



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
ONLY

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AFFIRMING OURSELVES

Creating Change

Recap

#1: _____

#2: _____

#3: AFFIRMING MYSELF

My Roles → **أَدْوَارِي**

NOTES

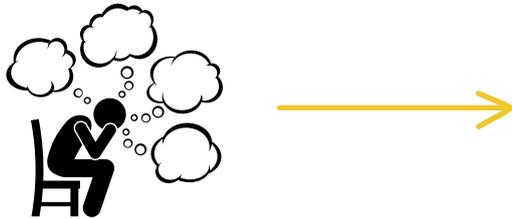
I AM...

... أَنَا

A HUMAN	♥	إِنْسَانٌ
FROM EARTH	♥	مِنَ الْأَرْضِ
A SLAVE OF ALLAH	♥	أَمَةٌ لِلَّهِ
A DAUGHTER	♥	ابْنَةٌ
A SISTER	♥	أَخْتٌ
A FRIEND	♥	صَدِيقَةٌ
A WIFE	♥	زَوْجَةٌ
A MOTHER	♥	أُمٌّ
AN AUNT	♥	عَمَّةٌ / خَالَه
A COUSIN	♥	ابْنَةُ عَمٍّ / عَمَّةٌ / خَالَ / خَالَه
AN EMPLOYEE	♥	مُوظَّفَةٌ
A COWORKER	♥	زَمِيلَةٌ
A STUDENT	♥	طَالِبَةٌ
A TEACHER	♥	مُعَلِّمَةٌ
A NEIGHBOR	♥	جَارَةٌ
A COMMUNITY MEMBER	♥	عُضْوَةٌ فِي الْمَجْتَمَعِ

My Belief System

Short Term Change



Developping an Akhirah Mindset

How?

- _____
- _____
- _____

AFFIRMING OURSELVES

Let's explore!

What is Death?

Reframing Our Core Beliefs

قُلْ هُوَ اللَّهُ أَحَدٌ - اللَّهُ الصَّمَدُ

SAY, 'O PROPHET' "HE IS ALLAH—ONE 'AND INDIVISIBLE', ALLAH—THE SUSTAINER 'NEEDED BY ALL'

- QURAN SURAH AL-IKHLAS
(112: 1-2)



إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

"SURELY TO ALLAH WE BELONG AND TO HIM WE WILL 'ALL' RETURN."

- QURAN SURAH AL-BAQARAH
(2: 156)



AFFIRMING OURSELVES

الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ

THE LIFE OF THIS WORLD IS NO MORE THAN THE
DELUSION OF ENJOYMENT.

- QURAN SURAH AL-HADID
(57: 20)



فَإِنَّ مَعَ الْعُسْرِ يُسْرًا - إِنَّ مَعَ الْعُسْرِ يُسْرًا

SO, SURELY WITH HARDSHIP COMES EASE.
SURELY WITH 'THAT' HARDSHIP COMES 'MORE' EASE.

- QURAN SURAH ASH-SHARH
(94: 5-6)



وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا

THERE IS NO MOVING CREATURE ON EARTH WHOSE
PROVISION IS NOT GUARANTEED BY ALLAH.

- QURAN SURAH HUD
(11: 6)



