

GROWTH MINDSET



of a Muslim



A personal development workshop developed by Registered Psychotherapist and Canadian Certified Counsellor Ayesha Haroon in association with Glad Tidings and Aafreen Academy. Teaching concepts deeply rooted in Islamic teachings using psychotherapy and Play Therapy based techniques.

- the power of mind,
- nurture a strong self-esteem and confidence
- develop a strong growth mindset
- learn problem Solving Skills & positive self talk at time of adversity
- Using failures as a stepping stone to success & not let them pull you down.



Growth Mindset of a Muslim

Dear Participant,

All of us have our own mindsets. These are how we think and feel about ourselves, our abilities, and the world around us. It impacts our outlook towards life and afterlife, and how we cope with life's challenges and stresses.

A growth mindset means believing that our intelligence, capacities, and talents can grow over time, even if we struggle sometimes. We try to do the best we can, but when we make a mistake or forget, it is not the end of the world. We can make amends. Taking on challenges is cool. Help and support is available.

Growth Mindset of a Muslim is a training program by Glad Tidings that will teach the participants several ways and provide tools to recognize triggers towards a fixed mindset and move towards a growth mindset. Learning the process of shifting the mindset is a skill for life, long after the course ends. This is especially important these days because of constant bombardment of unrealistic expectations and social media posts that make life look picture perfect. Both children and adults are under immense pressure to fit in, be on top of their game. This training will in sha Allah ease some of the pressure and be better equipped to navigate the pressures that surround their life.

Are you ready? OK. So, Bismillah, let's begin...

Ayesha Haroon



We will learn...

HOW TO BE A HAPPY MUSLIM

FIXED VS GROWTH MINDSET

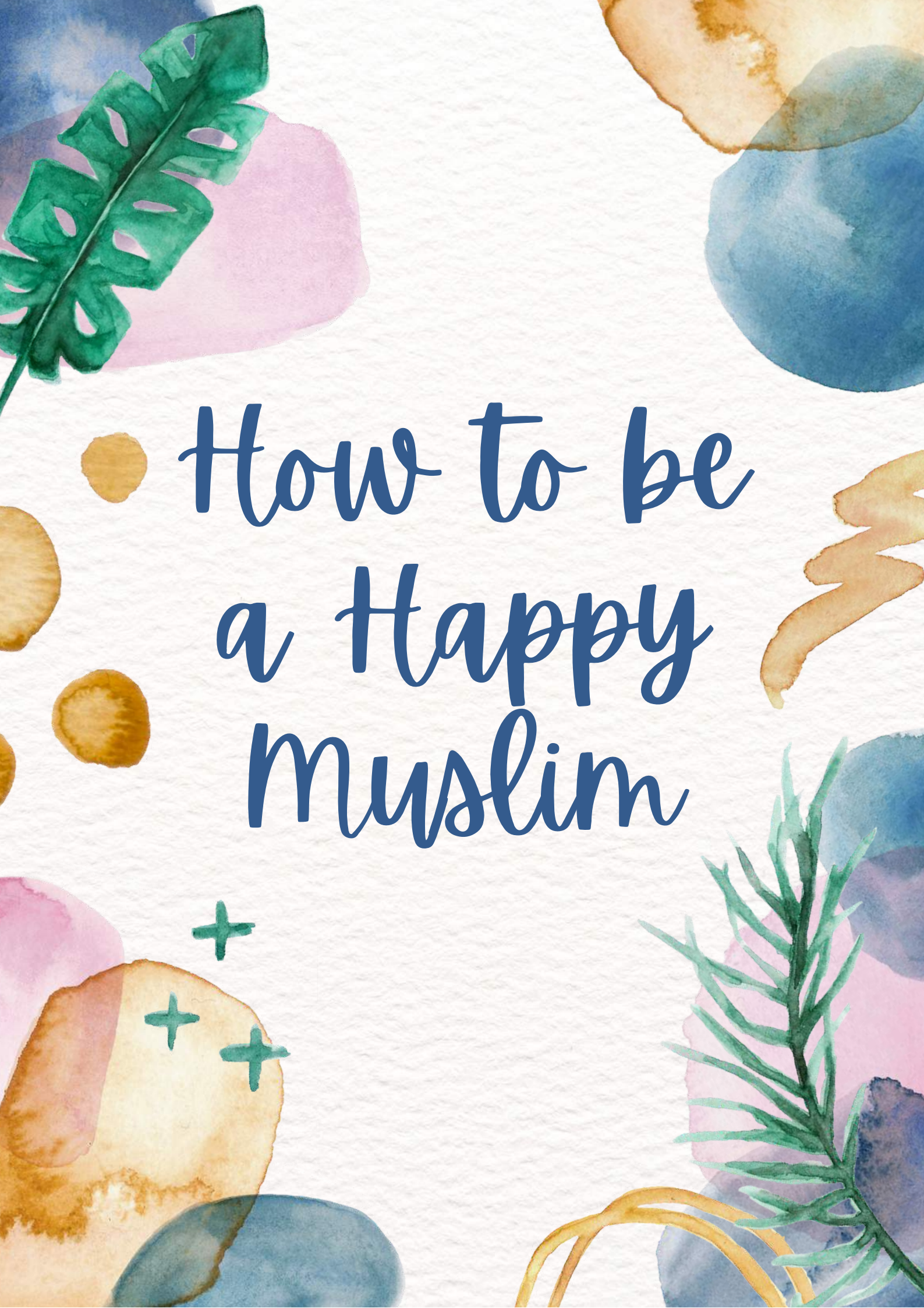
OUR CIRCLES OF CONTROL

5 STEPS TO SOLVE A PROBLEM

BOOST MY BRAIN

THE POWER OF YET

ALHAMDULILLAH, I GROW
EVERYDAY

The background is a light cream color with various watercolor illustrations. In the top left, there is a green monstera leaf. To its right is a large blue circular shape. Below the monstera leaf is a pinkish-purple abstract shape. On the left side, there are several small orange and yellow circular shapes. In the bottom left, there are three small green plus signs. In the bottom right, there is a green pine-like branch and some orange and yellow abstract shapes. The text is centered in a dark blue, cursive font.

How to be a Happy Muslim

My Muslim Mind says...



- ☐ I start in the name of Allah SWT.
- ☐ Allah SWT is my best friend.
- ☐ I know my Ayat ul kursi and Surah Ikhlaas.
- ☐ Angels will always protect me.
- ☐ I know my Durood.
- ☐ Alhamdulillah for mamma and baaba.
- ☐ Alhamdulillah for my grandparents.
- ☐ Alhamdulillah for school.
- ☐ I don't worry. I dua.
- ☐ Not today Satan. I ask Allah to protect me.



My Muslim Mind says...



- ☐ I choose to be kind.
- ☐ Allah SWT likes the people who forgive.
- ☐ I am human, I sometimes make mistakes.
- ☐ I learn from my mistakes.
- ☐ Quran always has guidance for me.
- ☐ I am open to learning.
- ☐ Allah is the best creator. He created me.
- ☐ When I get tired, I don't quit. I take a break.
- ☐ I ask Allah for help when I need it.
- ☐ I love Allah and He loves me.



My Muslim Mind says...



- ☐ I take responsibility for my life.
- ☐ I call on Allah whenever I need His guidance.
- ☐ Whenever I feel overwhelmed, I keep it simple.
- ☐ My life's purpose is to worship Allah.
- ☐ I hope in Allah's mercy.
- ☐ I turn to Allah first.
- ☐ I love my Prophet (pbuh).
- ☐ I remember Allah as much as possible.
- ☐ When I want to change my life, I change myself first.
- ☐ Tests are a normal part of life. I am patient when they come.



My Muslim Mind says...



- ☐ I am always thankful to Allah.
- ☐ Allah gives me more when I am thankful.
- ☐ I use my intelligence.
- ☐ I seek Allah's help with patience and prayer.
- ☐ I avoid quarrelling.
- ☐ My hardships bring me closer to Allah.
- ☐ I prioritize the next world.
- ☐ Truly I am of the believers.
- ☐ When I turn to Allah, He turns to me.
- ☐ I take my precautions and rely on Allah.



My Muslim Mind says...



-  I speak only good.
-  When I feel dissatisfied, I look at those with less.
-  I am hungry for Allah's words. Quran is Allah speaking to me.
-  I understand the boundaries of my comfort zone and I am willing to step out.
-  No good deed is small, because I am doing it for Al-Kabeer.
-  Nothing comes between me and my prayer.
-  I am modest because Allah loves modesty.
-  I am grateful to those who accept my charity.
-  I can be trusted.
-  I ask Allah for Jannatul Firdaus and I am ready to work for it.



MY DEDICATED

NOTES SPACE

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fixed vs
growth
mindset

Mindset

Belief. Discipline. Experience. Knowledge.





Fixed Mindset



- You are either born with intelligence and talent, or not.
- Intelligence & abilities are fixed, so I rather just do the things I am good at.
- When you are good at something, everything is easy.
- To strive is to have no talent.
- Avoiding effort and challenging situations is my goal.
- Everything must be perfect. I don't need to practice.
- This work is impossible.
- Its okay. I'll never be that smart.
- A dislike of criticism or feedback.
- The success of others is a threat.
- When I fail, I feel humiliated and unworthy.
- I/ he/ she are definitely going to Jannah.
- I/ he/ she are definitely going to Jahannum.

