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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 |
| 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 |
| 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 |
| 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 |

