



Doughnut Economics - Week 3: Striving for More by Going the Distance

Read Chapter 6

Reading Milestone	Thoughts and Actions to Consider Briefly	Supporting Material and Activities
Reflecting on the previous week	<ul style="list-style-type: none"> What was my answer to last week's challenge 1's "Man" video? What would Allah say to me after I told him what I did to "save the environment"? What progress have I made in my understanding about the environment and economics? Have I succeeded in making changes at home and at work in support of a more sustainable lifestyle? Have I given myself permission to dedicate this 	<ul style="list-style-type: none"> Self-reflection Notes, actions, and thoughts from the previous week, including this month's challenge. Friends and family - ask them if they notice any changes in your actions. Are you more environmentally conscious? Ask them what their thoughts are. Do your duas reflect what you are learning?

	<p>time to 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
Chapter 6: Create to Regenerate	<ul style="list-style-type: none"> <i>Ecological degradation is not a luxury concern for countries to leave on one side until they are rich enough to give it their attention. Rather than wait for growth to clean it up – because it won't, what will I do?</i> What is the “material footprint”? Why is it important? How could I reduce mine? Why is the idea of “throwing something away” nonsense? Might it be that Allah made this Earth and if we are throwing something away, or we are doing is contaminating His creation? Am I doing my “fair share” for the environment? Am I recycling? Is recycling enough or could I buy less? If I think about my impact on the environment, are all my activities halal? How could I change the way I do business or the things I buy to help the environment? 	<ul style="list-style-type: none"> Reflection on experience, how environmentally conscious are you? How has this book changed that fact? The Story of Bottled Water The Story of Solutions

Productive Muslim Challenge time

See the previous week... and this week's videos...