



PLANNING

for Success



**INCREASING
CONFIDENCE**



Allah is with

me

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 -

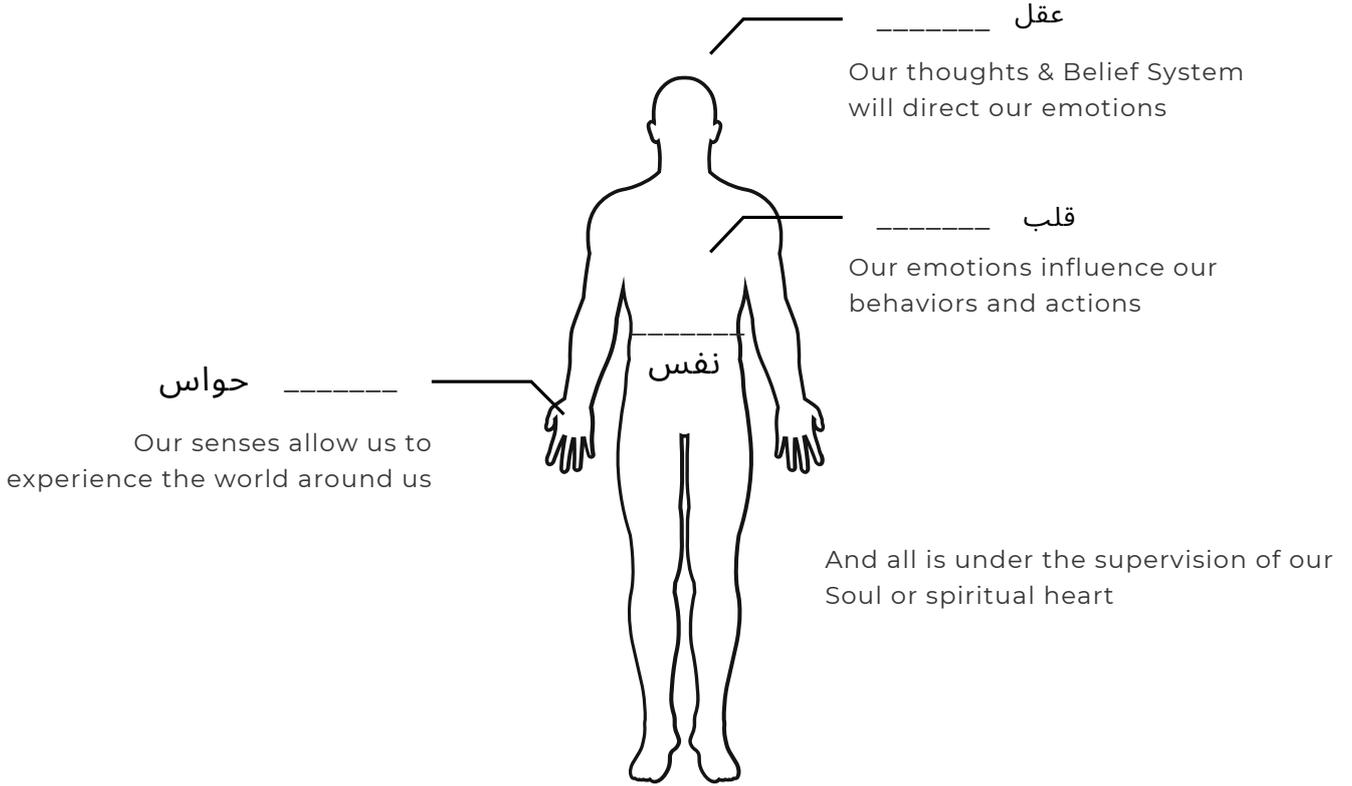
This workbook is intended for participants of the
Online Training
Planning for success
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UNDERSTANDING OURSELVES

What are we made of?



لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

INDEED, WE CREATED HUMANS IN THE BEST FORM.

QURAN, SURAH AT-TIN
(95:4)

