



## Deep Work - Week 1: Orientation

Begin the book and finish Chapter 2: Deep Work Is Rare by the end of the week.

Reading Milestone	Thoughts and Actions to Consider Briefly	Supporting Material and Activities
Before beginning the book	<ul style="list-style-type: none"> <li>• What is my intention and specific purposes of reading this book?</li> <li>• What does 'Deep Work' and 'productivity' mean to me?</li> <li>• How does my belief as a Muslim/Muslimah shape my views on deep work and productivity?</li> <li>• Do I suffer from lack of focus in my daily activities and ibadah?</li> <li>• How does my personal and professional</li> </ul>	<ul style="list-style-type: none"> <li>• Reflection on daily ibadah and activities</li> <li>• Take time to say Alhamdulillah and express gratitude to Allah</li> <li>• Taking of personal notes</li> <li>• Facebook forum</li> <li>• Dua and istighfar</li> </ul>

	<p>expectations affect my productivity, relationship with Allah s.w.t and the people around me?</p> <ul style="list-style-type: none"> <li>• What qualities do I need to perform more efficiently?</li> <li>• Have I thanked Allah and show gratitude for the opportunity He gives me to learn and grow?</li> <li>• Are there any negative thoughts or prejudices I need to address before I start reading?</li> </ul>	
Introduction to Chapter 1: Deep Work Is Valuable	<ul style="list-style-type: none"> <li>• What value does Islam place on meditation? How often do I wake up for tahajjud?</li> <li>• How does my understanding of “deep work” change after reading the author’s definition? Do I agree with him?</li> <li>• What is my biggest distraction in ibadah and daily activities? Why and when do I get most easily distracted?</li> <li>• How can I use social network tools to benefit my life and that of others? How can I discipline myself in using network tools to minimise the negative impacts?</li> <li>• What are the qualities that I need to master hard things quickly, other than deep work?</li> </ul>	<ul style="list-style-type: none"> <li>• YouTube Video. Meditation in Islam <a href="https://www.youtube.com/watch?v=WmgAkaHFZY8">https://www.youtube.com/watch?v=WmgAkaHFZY8</a></li> <li>• Quran reflection: Sural Al-Muzammil</li> <li>• Facebook forum</li> <li>• Night prayers, dua and istighfar</li> </ul>
Chapter 1: Deep Work is Valuable	<ul style="list-style-type: none"> <li>• How can I integrate the concept of Ihsan and good intentions into a deliberate practice?</li> <li>• What value does Islam give to focused attention in ibadah? How do/can I help my family and friends to be more focused in their ibadah?</li> <li>• Do I ever experience attention residue in multitasking? How does this affect my</li> </ul>	<ul style="list-style-type: none"> <li>• Self – reflection on your personal practices and how they help or inhibit your productivity</li> <li>• Notes from Carson Tate’s Work Simply and The Productive Muslim Book, if you have them</li> <li>• Hadith Reflection on <a href="#">Intention</a> and <a href="#">Ihsan</a></li> </ul>

	<p>productivity?</p> <ul style="list-style-type: none"> <li>• Is there any evidence in my personal life that indicates that deep work optimises performance?</li> <li>• How can I transform my potential to produce the tangible results that Islam teaches me to value? How can my results help the Ummah?</li> <li>• Are there any aspects of my life where depth is not valued?</li> <li>• What can I do to protect my productivity whilst simultaneously, enabling others to be productive?</li> </ul>	<ul style="list-style-type: none"> <li>• Quran reflection: Al-Mulk: verse 2 and Al-Kahfi: verse 7</li> <li>• Facebook forum</li> <li>• Dua</li> </ul>
Chapter 2: Deep Work Is Rare	<ul style="list-style-type: none"> <li>• What strategies can I use to avoid distractions (internal or external) during work or study?</li> <li>• How does the culture of connectivity affect my productivity and my relationship between my family and colleagues?</li> <li>• Do I agree with the Principle of Least Resistance proposed by Newport? If not, why?</li> <li>• What other societal factors/influences are antithetical to depth? Do any of these factors exist in my organisation/family unit?</li> <li>• What question(s) can I ask myself to evaluate how well, or how poorly, I am doing as a Muslim or Muslimah?</li> <li>• Which indicator(s) can I use to measure productivity and value in my job as a Muslim?</li> <li>• What effect does 'technopoly' have on my life, besides reducing deep work?</li> </ul>	<ul style="list-style-type: none"> <li>• Self-reflection</li> <li>• Can I spend one day (at least) without checking email(s)? Try it! Did I miss anything important/ urgent in my life as a result of it?</li> <li>• Productive Muslim Academy course: How to remain focused in the age of distraction</li> <li>• Challenge 1</li> <li>• Dua, dua, dua</li> </ul>

## Challenge 1: The Quality of Successful Believers

Certainly will the believers have succeeded:  
They who are during their prayer humbly  
submissive.  
And they who turn away from ill speech.  
And they who are observant of zakah.  
And they who guard their private parts.  
Except from their wives or those their right  
hands possess, for indeed, they will not be  
blamed  
But whoever seeks beyond that, then those are  
the transgressors  
And they who are to their trusts and their  
promises attentive  
And they who carefully maintain their prayers

AL MU'MINUN: VERSE 1-9

1. Why does Allah mention kushoo' in Salah as the first quality of successful believers?
2. How about my salah? Is it just a daily routine or a means for me to be successful?
3. How can I improve my Salah to lead me to a more productive, successful life in this world and the hereafter?
4. Can I relate these verses with the law of productivity proposed by Newport?  
i.e. *High-quality work produced = (Time Spent) x (Intensity of Focus)*

Grab this opportunity to improve your salah and the connection you have with your Creator, Allah s.w.t.

If you do not know where to start, perhaps this short video and article could help you!

Humility and sincerity in Salah <https://www.youtube.com/watch?v=ywOOO56spV0>

<http://productivemuslim.com/6-steps-to-achieve-a-quality-salah/>

Enjoy! 😊