FACT CHECK

ALLAH SWT

- Does not burden a soul except its capacity and what He has given it.
- Wants all of us to succeed in both this life and the next.



ALL OF US

- Want to succeed as well.
- Can put in a lot of personal resources to be successful and get help when we need it.
- Can be open-minded, flexible and have a positive outlook.



**NEW
MINDSET**



**NEW
RESULTS**

MINDSET



CHANGING...

~~problem~~
OPPORTUNITY

~~difficulty~~
LESSON

~~jealousy~~
ADMIRATION

~~don't know~~
FIND OUT

~~criticism~~
FEEDBACK

~~too hard~~
WORTHWHILE

**Growth
Mindset**





Growth Mindset

- Intelligence and abilities can grow, so I would rather do things where I can improve.
- Every time I stress my brain, it gets smarter.
- I love a good challenge because that's where I can improve.
- Failure is an opportunity to learn.
- Allah made me capable to handle what comes to me, and He will give me what I need when I need it.
- I am going to figure out what I am missing here.
- I can change my plan.
- Allah rewards us for our efforts, He controls the results.
- Help is available.
- I get hurt, but I also heal.
- Nothing is impossible for Allah.
- My Salah, My Adhkaar and My Quran make my fortress.
- My nafs, satan, other people or circumstances get to me at times, but door to tawba is always open.
- I always fear Jahannum and ask Allah to save me.
- I also always hope and strive for Jannah.

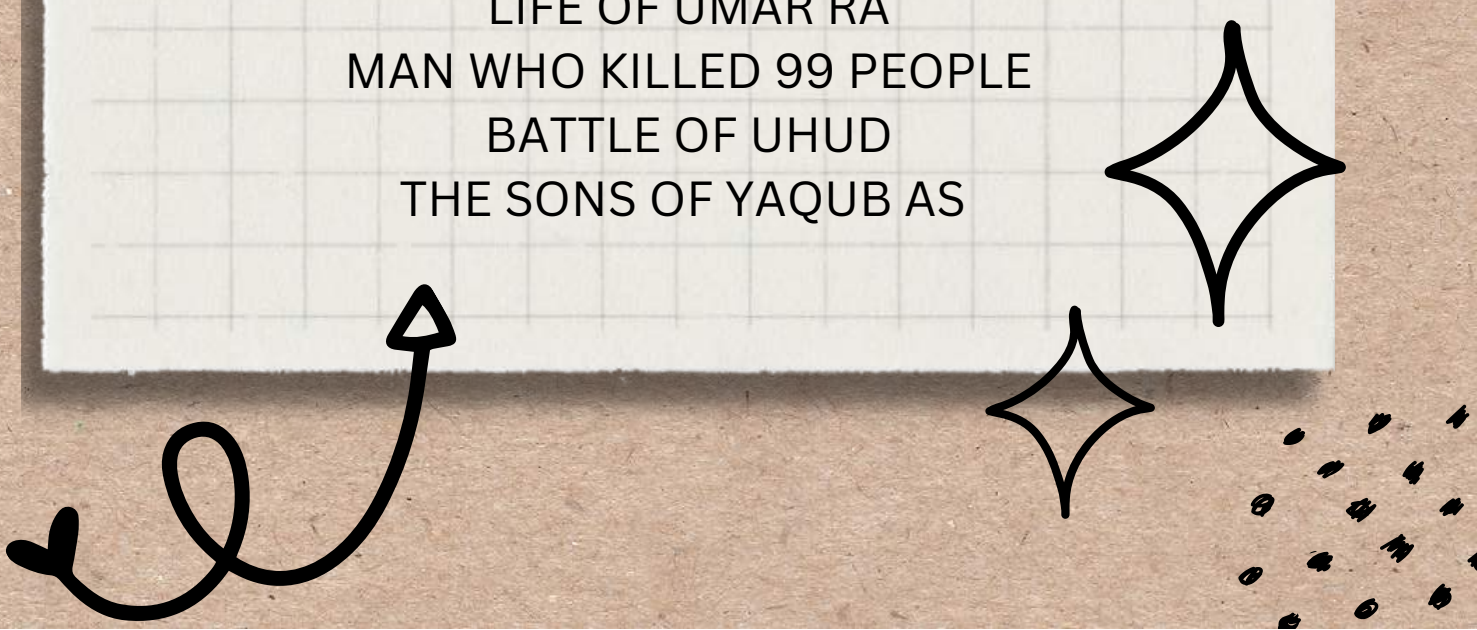


STORY TIME

ALLAH SWT TAUGHT US THE STORY OF
ADAM AS AND HAWWA RA

The gift of Tawbah...

WHAT CAN WE LEARN FROM ...
LIFE OF UMAR RA
MAN WHO KILLED 99 PEOPLE
BATTLE OF UHUD
THE SONS OF YAQUB AS

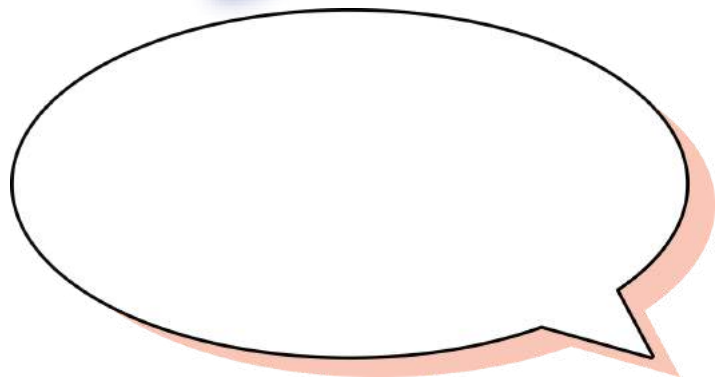
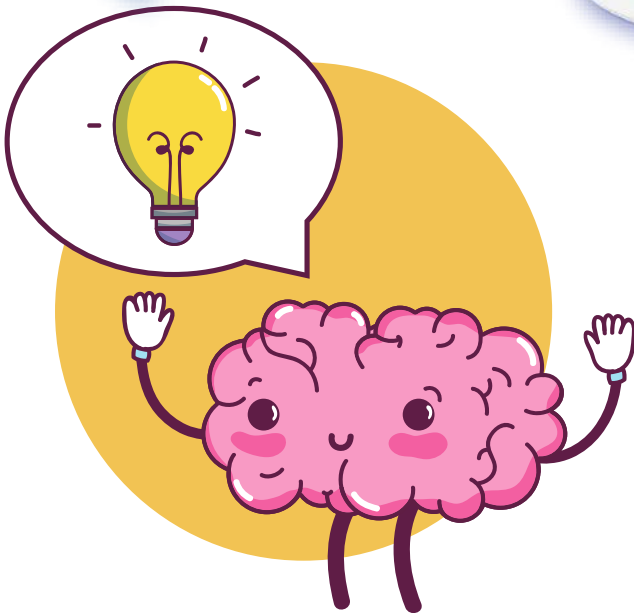
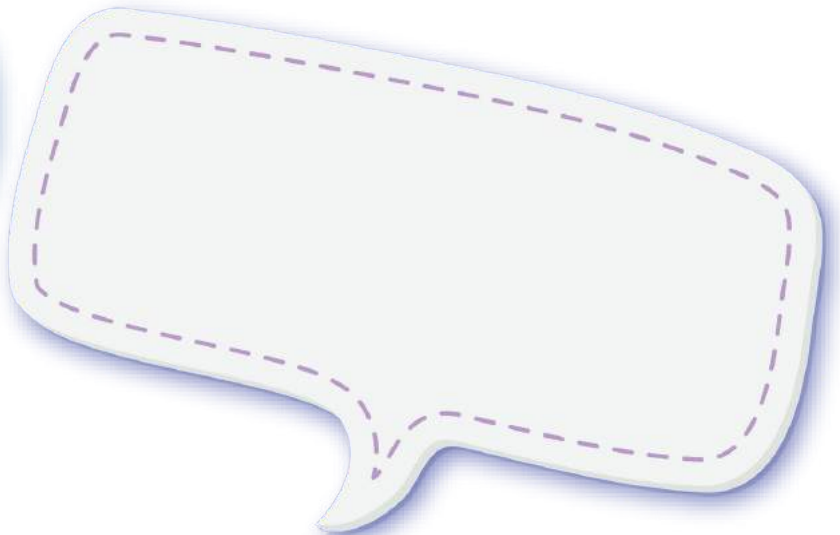
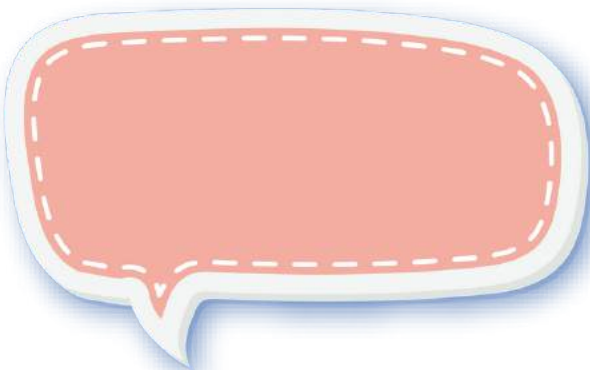


Having the Right Mindset Can Change EVERYTHING



Growth Mindset is:

When you have a mindset,
you believe anything is possible with Allah's
help. When you have a mindset,
you limit what is possible.

