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# Doughnut Economics - Week 4: Reflect and Integrate

Read Chapter 7 to the end of the book

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| **Reading Milestone** | **Thoughts and Actions to Consider Briefly** | **Supporting Material and Activities** |
| Reflecting on the previous week | * Which actions have shown me and others in the past weeks that I am becoming a more environmentally friendly Muslim/Muslimah?
* Are there still any prejudices or unhelpful thoughts I need to address before I enter into this last week?
* What resistance have I faced in pursuing a more environmental conscious lifestyle?
* Which habits or activities have I engaged in help me to change the world for the better?
* Have I expressed gratitude to Allah for the time I have to learn and the knowledge I gained?
 | * Do your prayers, thoughts and conversations reflect what you are learning?
* Facebook and Academy Book Club forum
* This month’s challenge progress…
* Repentance and dua to Allah
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| Chapter 7: Be Agnostic About Growth | * Is “green growth” possible?
* What is “GDP”? Why has it been linked to welfare? Why should we be careful in how we use it to measure success?
* ‘*It is difficult to get a man to understand something, when his salary depends on his not understanding it*.’ What do I think about this quote? Do I agree with it?
* How should governments measure wellbeing? How should I?

  | * Self-reflection
* [The Story of Citizens United](https://www.youtube.com/watch?v=k5kHACjrdEY)
* Academy Book Club forum and comments
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| We are All Economists Now | * How and why should we focus on prosperity rather and profit?
* How can I put into practice what I learnt?
* How would I re-draw the economy now?
 | * Leonardo DiCaprio is using his fame and money to save the environment. [See here](https://www.youtube.com/watch?v=kcpXRowp81I)!
* [The life cycle of a t-shirt](https://www.youtube.com/watch?v=BiSYoeqb_VY)
* Have faith in Allah and raise your dua!
* Academy Book Club forum and comments
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| On closing the book | * What does “economics” mean to me now? Has my view on “GDP” changed and how did the Book Club influence it?
* How can I align my career and life mission with my mission to look after the environment?
* What are three take-home messages from this book? How can I share these with my family and friends so to enhance their life’s value?
* What measurable skills or other qualities did I achieve during this time dedicated to reading, exploring and learning?
* In what aspects did the Book Club go beyond my expectations?
* What did I enjoy the most about this month’s reading, growth, and development?

 * Is there anything I would like to build on and take forward into my next book?
* Have I expressed gratitude to Allah (swt) and Myself for allowing this time to read and reflect?
 | * Lend this book to a member of a family or close friend and talk to them about it
* Journal your thoughts and feelings. Share them on the Facebook forum and your social networks!
* The Productive Muslim Academy webinar series
* Academy Book Club forum and comments
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