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# Doughnut Economics- Week 1: Orientation Week

Begin the book and read to the end of Chapter 3.

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| **Reading Milestone** | **Thoughts and Actions to Consider Briefly** | **Supporting Material and Activities** |
| Before beginning the book | * What do I know about the “economy” and “economic affairs”? Who taught me about such things? Might there have been a conflict of interests?
* After watching the TED Talk, what are my intentions and specific purposes when reading this book?
* How can this book help me to make the most out of understanding the economy and environmental issues?
* How is the state of the Ummah? Which crises, if any, are the Ummah suffering? Is the way the economy run, helping or hindering Muslims and Muslimahs?
* Have I contributed to improving the environment or the lives of animals and plants? How exactly? What was the result?
* Have I thanked and showed gratitude to Allah for the opportunity to learn and grow?
* Are there any negative thoughts or prejudices I need to address before I start reading?
 | * Reflection on daily ibadah and activities
* Thinking about the environment as part of your deen: [No deed is a small deed](https://www.youtube.com/watch?v=f4DqWcbns9Y).
* [TED Talk](https://www.youtube.com/watch?v=Rhcrbcg8HBw) by the author
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| Chapter 1: Change the Goal  | * Do I agree with Kate Raworth’s opening statement? *The most powerful tool in economics is not money, nor even algebra. It is a pencil. Because with a pencil you can redraw the world.*
* What was the problem Yuan found with economics? Do I agree with her?
* Why are images more powerful than words when trying to understand new concepts?
* *Today we have economies that need to grow, whether or not they make us thrive: what we need are economies that make us thrive, whether or not they grow.* To what extent do I agree with this statement?
* How well do the ideas in this chapter align with the Quran or Hadith?
* What can I apply in my life from these chapters during this month?
 | * [Video](https://www.youtube.com/watch?v=pRQUyX9L7T4): Naomi Klein and Jeremy Corbyn Discuss How to Get the World We Want. To what extent do you agree?
* How does this chapter make you think? And more specifically, what actions will you now take?
* Night prayers and *du’a*
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| Chapter 2: See the Big Picture. | * How do I view the Earth? Are there limits to growth?
* In what way is this chapter speaking to me? What have I learned?
* How can economics be realigned to support the environment and promote justice?
* What does it mean to me to be Allah’s creation?
* Why is it important that I learn how to think and critique, rather than just learn by rote or automatically trust what others (even educated people) say?
 | * [Doughnut Economics Lecture](https://www.youtube.com/watch?v=ZZnyZuiesMY) by economist Kate Raworth
* This Changes Everything – Naomi Klein [video](https://www.youtube.com/watch?v=Rqw99rJYq8Q). Does this video surprise you?
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| Chapter 3: Nurture Human Nature | * To what extent does art tell a story? Why is it important to understand how stories are made and evolve?
* What stories am I told? How can I check if they true?
* Is Kate Raworth right? Are we more social or selfish creatures?
* What do I think about the possibility of creating a new portrait for humanity?
 | * [Being thankful to God by conserving water, environment and nature](https://www.youtube.com/watch?v=Xkp2fSNTwCM) By Dr. Tariq Ramadan
* The Prince of Wales’ speech titled: [Islam and the Environment](https://www.youtube.com/watch?v=TBoG7QUfq9s)- What do you think of this speech? Are you surprised that Prince Charles would write such a speech?
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