



**PLANNING**

*for Success*



**INCREASING  
DESIRE**



*Living with  
Purpose*

**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

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

*Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance.*

- Quran surah al-kahf , 18:10

NOTES

## Introduction

Check-in

Making SPACE for Change

Making TIME for Change

MOTIVATION التَّحْفِيزُ

# WORKING TOWARDS CHANGE

مَاذَا →

**Q1: What can help us create CHANGE?**



MOTIVATION



doing what you

-----

doing when you

-----

doing it

vs



SELF-DISCIPLINE



doing what

----- to

be done when it

-----

to be done

**NOTES**

## SELF-DISCIPLINE IS MORE POWERFUL THAN MOTIVATION

SELF-DISCIPLINE

ability to \_\_\_\_\_ ourselves forward and take action, regardless of how we're \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_.

what you \_\_\_\_\_ to do is what is \_\_\_\_\_ for you

### ASSESSMENT

#### DESIRE

#### Reflections

What's your current driving force?

motivation

self-discipline

Are you able to be consistent?

yes

no

What do you think is your biggest obstacle to being consistent?

كَيْفَ →

Q2: How can we build self-discipline?

The Self-Discipline *equation*

$$\frac{\text{VALUE} \times \text{EXPECTANCY}}{\text{IMPULSIVITY} \times \text{DELAY}}$$

الانضباط الذاتي →

Q2: How can we increase our self-discipline?

INCREASING OUR \_\_\_\_\_ + \_\_\_\_\_

REDUCING OUR \_\_\_\_\_ + \_\_\_\_\_

NOTES

# INCREASING SELF-DISCIPLINE

الرَّغْبَةُ

## FACTOR #1: DESIRE



'I want to do this!'

**LOVING MYSELF!** → Doing what is \_\_\_\_\_  
for me instead of wanting  
\_\_\_\_\_ (instant  
gratification).

How?

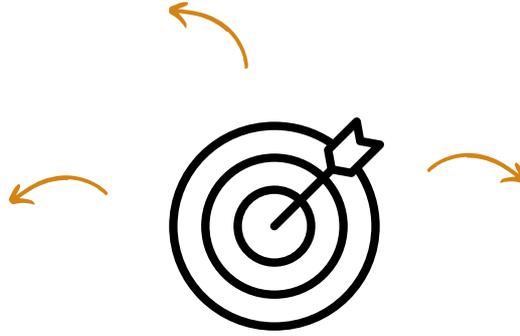
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES

# THE POWER OF INTENTIONS

## INTENTIONS

النِّيَّةُ



إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ

(The value of) an action depends on the intention behind it.

