



Doughnut Economics- Week 1: Orientation Week

Begin the book and read to the end of Chapter 3.

Reading Milestone	Thoughts and Actions to Consider Briefly	Supporting Material and Activities
Before beginning the book	<ul style="list-style-type: none"> • What do I know about the “economy” and “economic affairs”? Who taught me about such things? Might there have been a conflict of interests? • After watching the TED Talk, what are my intentions and specific purposes when reading this book? • How can this book help me to make the most out of understanding the economy and environmental issues? • How is the state of the Ummah? Which crises, if any, are the Ummah suffering? Is the way the economy run, helping or hindering Muslims and Muslimahs? 	<ul style="list-style-type: none"> • Reflection on daily ibadah and activities • Thinking about the environment as part of your deen: No deed is a small deed. • TED Talk by the author

	<ul style="list-style-type: none"> • Have I contributed to improving the environment or the lives of animals and plants? How exactly? What was the result? • Have I thanked and showed gratitude to Allah for the opportunity to learn and grow? • Are there any negative thoughts or prejudices I need to address before I start reading? 	
Chapter 1: Change the Goal	<ul style="list-style-type: none"> • Do I agree with Kate Raworth's opening statement? <i>The most powerful tool in economics is not money, nor even algebra. It is a pencil. Because with a pencil you can redraw the world.</i> • What was the problem Yuan found with economics? Do I agree with her? • Why are images more powerful than words when trying to understand new concepts? • <i>Today we have economies that need to grow, whether or not they make us thrive: what we need are economies that make us thrive, whether or not they grow.</i> To what extent do I agree with this statement? • How well do the ideas in this chapter align with the Quran or Hadith? • What can I apply in my life from these chapters during this month? 	<ul style="list-style-type: none"> • Video: Naomi Klein and Jeremy Corbyn Discuss How to Get the World We Want. To what extent do you agree? • How does this chapter make you think? And more specifically, what actions will you now take? • Night prayers and <i>du'a</i>

Chapter 2: See the Big Picture.

- How do I view the Earth? Are there limits to growth?
- In what way is this chapter speaking to me? What have I learned?
- How can economics be realigned to support the environment and promote justice?
- What does it mean to me to be Allah's creation?
- Why is it important that I learn how to think and critique, rather than just learn by rote or automatically trust what others (even educated people) say?

- [Doughnut Economics Lecture](#) by economist Kate Raworth
- This Changes Everything – Naomi Klein [video](#). Does this video surprise you?

Chapter 3: Nurture Human Nature

- To what extent does art tell a story? Why is it important to understand how stories are made and evolve?
- What stories am I told? How can I check if they true?
- Is Kate Raworth right? Are we more social or selfish creatures?
- What do I think about the possibility of creating a new portrait for humanity?

- [Being thankful to God by conserving water, environment and nature](#) By Dr. Tariq Ramadan
- The Prince of Wales' speech titled: [Islam and the Environment](#)- What do you think of this speech? Are you surprised that Prince Charles would write such a speech?