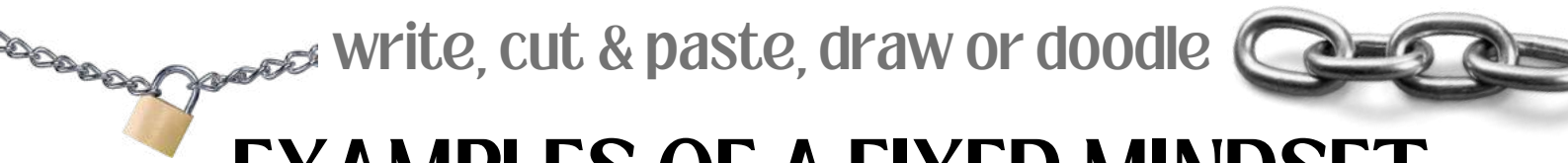


**Write a sentence in each speech
bubble that represents growth
mindset for you.**



write, cut & paste, draw or doodle

EXAMPLES OF A FIXED MINDSET



write, cut & paste, draw or doodle

EXAMPLES OF A FIXED MINDSET



write, cut & paste, draw or doodle



EXAMPLES OF A GROWTH MINDSET



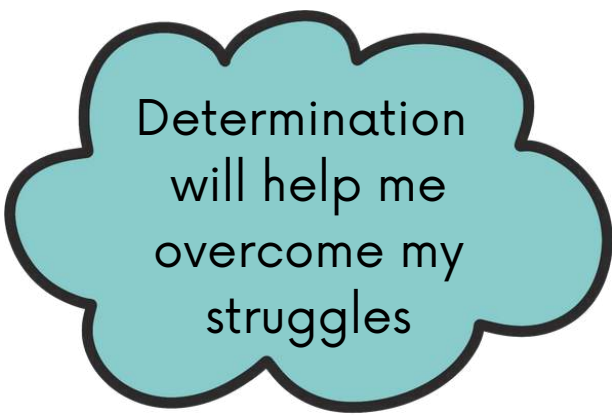
write, cut & paste, draw or doodle



EXAMPLES OF A GROWTH MINDSET



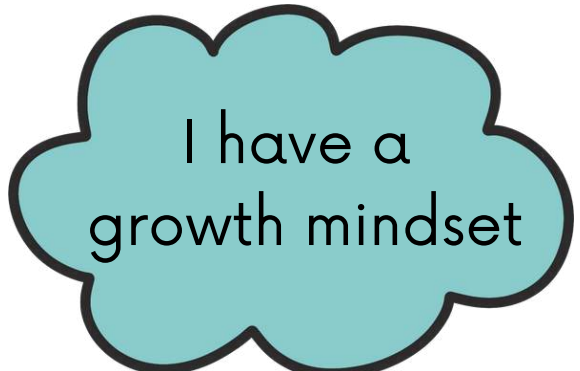
Challenge
helps me grow



Determination
will help me
overcome my
struggles



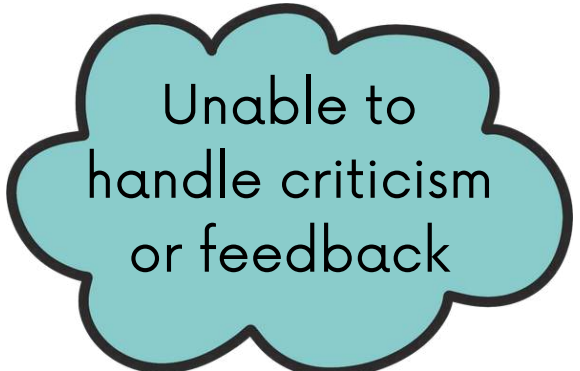
Avoid
challenges



I have a
growth mindset



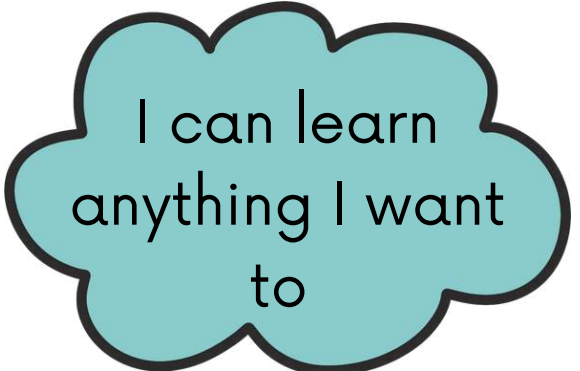
Mistakes are
valuable



Unable to
handle criticism
or feedback



Keep away from
things I don't
know



I can learn
anything I want
to



Effort and
attitude will help
me improve



I can



Constructive
criticism is
helpful



I can never



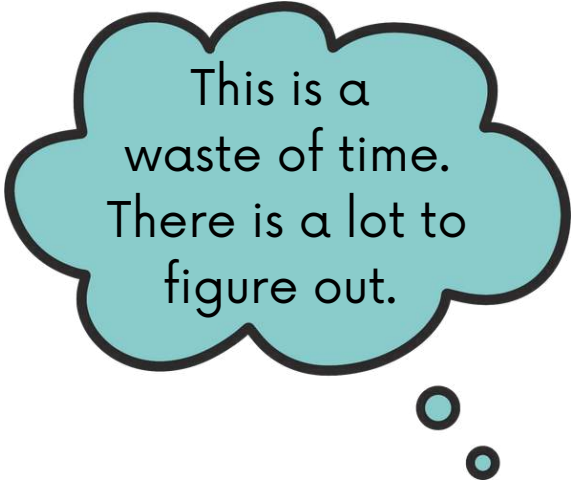
Stick to what
you are good
at



Seek help in
patience and
prayer



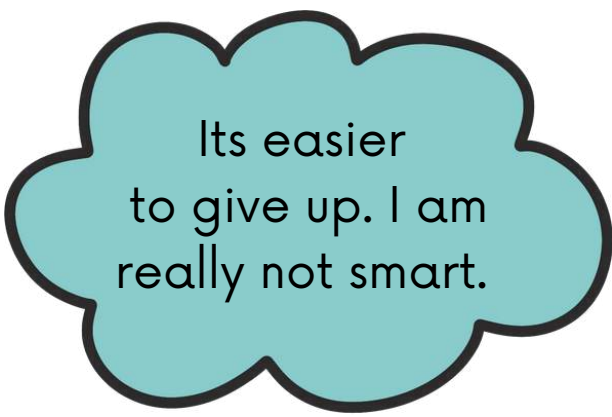
Abilities can be
developed



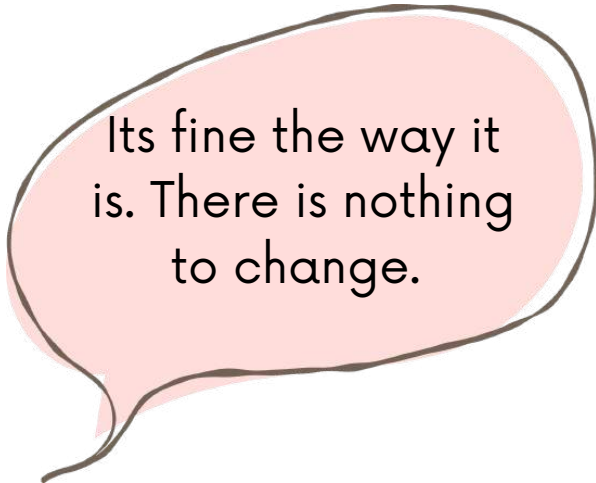
This is a
waste of time.
There is a lot to
figure out.



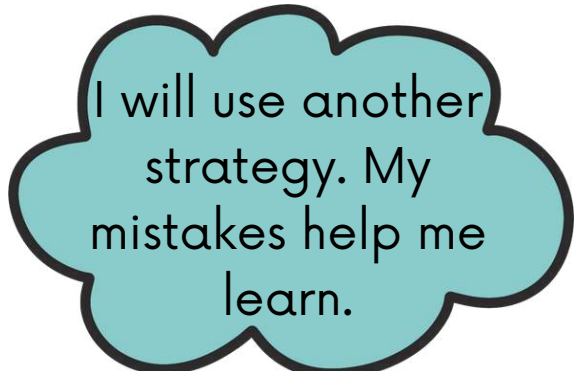
I want to learn new things.



It's easier to give up. I am really not smart.



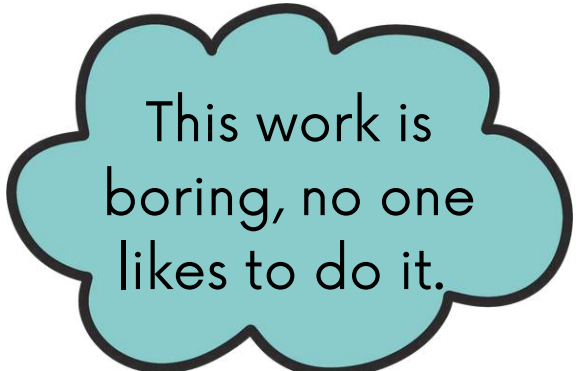
It's fine the way it is. There is nothing to change.