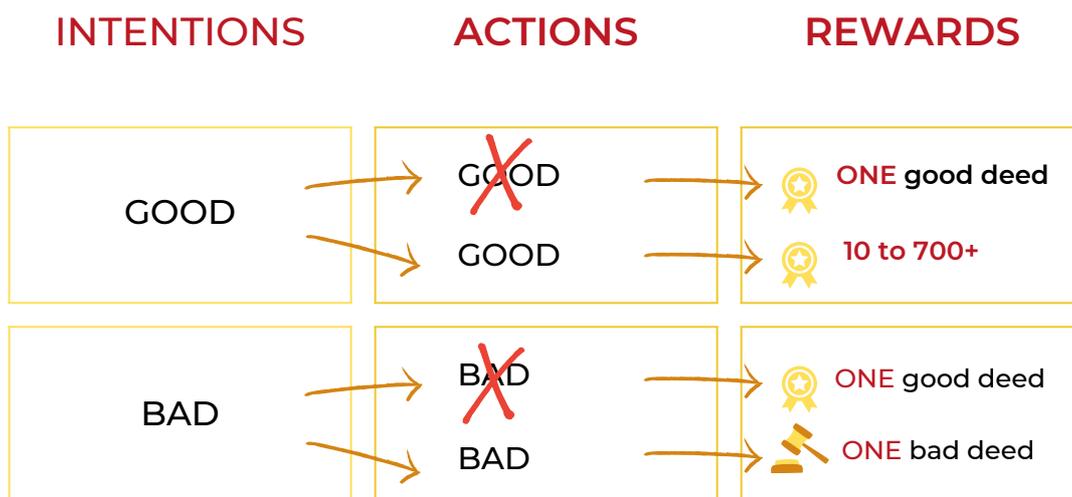
Sahih Muslim 1907a

NOTES

## The Rahmah of Allah

Verily, Allah (SWT) has ordered that the good and the bad deeds be written down. Then He explained it clearly how (to write): He who intends to do a good deed but he does not do it, then Allah records it for him as a full good deed, but if he carries out his intention, then Allah the Exalted, writes it down for him as from ten to seven hundred folds, and even more. But if he intends to do an evil act and has not done it, then Allah writes it down with Him as a full good deed, but if he intends it and has done it, Allah writes it down as one bad deed".

*Riyad as-Salihin 11*



NOTES

# STRENGTHENING OUR INTENTIONS

## Properly Planting the Seeds of Intentions



## WHAT ARE WE INTENDING TO DO?



NOTES

# Activity

## WHERE AM I AT?

*mini assessment*

*My Point A:*

*My Point B:*

*Instructions*

## FOR WHOM ARE WE DOING IT?

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

*I did not create the jinn and the humans  
except to worship Me.*

QURAN, 51:56

NOTES

## WHY DO WE WANT TO LEARN/TEACH ARABIC?

WHAT IS THE QURAN?



مَا هُوَ الْقُرْآنُ؟

وَهَذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ فَاتَّبِعُوهُ وَاتَّقُوا لَعَلَّكُمْ تُرْحَمُونَ

*And this is a blessed Book (the Quran) which We have sent  
down, so follow it and have taqwa, fear Allah and do not  
disobey His Orders), that you may receive mercy.*

QURAN, 6:155

تَطْوِيرُ الذَّاتِ  
Self-Improvement

المُكَافآتُ  
Rewards

نَتَائِجُ إِجَابِيَّةٌ  
Positive Results

هَدِيَّةٌ  
A Gift

## HOW ARE WE GOING TO START?

### Asking for Allah's Help

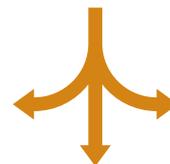
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

YOU 'ALONE' WE WORSHIP AND YOU 'ALONE' WE ASK FOR HELP.

- QURAN SURAH AL-FATIHA  
(1:5)



### Understanding How Duas work?



## Best Times to Make Duas

- Last third of the night
- In your Sujood
- Between the Adhan and Iqama
- An Hour On Friday
- At the end of obligatory prayer
- When it's raining
- On the day of Arafah
- When breaking your fast

## Etiquettes of Making Dua

### WHAT TO SAY?

- ✓ We start by Praising Allah

الْحَمْدُ لِلَّهِ وَحْدَهُ،

- ✓ Then we send prayers on the Prophet ﷺ

وَالصَّلَاةُ وَالسَّلَامُ عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ

- ✓ Call upon Allah with His Names

اللَّهُمَّ يَا ...

- ✓ And finally we Ask Allah

NOTES

## Perfecting Our Dua



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

الْيَقِينُ



\_\_\_\_\_ التَّوَكُّلُ



\_\_\_\_\_



\_\_\_\_\_

*Face the Qibla + wudhu (preferred)*

TAKE \_\_\_\_\_ & MAKE THE \_\_\_\_\_

الإِخْلَاصُ →

## Having Sincerity

**Allah already knows what is in our hearts but we need to be honest with ourselves.**

How can I be more sincere?

