



PLANNING

for Success



**REDUCING
DELAY**



No more

excuses

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 اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

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

Recap

Desire

VALUE X EXPECTANCY

IMPULSIVITY X DELAY

Postponing

BUILDING SELF-DISCIPLINE

FACTOR #2: POSTPONING



'I will commit to making it work!'

MAKING A DECISION



Taking _____ of
our choices & _____
them

ASSESSMENT

DELAY

Reflections

Am I delaying teaching my child?

yes

no

What's holding me back?

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

How?

- _____
- _____
- _____
- _____
- _____

WHY DO WE PROCRASTINATE?

لِمَاذَا التَّسْوِيفُ؟

POSTPONING



Convictions or assumptions that _____
our perception of ourselves and our capabilities.



NOTES



FEAR الْخَوْفُ

↪ of F_____

↪ of N_____ F_____

↪ of R_____

↪ of R_____

↪ of S_____

↪ of C_____

↪ of U_____

CONSIDERING THE *Bad* IMPACT

NOT Teaching My Child

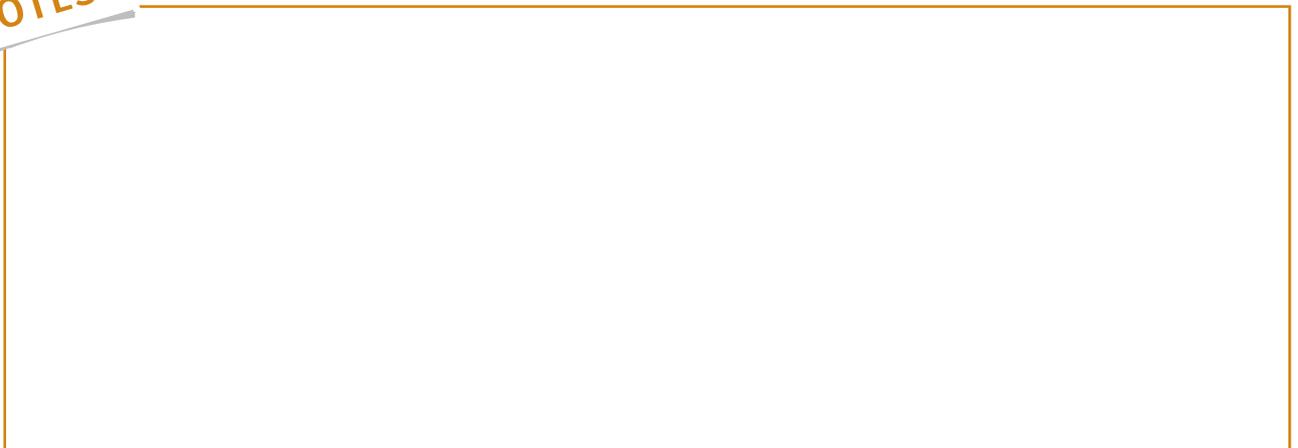
NOTES



CONSIDERING THE *Good* IMPACT

TEACHING My Child

NOTES



Action Plan خُطَّةُ عَمَلٍ

#5: REDUCING DELAY



Al hamdulil'Allah, you have reached the end of this section & it's time to get to work sister! Read & answer the questions below.

Take it ONE STEP AT A TIME!

1- ADDRESSING FEARS

Fear of Failure in Teaching Arabic:

Reflect on a time when you hesitated to teach your child Arabic because you feared not being able to do it well enough. What thoughts or beliefs held you back?

- *How can you redefine success in teaching Arabic to your child to include learning and growth, rather than solely focusing on avoiding failure?*
- *What specific skills or knowledge can you acquire to feel more confident in your ability to teach Arabic effectively?*

Fear of Rejection in Teaching Arabic:

Think about any past experiences where you felt judged or criticized for your Arabic skills. How did these experiences affect your confidence in teaching your child?

Think about your child's potential reactions to learning Arabic. How do you fear they might perceive it, and how does that influence your approach to teaching?

- *How can you cultivate self-acceptance and resilience to withstand potential criticism or judgment from others?*

- *Are there supportive communities or networks you can join to find encouragement and validation in your efforts to teach Arabic to your child?*

Fear of Negative Evaluation in Teaching Arabic:

Reflect on any concerns you have about what others might think or say about your efforts to teach your child Arabic.

How do these concerns affect your confidence and motivation?

- *How can you cultivate a mindset of self-validation, focusing on your own values and motivations rather than seeking external approval?*

- *What strategies can you use to reframe negative feedback as constructive criticism and opportunities for growth?*

Fear of Regret in Teaching Arabic:

Consider the potential consequences of not teaching your child Arabic.

What fears or anxieties do you have about missing out on this opportunity, and how do they influence your actions or decisions?

- *What actions can you take now to minimize the potential for regret in the future, such as prioritizing Arabic learning in your child's education?*

- *How can you shift your focus from the potential negative outcomes of teaching Arabic to your child to the potential positive impact it could have on their future?*

Fear of Success in Teaching Arabic:

Imagine successfully teaching your child Arabic and witnessing their language proficiency grow. What fears or doubts arise when you envision this scenario?

Fear of Change in Teaching Arabic:

Consider the changes that teaching your child Arabic might bring to your daily routine or family dynamics. How do you fear these changes might impact your life?

These reflection questions are designed to help you explore and understand your fears and concerns about teaching your child Arabic. By examining these fears, you can begin to address them and develop strategies for overcoming them, allowing you to confidently embark on this important journey with your child.