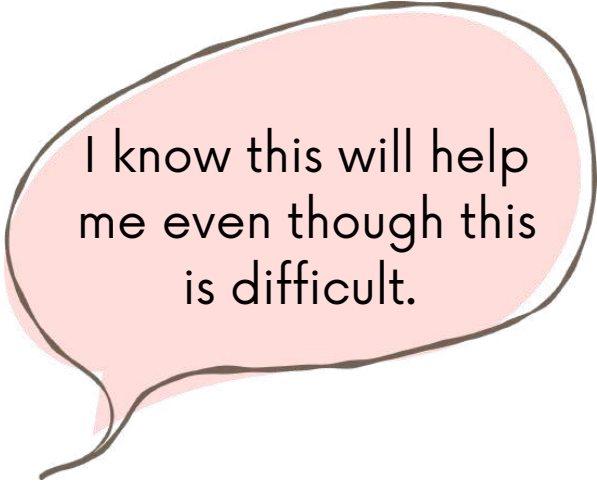
I will use another strategy. My mistakes help me learn.



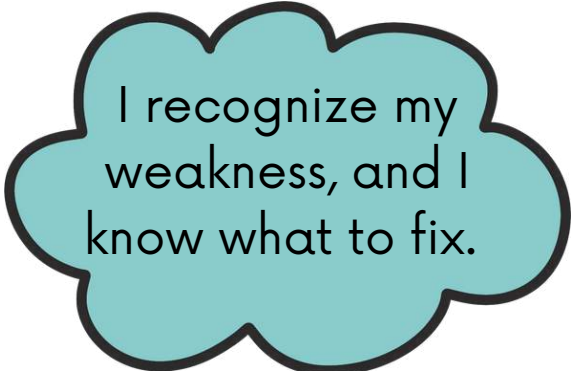
Is this really the best way? What else can I improve?



This work is boring, no one likes to do it.



I know this will help me even though this is difficult.



I recognize my weakness, and I know what to fix.

It is easy for him
or her. They were
born smart.

Everything must be
perfect otherwise
its not good at all.

I wonder how they
did it. Let me try to
figure out.

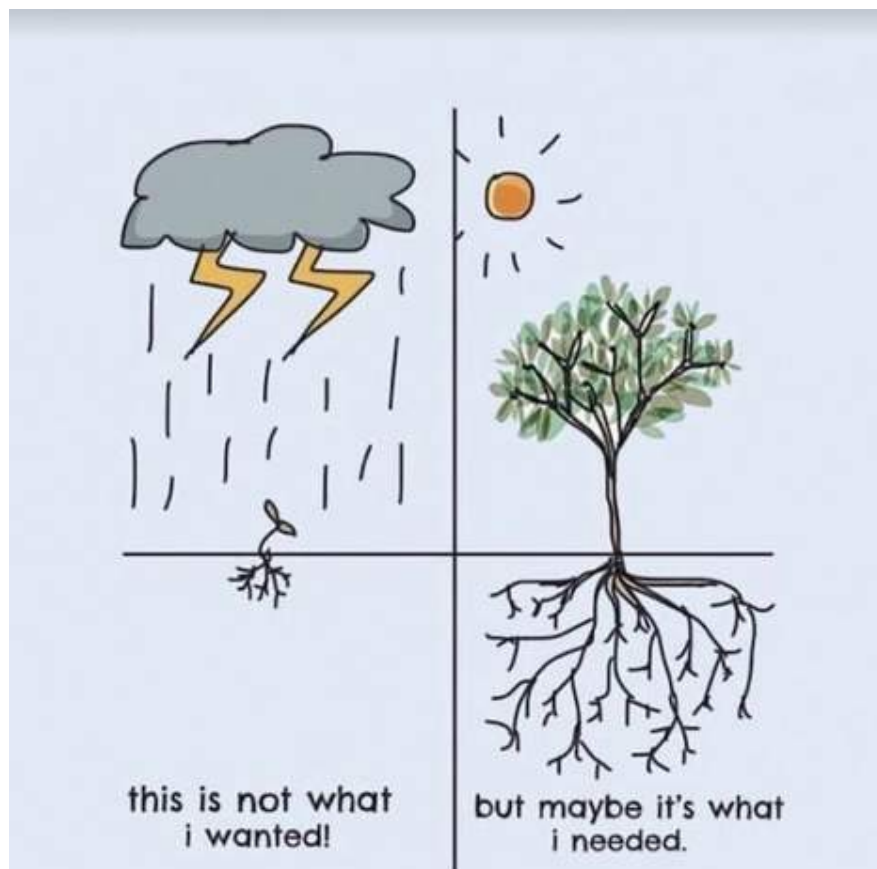
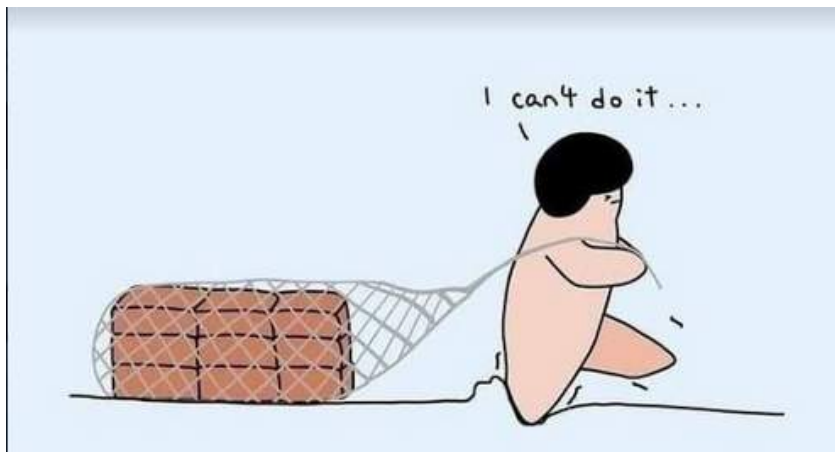
Perfection belongs
only to Allah. I
strive for Ihsaan
(excellence).

I wanted that. Allah
gave it to him. I am
so sad.

Allah is the friend
of believers. He
can take us out
of darkness.

I wanted that.
Allah gave it to him.
May Allah bless him in it
and give me something
even better.

Everything is
always so dark
and difficult.



KIND
people
ARE my
KIND OF
people

Find
your own
way

NOT
TODAY
SATAN



Never
LET
anyone
DULL YOUR
SPARKLE

you can do
anything but
not
everything



I am so lonely
always.



MY DEDICATED

NOTES SPACE

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NOTES SPACE

[illegible]



Our Circles of Control



The background of the page is decorated with watercolor illustrations of butterflies and green leaves. In the top left, a light blue butterfly is shown. In the top right, a green butterfly is visible. On the left side, there is a green butterfly with blue spots. On the right side, a light blue butterfly is partially visible. At the bottom left, a brown and white butterfly is shown. At the bottom right, a light blue butterfly is visible. Green leaves are scattered throughout the page, particularly around the butterflies.

إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Indeed, Allah is over all things competent.

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

There is no power and no strength
except with Allah.

A MUSLIM

Knows that complete power and control belongs only to Allah SWT. Allah has given us some control over some things for some time.

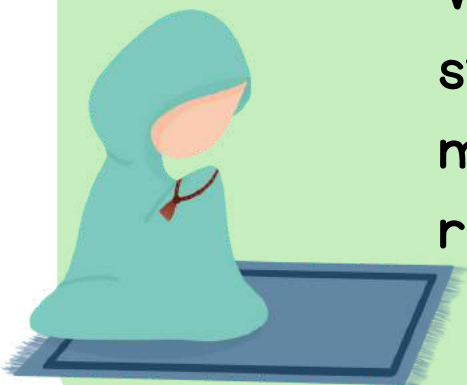


When things work out, Muslims thank Allah SWT and do not feel proud of themselves.

At the same time, Muslims take responsibility for things under their control and do their best.