NOTES

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا

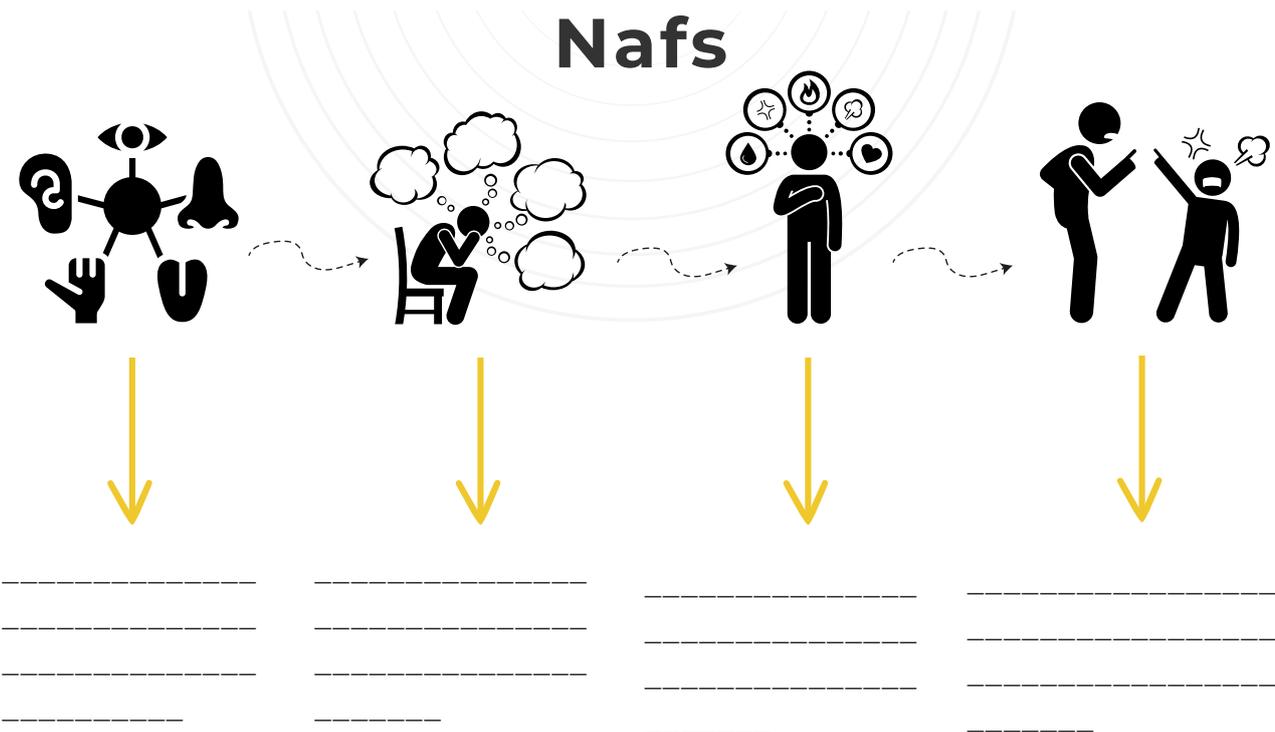
OUR LORD, YOU DID NOT CREATE THIS IN VAIN

- QURAN SURAH AL-IMRAN
(3: 191)



- _____
- _____
- _____
- _____

How does it all work?

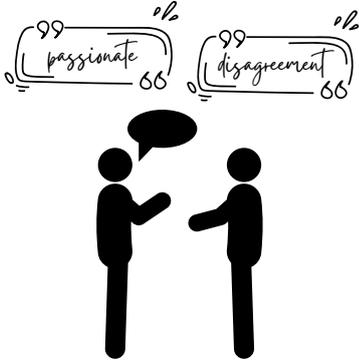


Our Nafs influences our thoughts & emotions depending on what it is _____

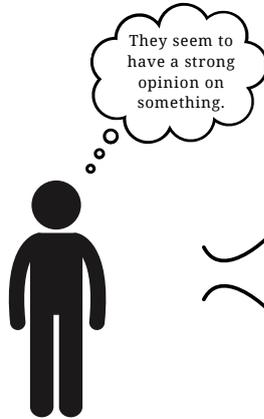
Natural & Automatic process that we are often unaware of

Example

Perception



Interpretation & Thought



Emotion



Behavior



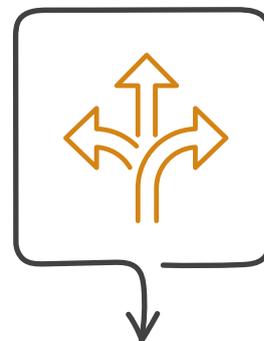
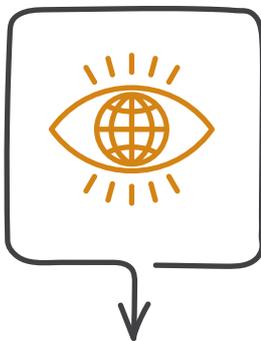
EXPLORING THE ORIGIN OF OUR THOUGHTS

FILTER

Our thoughts depend on the way we were _____ to interpret the external stimuli we encounter.

يَتَّكُونَ

What's our FILTER made of?