- 
- 
- 
- 
- 

HAVE \_\_\_\_\_ INTENTIONS & WORK \_\_\_\_\_

# Action Plan **خُطَّةُ عَمَلٍ**

## #4: INCREASING DESIRE



*Al hamdulil'Allah, you have reached the end of this lesson & it's time to get to work sister! Read & complete the tasks below.*

*Take it ONE STEP AT A TIME!*

### MY ROADMAP

#### POINT A

### ASSESSMENT

*My current level of Arabic*

*My Child's level of Arabic*

*My Struggles*

## **POINT B**

### **ASSESSMENT**

*What do I wish to achieve teaching my child Arabic?*

*What would success in this journey look like?*

*What do I want to gain from it personally?*

### **INSTRUCTIONS**

*What could help me achieve this?*

*What support would I need in this journey?*

## ASKING FOR ALLAH'S HELP

*Craft your dua to seek help in this journey*

DUA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ ، وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ



What do I want to ask Allah?

What name(s) of Allah can I use?

### Dua Checklist

-  BE MINDFUL
-  HAVE CERTITUDE
-  ASK FREQUENTLY & BE PERSISTENT
-  BE FIRM
-  TRUST IN ALLAH
-  ASK FOR OTHERS



الْحَمْدُ لِلَّهِ وَوَحْدَهُ ، وَ الصَّلَاةُ وَالسَّلَامُ عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ

Ya Allah...

... اللَّهُمَّ

# RENEWING MY INTENTIONS

Print and assemble to create a little duas booklet  
Complete the sections for 'My purpose'

<p style="text-align: center;"><b>MY PURPOSE</b></p> <p style="text-align: center;">يَا الْخَالِقِ، يَا الْبَارِي، يَا الْمَصَوِّرَ</p> <p style="text-align: center;"><i>O The Creator, O The Originator, O The Flawless Shaper</i></p> <p><b>You created me for a purpose. Guide me, teach me, and enable me to live that Purpose. Help me remember you, be grateful to you, and worship you in the best manner in this dunya.</b></p>	<p style="text-align: center;"><b>MY PURPOSE</b></p> <p style="text-align: center;"><b>Worship Allah through...</b></p> <p style="text-align: center;"><i>My Ibadaa</i></p>
<p><b>KEEP ME HUMBLE</b> يَا الْمُتَكَبِّرَ</p> <p>اللَّهُمَّ اجْعَلْنِي شَكُورًا وَاجْعَلْنِي صَبُورًا وَاجْعَلْنِي فِي عَيْنِي صَغِيرًا وَفِي أَعْيُنِ النَّاسِ كَبِيرًا</p> <p style="text-align: center;"><i>Oh Allah, make me one who is highly grateful. Make me one who is patient. Make me small in my own eyes but great in the eyes of others.</i></p>	<p style="text-align: center;"><b>MY PURPOSE</b></p> <p style="text-align: center;"><b>Worship Allah through...</b></p> <p style="text-align: center;"><i>My Self</i></p>
<p style="text-align: center;"><b>MY DECISIONS</b></p> <p style="text-align: center;">يَا الْهَادِي، يَا الْعَلِيمَ</p> <p style="text-align: center;"><i>O The Guide, O The All-Knowing</i></p> <p><b>Guide me in my decisions, Ya Allah you know how I get stuck in analysis paralysis. Be my Guide, show me the Way, show me what is Good for me in this world and the next.</b></p>	<p style="text-align: center;"><b>MY PURPOSE</b></p> <p style="text-align: center;"><b>Worship Allah through...</b></p> <p style="text-align: center;"><i>My Family</i></p>
<p><b>WEALTH</b> يَا الْفَتَّاحِ، يَا الرَّزَّاقِ</p> <p style="text-align: center;"><i>O The Opener, O The Provider</i></p> <p>اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَاعْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ</p> <p style="text-align: center;"><i>O Allah, suffice me with what You have permitted so that that I have no need of that which You have forbidden, and make me independent of means by Your bounty so that I have no need of anyone besides You</i></p>	<p style="text-align: center;"><b>MY PURPOSE</b></p> <p style="text-align: center;"><b>Worship Allah through...</b></p> <p style="text-align: center;"><i>My Work</i></p>