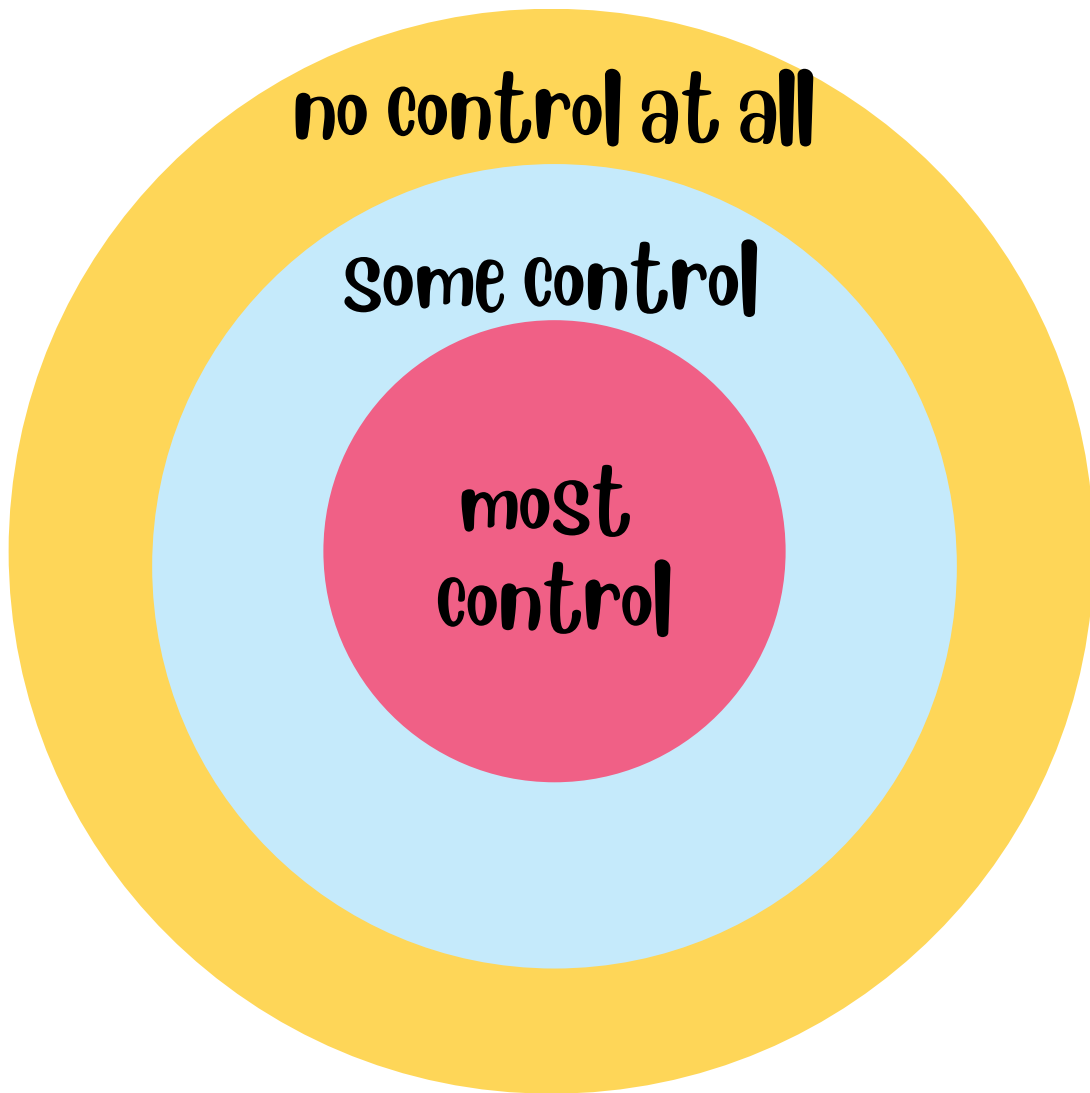
When they are not able, Muslims ask for strength from the One who is able. They make dua to Allah as He has power to do respond & give more.



فَصَبِّرْ جَمِيلٌ وَاللَّهُ الْمُسْتَعَانُ



Circles of control



In any situation, there are things we can control and things we cannot. There's also all the stuff in between, where we can kind of push it in a particular direction but don't have the final say over how it turns out.

Focusing on big scary things we have little or no control over can lead to anxiety, and make it hard to focus on the important things that we can actually change.

I CAN'T CONTROL

BUT I CAN CONTROL

The weather

What I wear

What others think of my
hijaab

Wearing hijab

How others treat me

How I respond

How a bully behaves

How I protect myself

If my mom is having a bad
day

My actions to make her
day better

My illness

My recovery by following
my doctor's instructions

If I fall down

Learning from that fall

The school/ office timings

Getting there on time

My tests

Preparing for my tests

My society

Practicing my deen

People's opinions about
Islam & Muslims

Following correct deen &
being a good example



**WE DO OUR
PART**

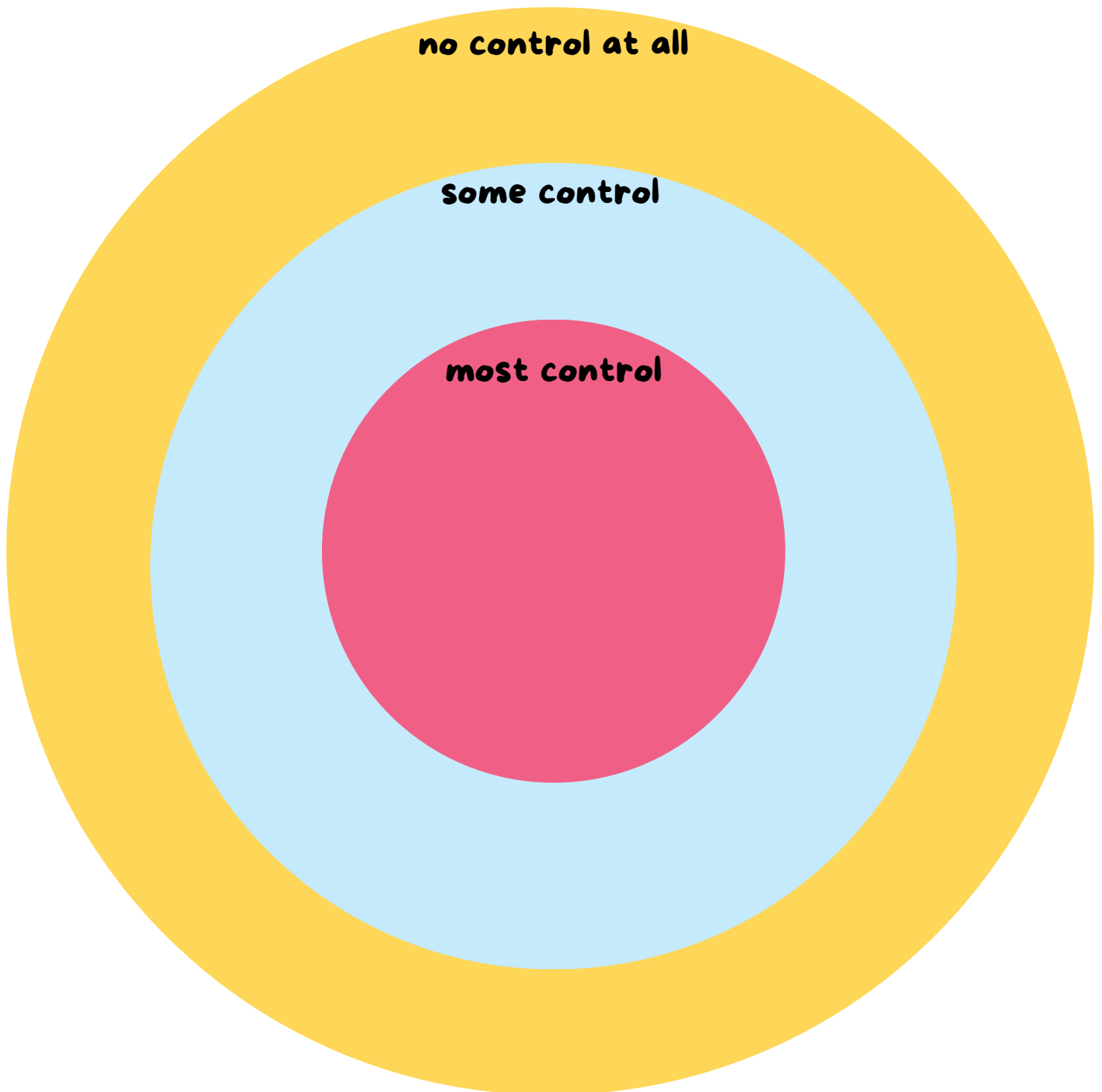
وَمَا عَلَيْنَا إِلَّا الْبَلَاغُ الْمُبِينُ

Convey Clearly ...



CIRCLES OF CONTROL

ACTIVITY



When you are having a difficult time, it can help to break down things into what you can control and what you can not. Think about something that is bothering you. In the outer ring, write the things that you have zero or very little control over. In the middle ring, write the things that you can influence, but not entirely control. In the inner ring, write the things that you can mostly or entirely control.

NOTES SPACE

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NOTES SPACE

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5 Steps to Solve a Problem

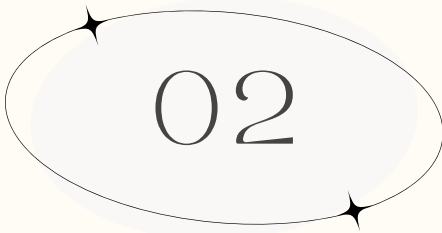
5 STEP ACTIVITY

AS EASY AS 1-2-3



01

Color the prayer mat halves and the tasbeeh beads with your favorite colors and cut along the dotted lines.



