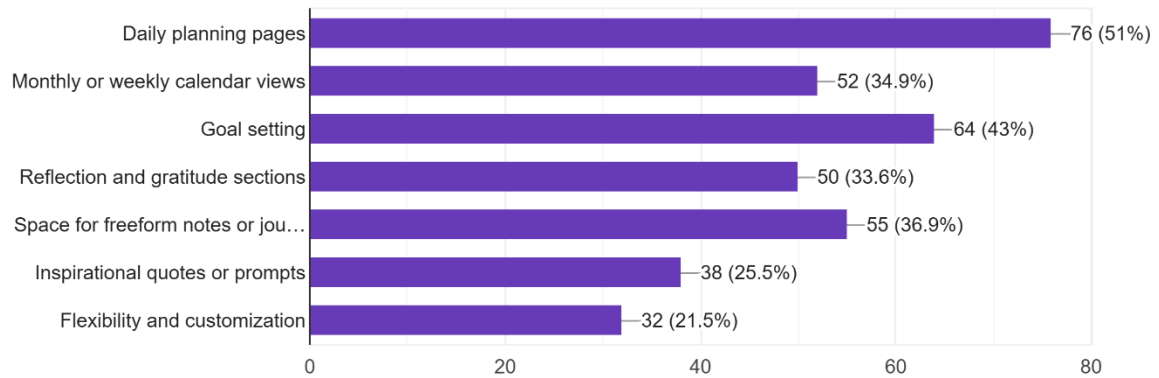


Figure 3: Top Features Respondents Look for in Planners and Journals

4.4 Goal-Setting Preferences

- 54.6% prefer setting goals weekly (29.3%) or monthly (25.3%).
- 17.3% do not set specific goals.
- 13.3% set goals annually.
- 10.7% prefer quarterly goal setting.
- Less than 1% set goals daily or on a needs basis.

Key-Insight: Over half of the respondents (54.6%) prefer setting goals on a weekly or monthly basis, while a smaller percentage sets goals annually (13.3%) or quarterly (10.7%). This indicates that most respondents favour shorter-term, manageable goal-setting horizons over longer-term planning frameworks.

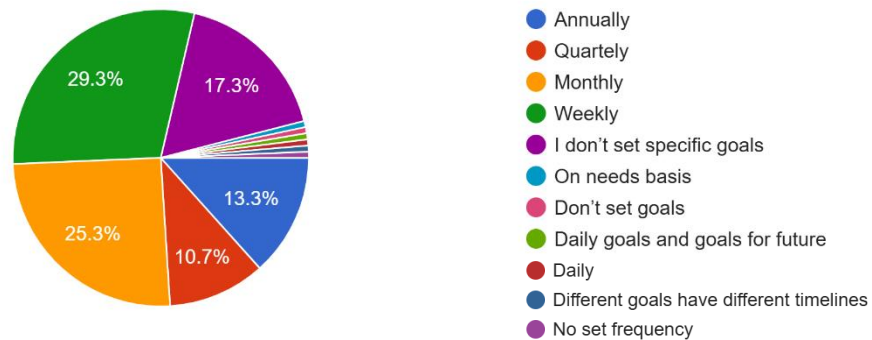


Figure 4: Preferred Timeframes for Setting Goals: Weekly, Monthly, or Beyond

4.5 Planner Focus

- 67.3% prefer a mix of both short-term and long-term planning.
- 21.3% focus on short-term planning (quarterly or monthly).
- 6% are unsure about their preference.
- 5.3% focus on long-term planning (annual or multi-year).

Key Insight: A balance between short-term and long-term planning appeals to the majority.

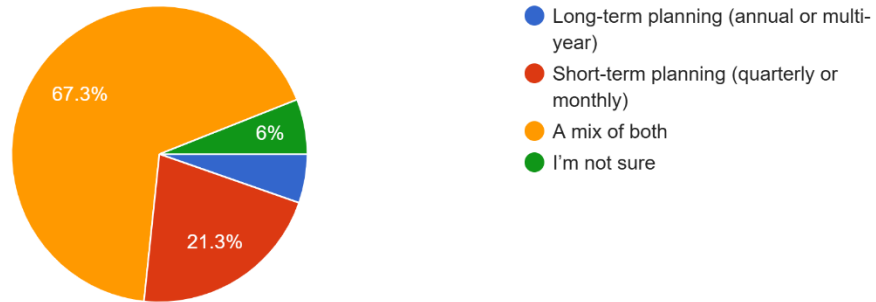


Figure 5: Short-Term vs. Long-Term Planning Preferences

4.6 Customization Importance

- 48% consider customization somewhat important.
- 40% view customization as very important.
- 12% do not consider customization important.

Key Insight: Customization is critical for nearly 90% of respondents.

