



The Productive Muslim - Week 1: Orientation Week

Begin the book and finish Chapter 3: Spiritual Productivity 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 productivity mean to me? Do I have a productive attitude? What actions suggest I have a productive attitude and which contradict it? 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 myself, in order to learn and grow? Have I expressed gratitude to Allah SWT and myself for allowing this time to read and reflect? 	<ul style="list-style-type: none"> The basics of productivity section on the 3 Spheres of Productivity Productive Muslim Academy course Dua prayers Facebook forum
Chapter 1: What is Productivity?	<ul style="list-style-type: none"> Do I confuse being busy with being productive? What feelings do I generate by saying I am and making myself busy? Is “being busy” an excuse or a crutch? If you find productivity “boring”, ask yourself what is my work, family or community purpose this year? Have I achieved what I set out to do this year so far? 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 am busy” and whether you like the feeling of “being busy”. The basics of productivity section on the 3 Spheres of Productivity Productive Muslim Academy course Facebook forum

Chapter 2: Islam and Productivity	<ul style="list-style-type: none"> • Am I a willing slave of Allah? • How do my Islamic values integrate with my desire to be productive and successful at home and at work? • What is my role in the world as a Muslim? • How can I show non-Muslims or non-religious Muslims my values and work ethic in a way that encourages them to turn to Islam? 	<ul style="list-style-type: none"> • Quran • The basics of productivity section on the 3 Spheres of Productivity Productive Muslim Academy course • Facebook forum • Productive Muslim Ramadan videos
Chapter 3: Spiritual Productivity	<ul style="list-style-type: none"> • How can I develop Taqwa in my seemingly non-religious duties? • How grateful have I been today to Allah, myself and my family/friends? • Can I honestly show with an example the level of patience I have shown to myself and others? • How have I approached Salat this week? • Have I gone through the motions or have I seen it as an integral element to my communication with Allah and productivity? 	<ul style="list-style-type: none"> • The basics of productivity section on the 3 Spheres of Productivity Productive Muslim Academy course • Ask family, colleagues and friends about your expression or gratitude or patience. Ask for help if it has been a tough week! • Facebook forum