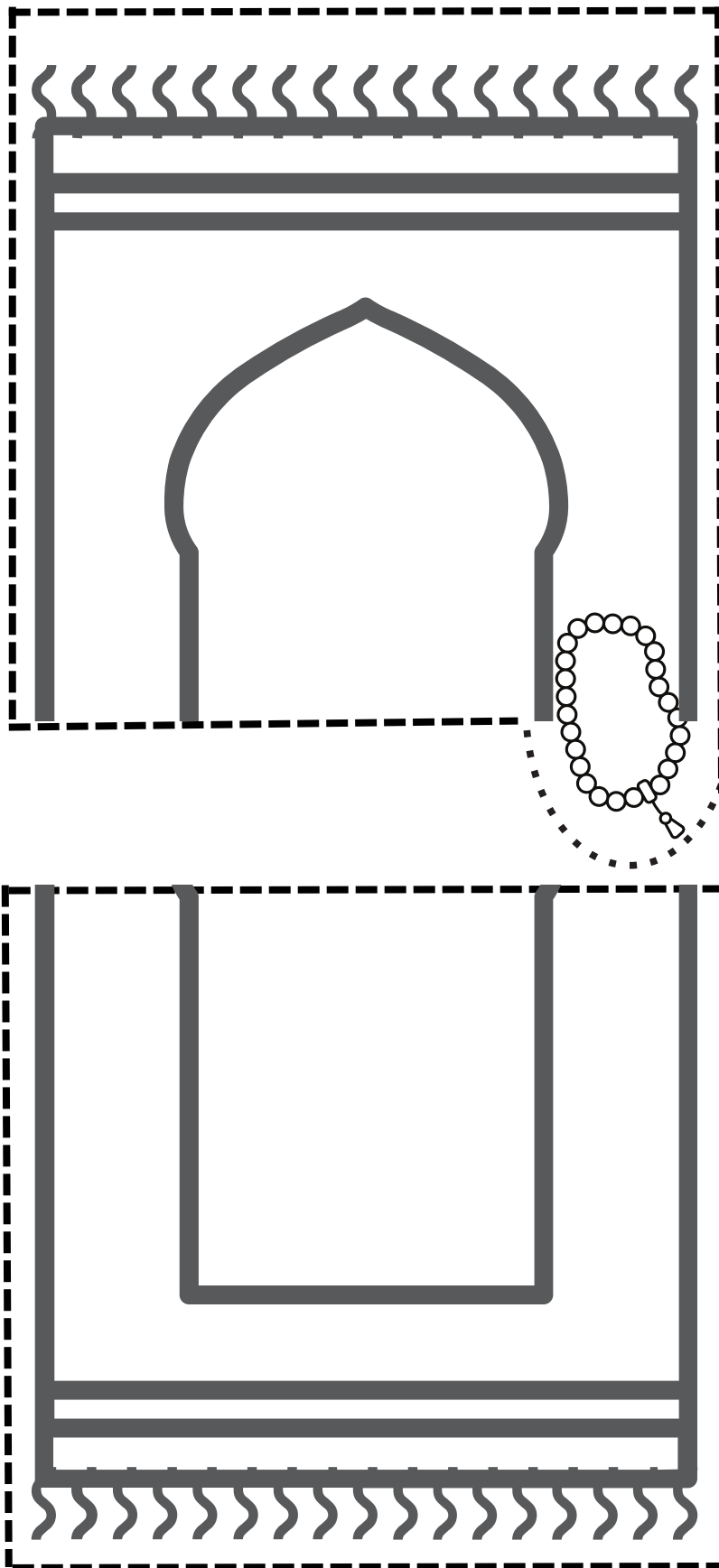
02

Cut the step page along the dotted lines, do not cut the solid lines. Tape the steps together without overlapping. Fold like an accordion.



03

Tape the top half of prayer mat on top of Step 1 and take the other half on the bottom. Fold the steps like an accordion to collapse and tuck them under the tasbeeh.



Cut along the dotted line.

Step 1

What am I feeling?

Am I curious, calm, angry, disappointed, or anything else?

Step 5

Which one will I try?

I will choose one solution to try. If the solution doesn't work, I will try another one. I will keep trying until the problem is solved

Step 2

What's the problem?

The challenge I am facing is...

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ
اللَّهُمَّ أَجِرْنِي فِي مُصِيبَتِي
وَأَخْلِفْ لِي خَيْرًا مِنْهَا

We belong to Allah & to Him we shall return.

O Allah! Compensate me in my affliction, recompense my loss and give me something better in exchange for it.

Step 3

What are the solutions?

How can I solve this? (list as many solutions as you can think of)

My 5 Steps to solve any problem

Step 4

What would happen if...?

What would happen if I tried each of these solutions?



Cut along the dotted line.
Fold on the solid line.

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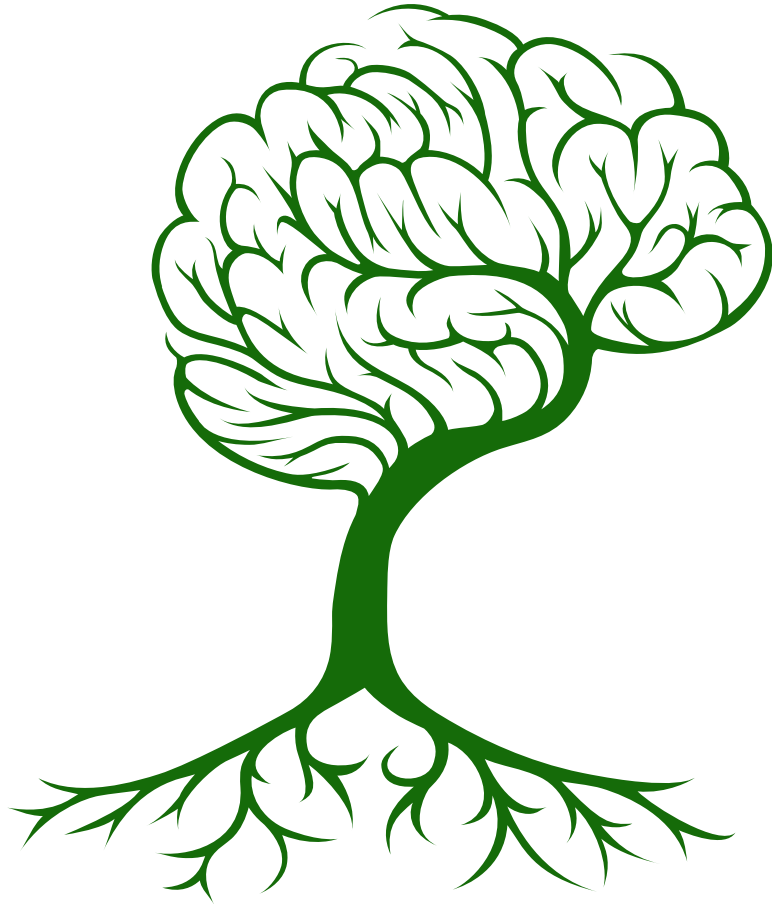
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Boost My Brain

رَبِّ زِدْنِي عِلْمًا

My Lord, increase me in knowledge

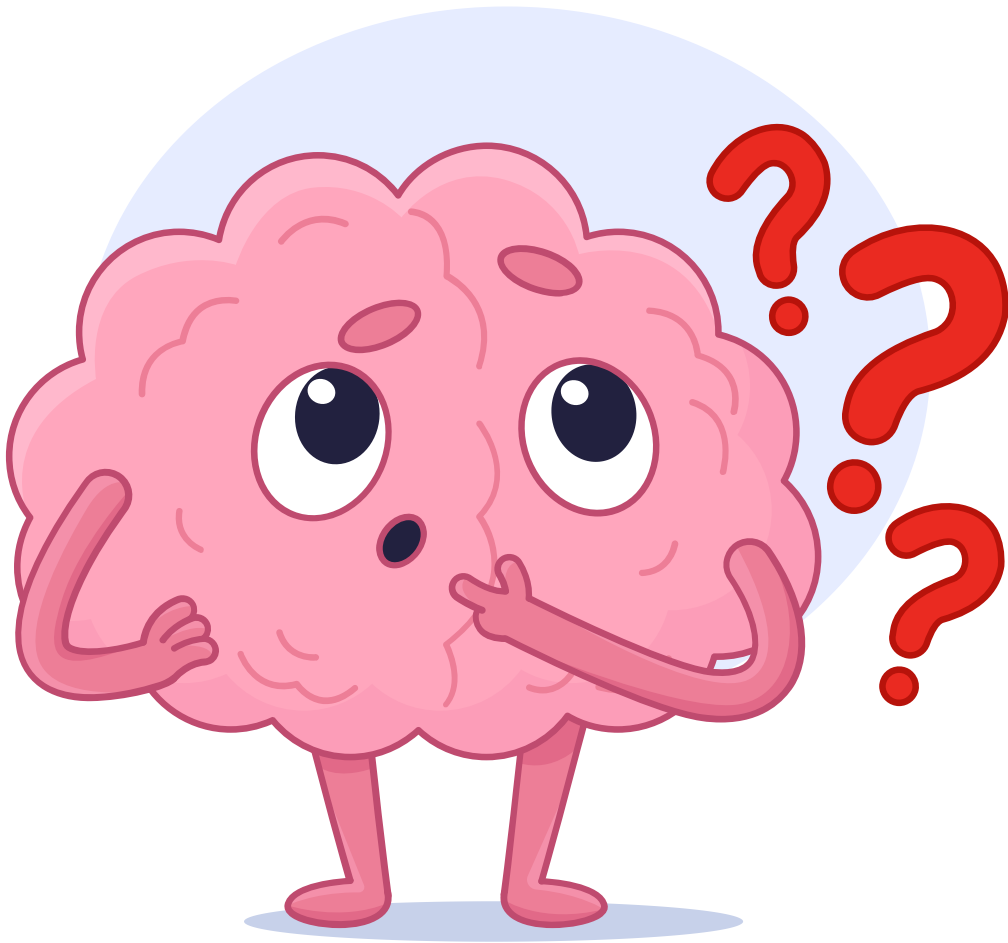


**YOU CAN GROW
YOUR BRAIN!**

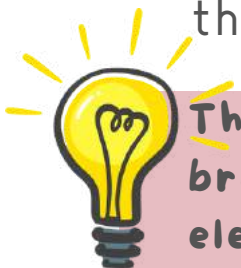
Our brains actually GROW
when we LEARN new things.

أَفَلَا تَعْقِلُونَ

Then will you not reason



We want to utilize our brains to think intelligently and reflect and get closer to Allah SWT. What can we do to grow our brains so we can better utilize the incredible power Allah has given them?



There are about 100 billion tiny little cells inside your brain called neurons. Your brain can produce enough electricity to power a light bulb.