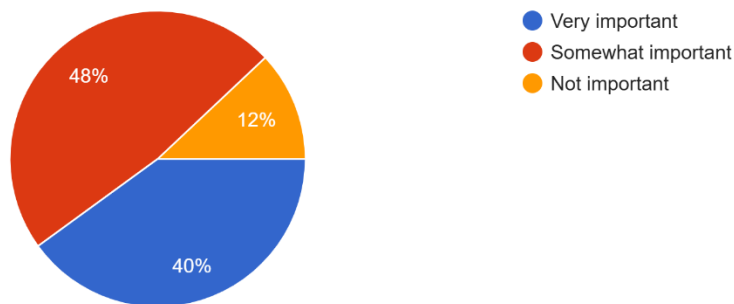


Figure 6: How Important is Customization in Planning Tools?

4.7 Reflection Practices

- 35.3% practice daily reflection.
- 15.3% practice weekly reflection.
- 42.6% reflect occasionally (21.3%) or rarely (21.3%).
- 6.7% never practice reflection.

Key Insight: Reflection practices vary, with a significant portion reflecting infrequently, suggesting opportunities to encourage regular habits.

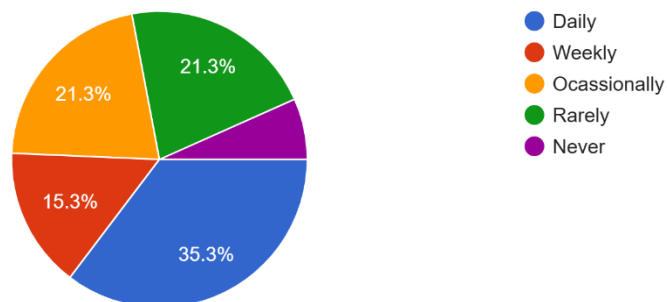


Figure 7: Frequency of Reflection Practices Among Respondents

4.8 Content Preferences

- 70.7% daily reflections on spiritual texts or scriptures.
- 58.7% self-accountability prompts.
- 54.7% goal-setting aligned with personal values.
- 54% space for gratitude and remembrance.
- 36.7% monthly themes or contemplative prompts.
- 3.5% others (each individually less than 1%).

Key Insight: Spiritual and self-accountability elements rank highest, indicating demand for tools that integrate faith-based reflection with goal-setting.

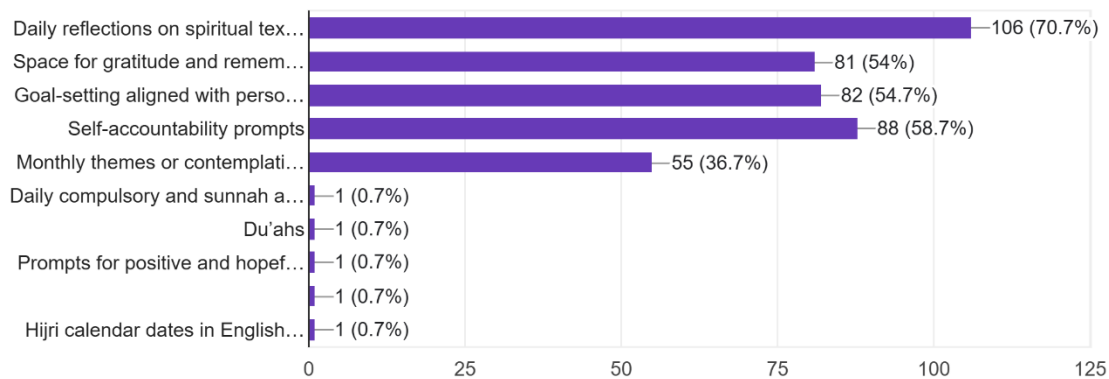


Figure 8: Most Desired Content in Planners and Journals

4.9 Encouragement for Consistent Use

- 45.3% emphasis on spiritual growth alongside productivity.
- 20.7% inspiring quotes and reminders.
- 17.3% flexibility to adapt to individual schedules.
- 14.7% simple and intuitive layout.
- 2.1% other options (each individually less than 1%).

Key Insight: Emphasizing spiritual growth alongside productivity is the strongest motivator for consistent planner use.



Figure 9: Top Motivators for Using Planners Consistently

4.10 Format Preferences

- 43% preferred a single planner covering the entire year.
- 22.7% prefer a modular system with multiple booklets that can be replaced or customized.
- 17.3% had no specific preferences.
- 16.7% preferred a set of quarterly books covering three months each.

Key Insight: The single yearly planner appeals to a majority, likely due to its simplicity and ease of use, but a significant portion values flexibility, as seen in the interest in modular systems and quarterly planners. Offering both options could cater to diverse needs and planning habits.