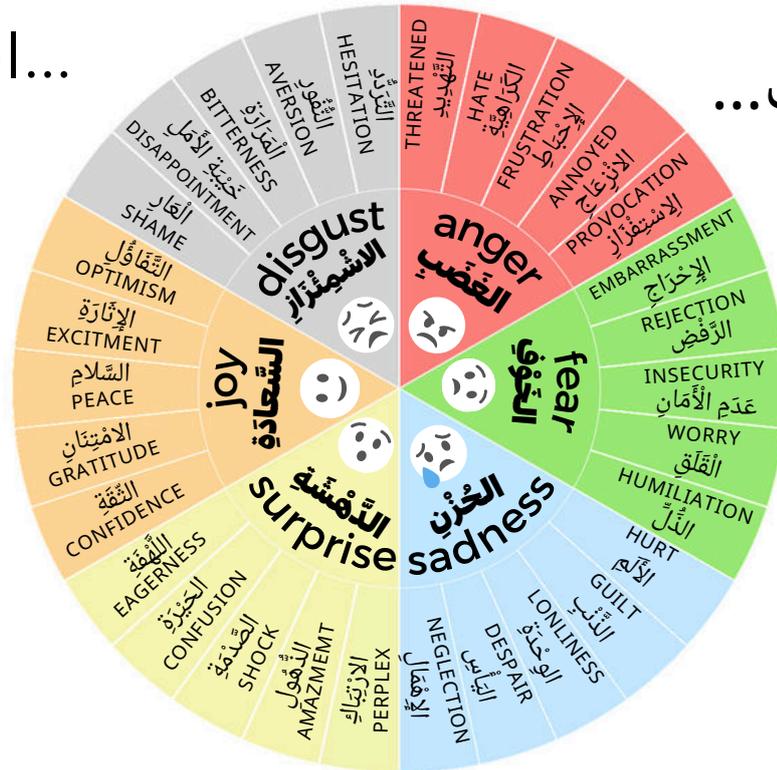


EMOTIONS

المشاعر

I feel...

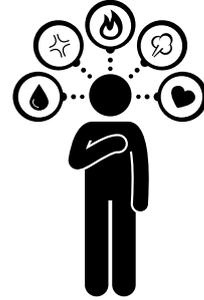
أنا أشعر بـ...



The way we view and use our emotions

All emotions are

_____!



وَنَزَعْنَا مَا فِي صُدُورِهِمْ مِنْ غِلٍّ

WE WILL REMOVE WHATEVER BITTERNESS THEY HAD IN THEIR HEARTS.

- QURAN SURAH IBRAHIM (15: 47)

NOTES



UNDERSTANDING THE PURPOSE OF EMOTIONS

ENGINE

السَّعَادَة



_____ : uplifting emotion associated with feelings of happiness, contentment, and pleasure.

It serves as a _____ mechanism, reinforcing behaviors that contribute to personal well-being & the well-being of others.

الغضب



_____ : intense emotional response often triggered by a perceived aggression, injustice, or frustration.

It can serve as a _____ response, mobilizing energy to address perceived threats or challenges. It can also signal a violation of personal boundaries and motivate individuals to take action.

الخوف



_____ : a response to perceived threats, danger, or situations that trigger a sense of vulnerability.

It is a crucial _____ mechanism, preparing the body to respond to potential threats. It activates the "fight-or-flight" response, helping individuals react quickly to ensure their safety.

الحزن



_____ : an emotion associated with feelings of sorrow, grief, or disappointment. It often involves a sense of loss or unmet expectations.

It allows individuals to process and adapt to loss or _____.

Dunya VS Akhirah

We need to use our emotions properly in this dunya for the benefit of the Akhirah.

Example

Anxiety in this



No guarantee to reach future
Rizq already promised
Temporary/short

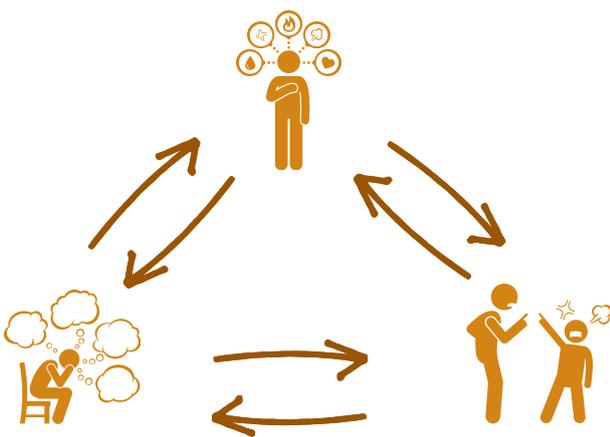
Anxiety for the



Guarantee of the Akhirah
Paradise not promised
Eternity

We need some level of anxiety in this world to push us to _____ but ultimately it should be used for the Akhirah more than for this world

STOP blocking your emotions & redirect them towards your Akhirah instead



NOTES

Action Plan خُطَّةُ عَمَلٍ

#6: INCREASING CONFIDENCE



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- UNDERSTANDING OURSELVES

Reflecting on the process behind our behaviors:

How do you understand the connection between perceptions, thoughts, emotions, and behaviors?

Which aspect of your perceptual filter do you believe has the greatest influence on shaping your belief system?

Are there any core emotions discussed in the video that resonate with you?

How do these emotions typically manifest in your behavior?