



PLANNING

for Success



**REDUCING
DISTRACTIONS**



Fully Focused

WORKBOOK

+ Action Plan

ABOUT THIS WORKBOOK

This workbook was designed to support you in starting your Arabic journey with confidence.

May Allah accept our efforts &
guide us all toward what is pleasing Him
Ameen

- DISCLAIMER -

This workbook is intended for participants of the
Online Training
Planning for success
ONLY

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DUA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ ، وَحُسْنِ عِبَادَتِكَ

O Allah, help me to remember You, to give You thanks, and to perform Your worship in the best manner.

Hisn al-Muslim 59

NOTES

Introduction

Recap



BUILDING SELF-DISCIPLINE

Reflections

What is a distraction?

A distraction is anything that diverts our _____ from our intended tasks or _____.

المُهَيَّاتُ

Distractions

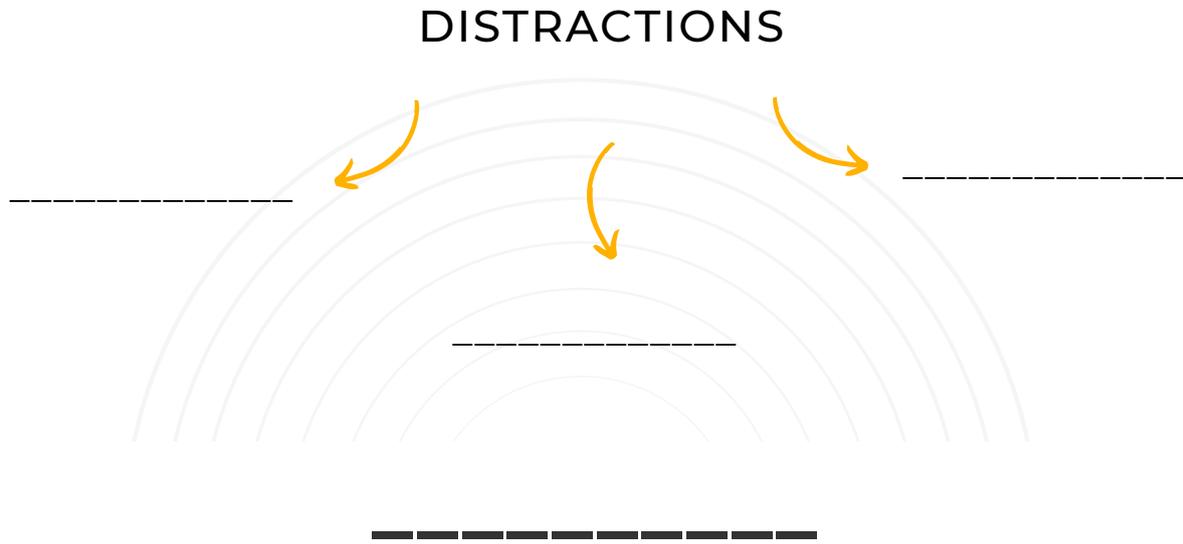
are significant because they

- hinder our ability to stay _____ ,
- delay our _____ ,
- & ultimately _____ us from achieving our _____

NOTES

What causes distractions?

مَا الَّذِي يُسَبِّبُ الْمُهَيَّاتِ؟



#1: _____ TRIGGERS

#2: _____ TRIGGERS

#3: _____ TRIGGERS

Activity

MY DISTRACTIONS

NOTES



Take 10 minutes to write down all the distractions you encounter in a typical day. Be as specific as possible.

Examples: Checking social media, Unnecessary snacking, Over Cleaning, Watching TV, Children interruptions...