المُراقِبَةُ

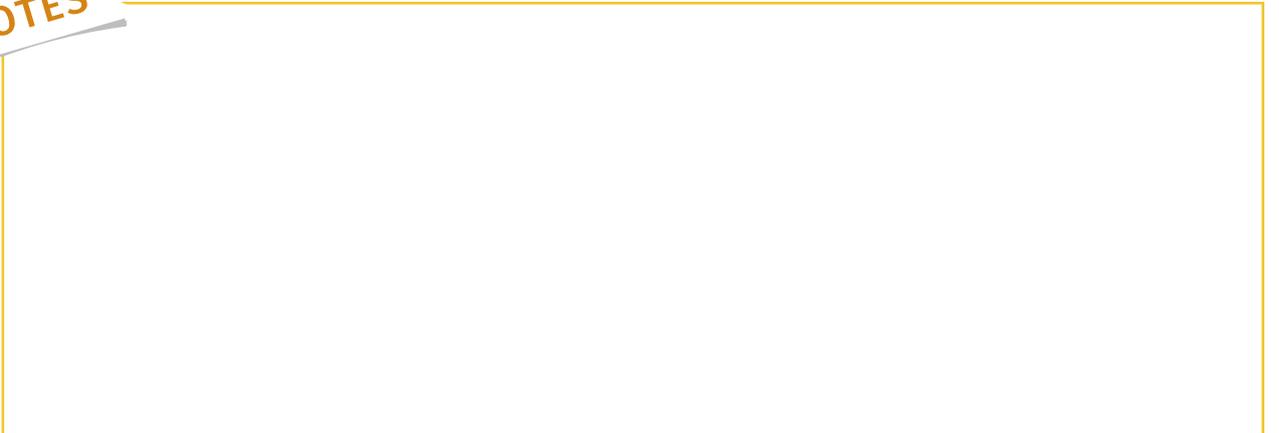


IHSAN

Taking Action

Identifying & removing our

NOTES



أَنَا عِنْدَ ظَنِّ عَبْدِي بِي

'I AM AS MY SERVANT THINKS I AM'

SAHIH AL-BUKHARI 7505



Step by Step to Removing Negative Self-Talk

Refer to the worksheet and audio accompanying the lesson.

1-

2-

3-

4-

NOTES

Purifying Our Nafs

1- Knowing -----

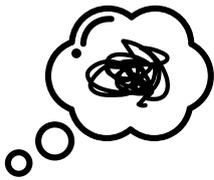


_____ + _____

2- Knowing -----



3- Knowing -----



4- Knowing -----



#6.3: 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!

3- AFFIRMING OURSELVES

Identify the 8 key roles you currently play in your life.

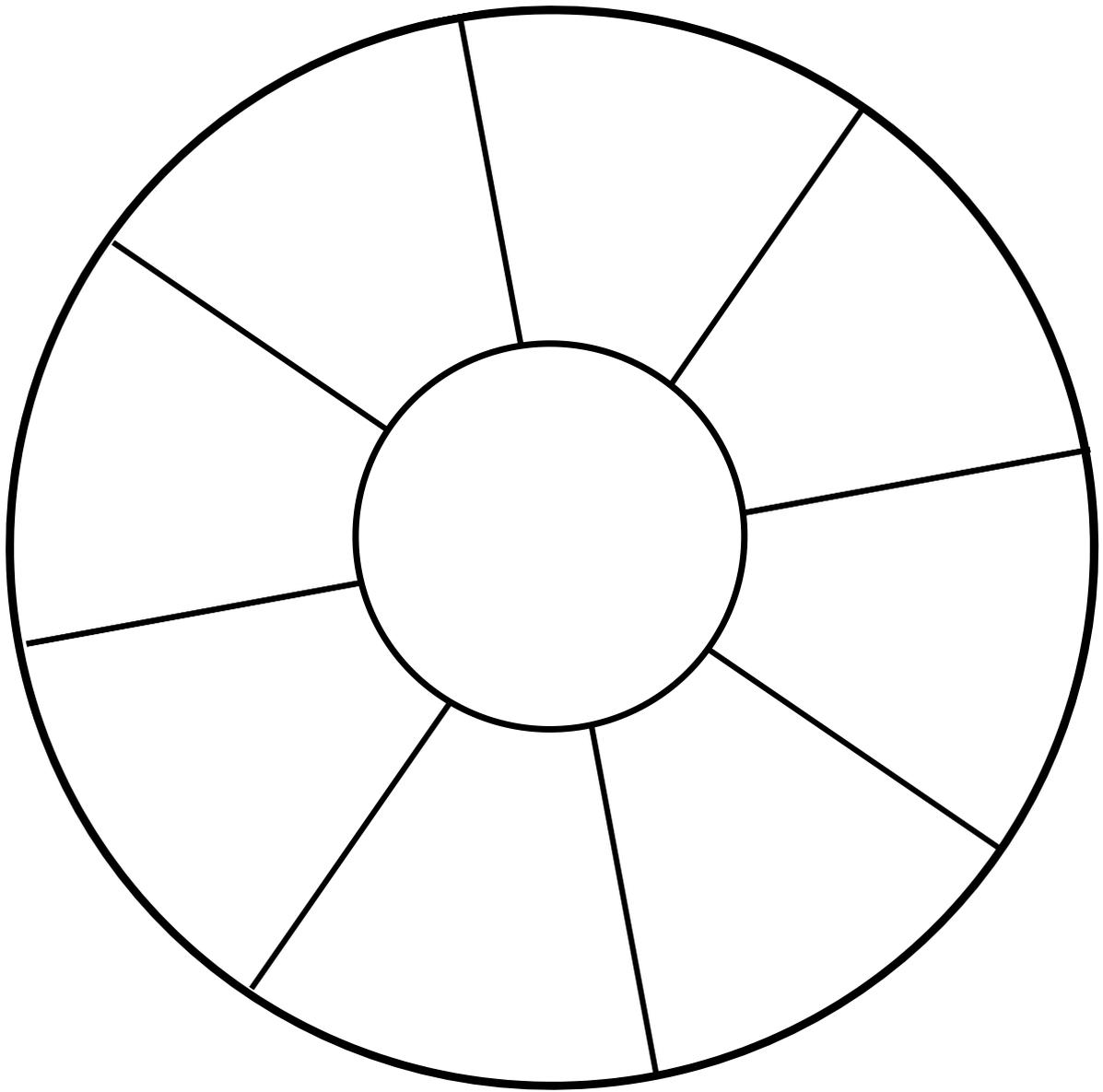
a/ Write the name of the roles for each section of the wheel on the next page.