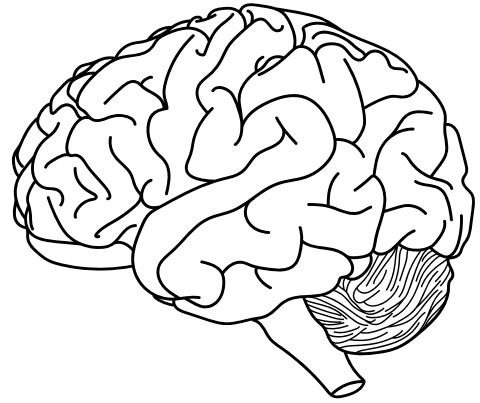
BOOST YOUR BRAIN

There are many ways to boost your brain. Look through and collect your ideas from the next few pages and add them to - "Boost My Brain" Poster.

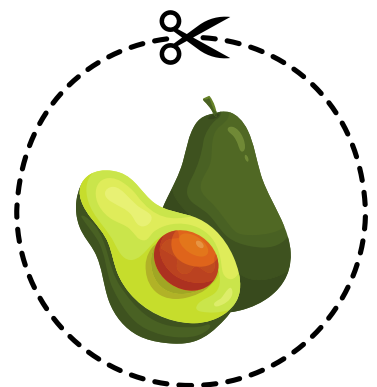
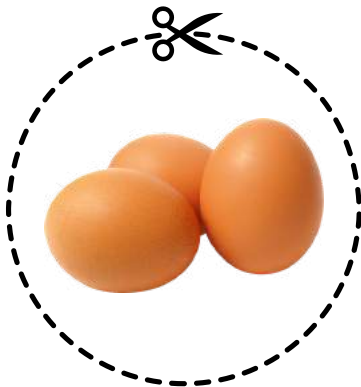
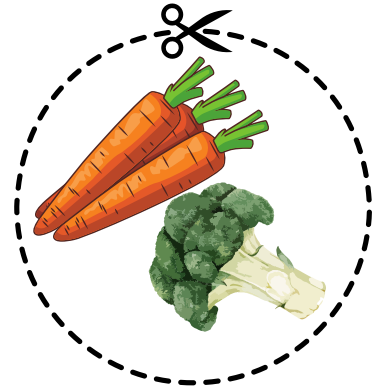


FEED YOUR BRAIN

The right foods improve your brain function, memory and concentration. Cut out, draw or write about your favourite healthy snacks and add them to "Boost My Brain" poster.

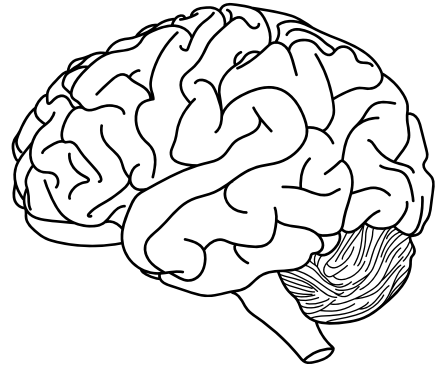


Do you know the foods that the prophet SAW loved to eat?

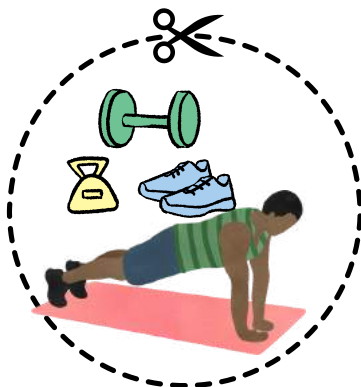
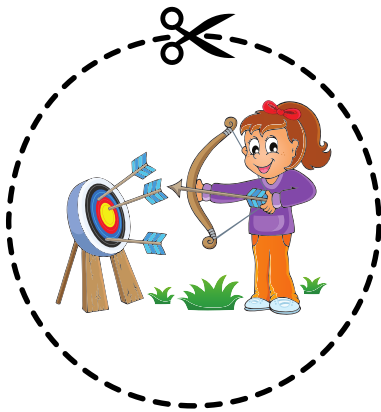


BRAIN LOVES EXERCISE

Did you know that your brain works better after you exercise? Cut out, draw or write about your favourite physical activity & add them to "Boost My Brain" poster.

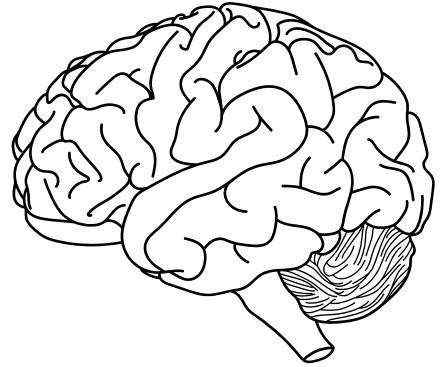


Do you know the activities the Prophet SAW recommended?

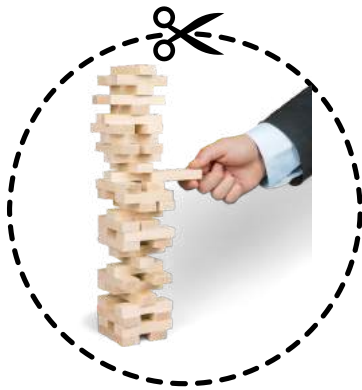
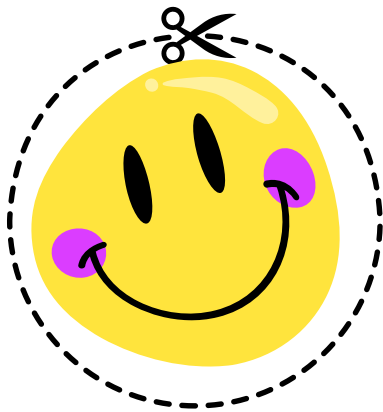


WHAT MAKES YOU HAPPY

Did you know that smiling helps the brain and improves your memory. Cut out, draw or write about the things that make you happy or smile & add them to "Boost My Brain" poster.. You can even talk about your favorite Surah or dhikr or write/ tell your favourite joke.

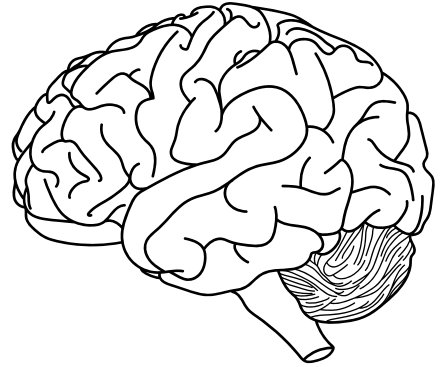


Did you know that the Prophet SAW used to smile a lot? He also joked but never lied or put anyone down even while joking.

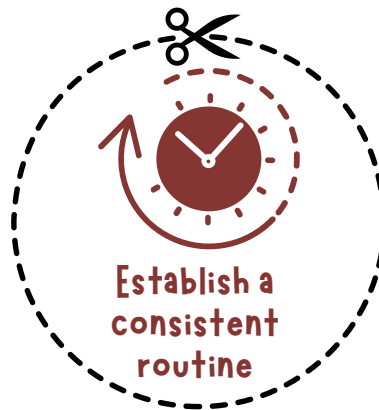


SLEEP IT OFF...

Sleep improves your memory and helps your brain solve problems. It gives us a break and flushes out toxins that build up during waking hours. What calms you before you fall asleep? Cut out, draw or write about the things that help you (or can help you) get a better sleep & add them to "Boost My Brain" poster.

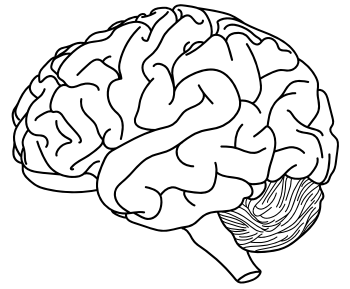


Did you know that it is only Allah SWT who does not need any sleep ever? He tells us about it in Ayatal Kursi.

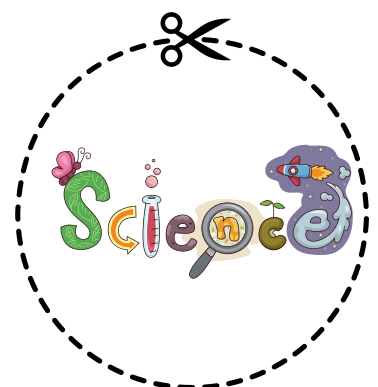
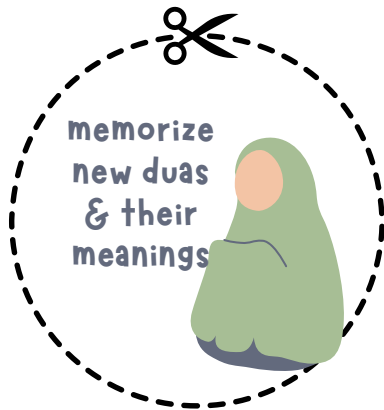


LEARNING NEW THINGS

Learning new things is like creating a bridge between the brain cells and practice makes this bridge stronger. This helps our memory even when we get old. For A Muslim, knowledge goes beyond what we know. Ilm covers the theory, action, and education (i.e. passing on the knowledge to others). Cut out, draw or write about any recent new thing you learnt or would like to learn this year & add them to "Boost My Brain" poster.

