



Doughnut Economics - Week 4: Reflect and Integrate

Read Chapter 7 to the end of the book

Reading Milestone	Thoughts and Actions to Consider Briefly	Supporting Material and Activities
Reflecting on the previous week	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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

	<p>gained?</p>	
<p>Chapter 7: Be Agnostic About Growth</p>	<ul style="list-style-type: none"> • 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? • <i>‘It is difficult to get a man to understand something, when his salary depends on his not understanding it.’</i> What do I think about this quote? Do I agree with it? • How should governments measure wellbeing? How should I? 	<ul style="list-style-type: none"> • Self-reflection • The Story of Citizens United • Academy Book Club forum and comments
<p>We are All Economists Now</p>	<ul style="list-style-type: none"> • 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? 	<ul style="list-style-type: none"> • Leonardo DiCaprio is using his fame and money to save the environment. See here! • The life cycle of a t-shirt • 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



**Don't lower your
standard,
raise your duas!**