b/ For each role, define one or two values AND qualities that you aspire to embody.

c/ Reflect on how you can incorporate these qualities into your daily life using the template prompt of the following pages.

The wheel will serve as a visual reminder to reference to as you work on each of your roles.

D/ Proceed the same with the other remaining roles you have.



Reflections & Action Plan for each of my roles

Role: _____

Values: _____, _____

Qualities: _____, _____

Affirmations

Actions to Avoid

Affirmations	Actions to Avoid

Reflection Questions:

How well do you feel you currently embody these qualities in this role?

What steps can you take to better align your actions with these qualities?

Are there any obstacles preventing you from living these values, and how can you overcome them?

Reframing Core Beliefs

Reflection Questions:

Reflecting on the verses covered in the lesson, which ones do you find challenging to affirm in your life?

Pay special attention to how you respond to challenges & trials.

How do your current reactions align with the teachings of these verses, and where do you see room for growth or realignment?

ADDRESSING NEGATIVE SELF-TALK

مُعَالَجَةُ حَدِيثِ النَّفْسِ السَّلْبِيِّ

1- PAUSE & WELCOME YOUR EMOTIONS

١. تَوَقَّفِي وَ رَحِّبِي بِمَشَاعِرِكَ

SHIFTING MY PHYSICAL STATE: _____

ACKNOWLEDGING MY SELF: How am I truly feeling?

HOW'S MY BODY? WHAT AM I SAYING TO MYSELF?	WHAT EMOTIONS AM I FEELING?
---	-----------------------------

ASKING ALLAH'S HELP TO UNDERSTAND OURSELVES & OUR BODIES

DUA

2- BE GRATEFUL & RECOGNISE YOUR STRENGTHS

٢. كُونِي شَكُورَةً وَتَعَرَّفِي عَلَى قُدْرَاتِكَ

FOCUS ON THE POSITIVE IN OTHERS & YOURSELF

AL HAMDULLIL'ALLAH FOR	ALLAH GIFTED ME WITH
------------------------	----------------------

ASKING ALLAH TO INCREASE THOSE BLESSINGS

DUA

SHIFTING MY MENTAL STATE THROUGH AFFIRMATIONS

3- OBSERVE & ANALYSE

٣. رَاقِبِي وَ حَلِّي

ACKNOWLEDGING THE SITUATION: What happened exactly?

EMOTIONS & THOUGHTS	EVENT/TRIGGER
---------------------	---------------

ANALYSING OUR NEEDS: What need(s) might be unmet?

ASKING ALLAH TO HELP US SEE CLEARLY THE REASONS

DUA

4- FINDING SOLUTIONS

٤. اِبْحَثِي عَنْ حُلُولٍ

SHIFTING INTO A GROWTH MINDSET

I CANNOT...	HOW CAN I?
-------------	------------

ASKING ALLAH TO GUIDE US IN TAKING THE BEST DECISION

DUA

DECIDING ON AN ACTION PLAN TO START WITH