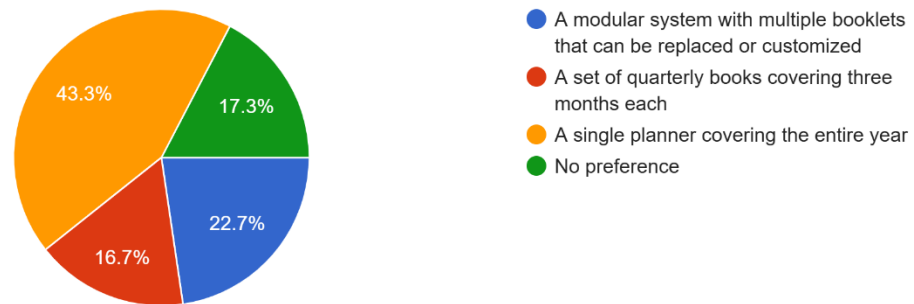


Figure 10: Preferred Formats: Single-Year, Modular, or Quarterly Planners

4.11 Interest in a Planner Combining Modern Productivity Techniques with Islamic Principles

- 78% are interested.
- 20.7% would like to know more about what this offering means.
- 1.3% were not interested.

Key Insight: The overwhelmingly positive response highlights strong demand for a planner that merges faith and productivity. Educational content explaining how Islamic principles (like self-accountability and intentionality) enhance modern productivity practices can address curiosity and further engage the 20.7% seeking clarity.

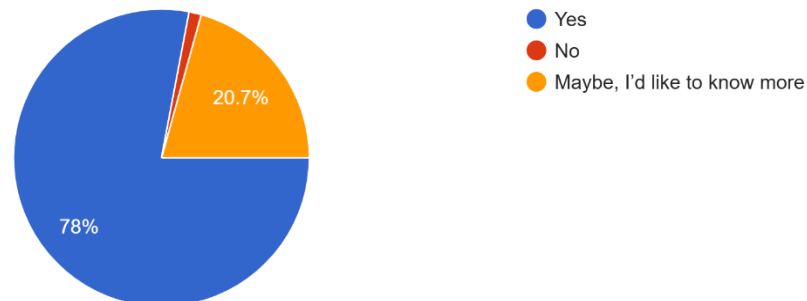


Figure 11: Level of Interest in Planners Combining Faith and Productivity Principles

5 Discussion

The survey results underscore a strong interest in tools that seamlessly integrate productivity with spirituality. Respondents value features such as daily planning pages, spiritual reflections, and customizable layouts, which align closely with Islamic principles like accountability (*Muhasabah*) and intentionality. The preference for modular or customizable formats highlights a need for flexibility to accommodate diverse life demands and planning styles.

Challenges like lack of time and inconsistency indicate that a faith-centered planner should incorporate elements like daily habit trackers, reflection prompts, and motivational reminders to encourage regular use and sustain engagement. These features align well with modern productivity practices, such as habit tracking and structured journaling, while maintaining a foundation of faith.

A significant portion of respondents plan sporadically or rarely engage in reflection, revealing a gap that structured tools can address. By promoting consistent, faith-centered practices, such tools can help users stay organized while nurturing their spiritual growth.

The survey also shows that over 70% of respondents favor daily reflections on spiritual texts. This insight reinforces the importance of integrating Islamic teachings directly into planning tools, ensuring that spiritual connection becomes a fundamental, not optional, aspect of daily life.

Finally, the preference for a balance between short-term and long-term planning, coupled with high demand for customization, aligns with the design principles of modular and adaptable tools. This approach ensures flexibility and personalization, catering to both immediate needs and long-term aspirations.

6 Conclusion

The survey highlights a clear need for tools that seamlessly integrate spiritual and personal growth, bridging gaps in planning and reflection habits. Key insights suggest the importance of:

- Combining spiritual and productivity elements into a cohesive system.
- Offering customizable, flexible formats to suit diverse user preferences.
- Addressing common challenges with built-in motivation tools, such as habit trackers, reflection prompts, and goal-setting frameworks.

These findings emphasize opportunities to create planners that encourage consistent use while supporting both productivity and spiritual growth. Features like self-accountability prompts, reflection spaces, and goal-aligned planning can provide users with a comprehensive system to align their aspirations with their faith.

To address these needs, tools should balance structure and flexibility, catering to various planning styles and life demands. Modular or adaptable designs may appeal to users seeking both simplicity and personalization. Faith-based elements, such as prompts for daily reflection on spiritual texts and features supporting rituals like daily prayers and key Islamic dates, should be expanded upon. Additionally, incorporating motivational tools like habit trackers, goal visualization techniques, and reminders can address sporadic planning habits and help users maintain focus on long-term goals.

Ongoing feedback and usability studies will be crucial to refining these tools, ensuring they align with evolving user needs while reinforcing faith as a central element. By addressing these areas, planners can go beyond merely filling the gaps identified in the survey. They can redefine the way users approach planning and personal growth, making faith the foundation for achieving success and fulfilment in both worldly and spiritual endeavors.