



Motivation Myth by Jeff Haden – Week 1: Orientation

Begin the book and finish Chapter 2 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"> • What does the term “motivation” mean to me? • What is the link between “being motivated” and “working hard”? • How has my understanding of productivity and motivation changed since when I first entered the book club? • Have I been working on any particular project? How did I stay the course? Was it inspiration, or was it something else? • What is my specific and unique purpose of reading this book? • Are there prejudices or unhelpful thoughts I need to address before I start reading? • Have I given myself permission to dedicate this time to 	<ul style="list-style-type: none"> • The basics of productivity section on the “Secrets to being Spiritually, Physically, and Socially Productive” Productive Muslim Academy course • Notes from your reading of Quake Books’ Muslim Guide to Reading a Book a Month by Kai Ibrahim, Productive Muslim by Mohammed Faris, and Peak by Anders Erickson if you have them. If you don’t go and check out the books so you can get a feel for them! • Dua prayers

	<p>myself, in order to learn and grow?</p> <ul style="list-style-type: none"> Have I expressed gratitude to Allah (swt) and myself for allowing this time to read and reflect? 	<ul style="list-style-type: none"> Facebook and Academy Book Club forum
<p>Introduction & Chapter 1: Motivation is not the Spark</p>	<ul style="list-style-type: none"> Do I think “motivation” as “an insidious myth”? What do I think of the author’s opinion? How does success drive motivation? How do fire walks compare? Does hard work and time investment make me willing or does it have the opposite effect? How do my day to day activities help me achieve my purpose? What important family duties, religious duties or healthy physical activity do I keep putting aside because I do not feel motivated? What is Allah (swt) calling me to do about it? Do I forgive myself when I cannot be productive and know I have done my best? 	<ul style="list-style-type: none"> Friends and family – ask them how many times you say “I don’t feel inspired”! What are I going to do about it? The basics of productivity section on “Secrets to being Spiritually, Physically, and Socially Productive” Muslim Academy course Facebook forum and Academy Book Club forum
<p>Chapter 2: The Greater Your Focus...</p>	<ul style="list-style-type: none"> Do my choices reflect what Allah is asking me to do or am I letting others live my life for me? What is the problem of making choices? Might it be better for me to form habits? Why is focusing on a goal too much damaging to my motivation and progress? Do I celebrate when things go right or do I just beat myself up when things go wrong? 	<ul style="list-style-type: none"> Write a list of all the activities you did yesterday and what you will do tomorrow. Ask yourself, “did I feel motivated to do them or did I just do them?” What did you learn from this exercise? If entrepreneurship is a goal of yours, please check out Sa’Diyya Patel’s “How to Become A Successful Muslim Entrepreneur” back in the Academy. This month’s challenge

- Facebook and Academy Book Club forum

Productive Muslim and Muslimah Book Club Challenge of the Month

This challenge is a little bit different to previous challenges we have set in the Academy book club. This one lasts all month so read the instructions carefully.

- 1) Write a list of all the essential activities you want to achieve every day of the week next week. They must be singular activities and ones that you can measure e.g. write 200 words in my journal or spend one hour playing with my children. A bad example would be “find time to spend with my husband” as it is not concrete enough to measure and it is too easy to find ways to get out of it.
- 2) If there are more than **THREE** activities cross the rest through. If you can’t decide which to cross off, re-write the list.
- 3) Ask yourself, “which activity does not motivate me”? Put that on the list. This is activity **number 4**.
- 4) Dedicate 30 minutes to one hour per day, for the next **21-30 days** to getting done, not because it’s a goal but because it’s a habit!
 - Going to the gym
 - Going swimming
 - Doing gardening
 - Reading and journaling
 - Painting or crafts
 - Watching kids TV in a language YOU want to learn (as the leader of the book club, I can tell you that my “me time” involves watching Ninjago in Portuguese with my family)
- 5) Write down your weekly progress with that activity.