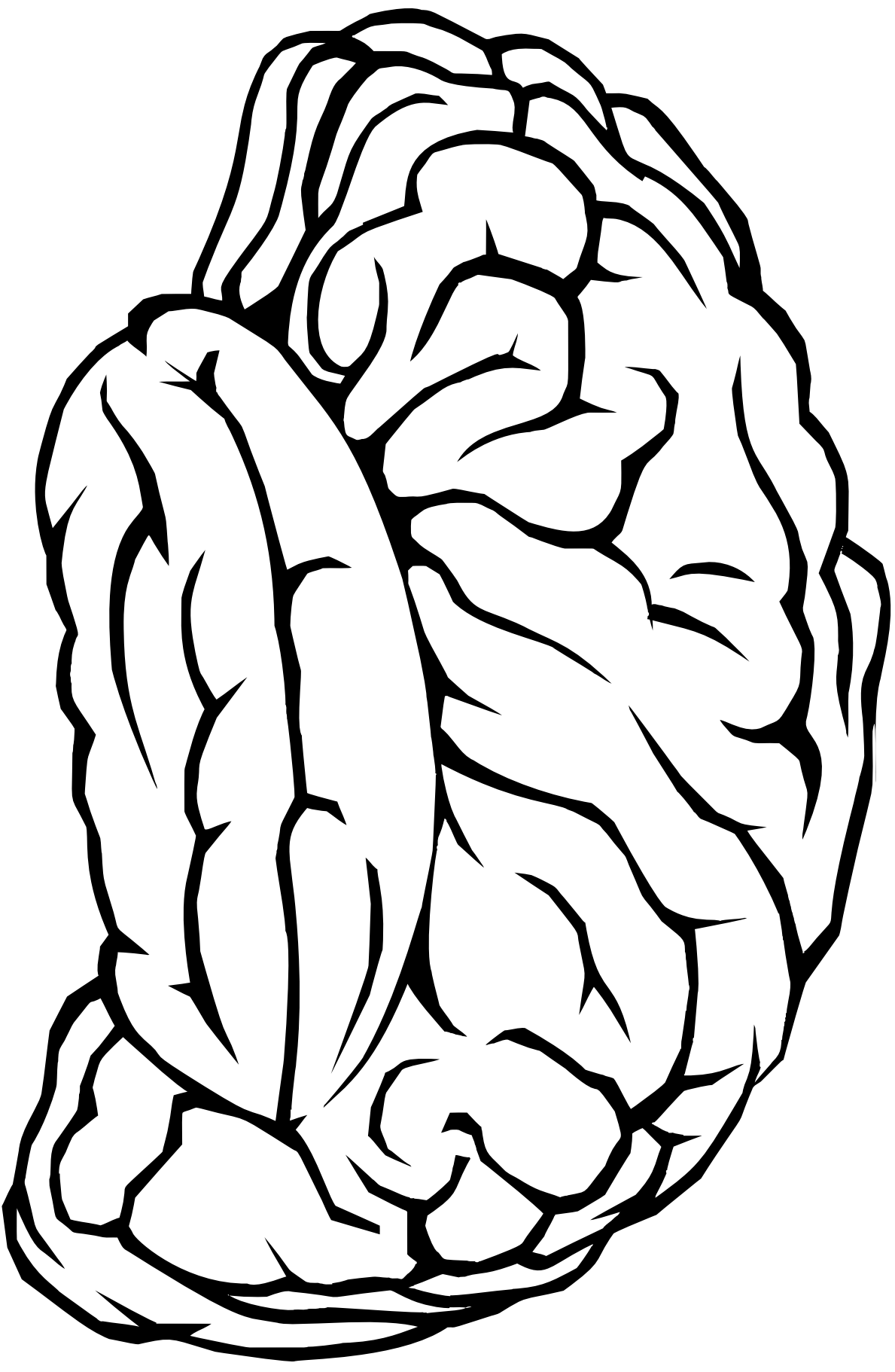


Did you know that first revelation of the Quran was Read, Read in the name of your Lord who created you...



BOOST MY
Cut and paste, write about
or draw your power boosters

BRAIN



MY DEDICATED

NOTES SPACE

[illegible]

MY DEDICATED

NOTES SPACE

[illegible]

A watercolor illustration featuring a central text element surrounded by various botanical and abstract elements. In the top left, a green monstera leaf is partially visible. The top right shows a blue circular shape and a yellow-orange abstract shape. The bottom left includes a pink and yellow abstract shape with three green plus signs. The bottom right features a green fern-like plant and a blue circular shape. The background is a light cream color with scattered yellow and orange circular and irregular shapes.

The Power of yet

Learn about YET

We can learn a lot from babies!



Yet teaches us

- We can learn
- Learning takes time and effort
- Results come from hard work
- Giving up isn't an option



We can learn a lot from babies and apply it to our own lives. Instead of feeling defeated and giving up, like the determined baby, we can develop the mindset of

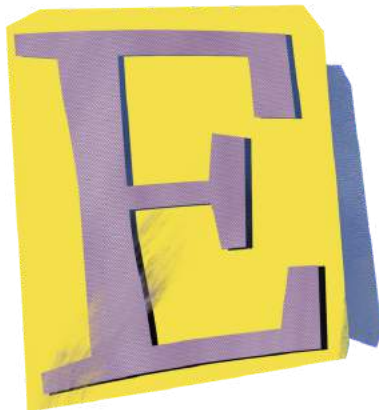
"I can't walk, YET!"

Imagine if a baby tried to walk across a room, fell down, and decided, "That's it. I can't walk!"

But what happens is they get up; they fall down; they get up again; they fall down again. This happens over and over until they take two steps, then three and then eventually walk across the room and are soon running every place they go.



One simple but highly effective tool to immediately change a sentence from a fixed mindset to a growth mindset. Add the word to the end. The word...



I don't understand this...

YET

I am not good at this ...

YET

This doesn't make sense ...

YET

I haven't memorized that Surah ...

YET

I can't do that ...

YET

This is not working ..

YET

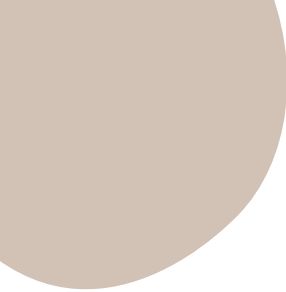
I don't know this ...

YET

I can not ride a bike.

YET





I CAN'T YET

9

9

9

9

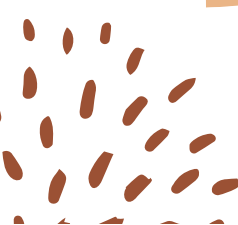
9

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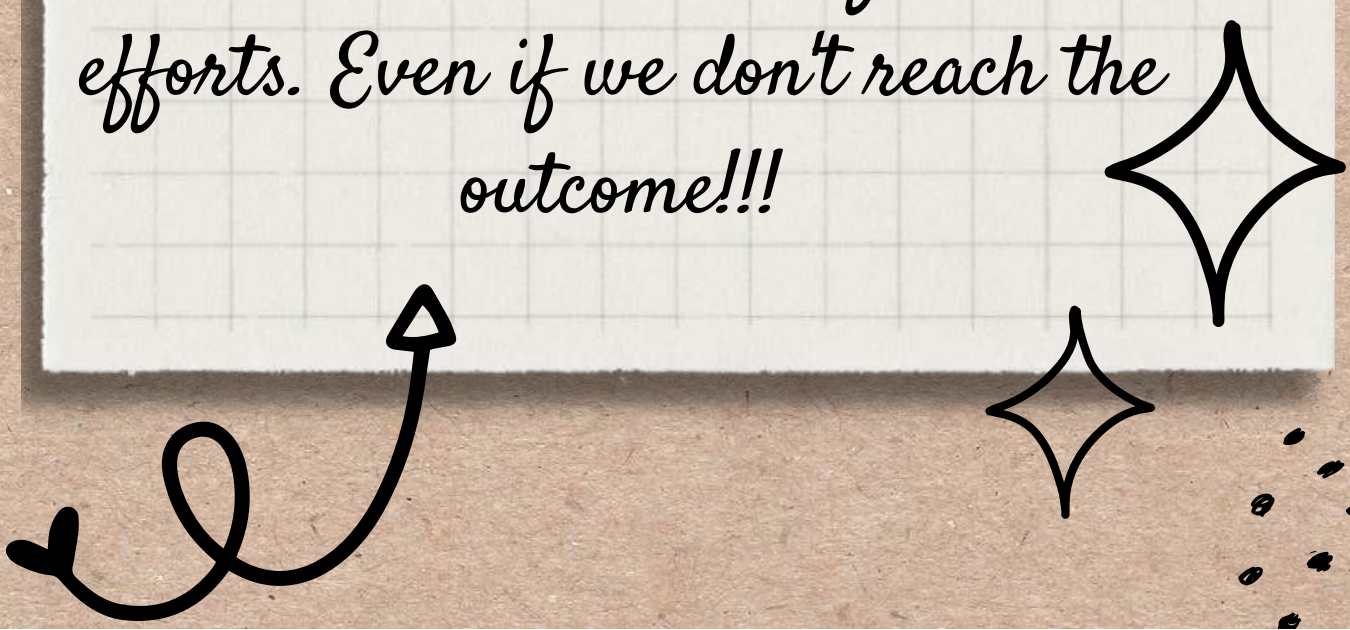




DID YOU KNOW

إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

Allah SWT rewards us according
to our intentions and for our
efforts. Even if we don't reach the
outcome!!!

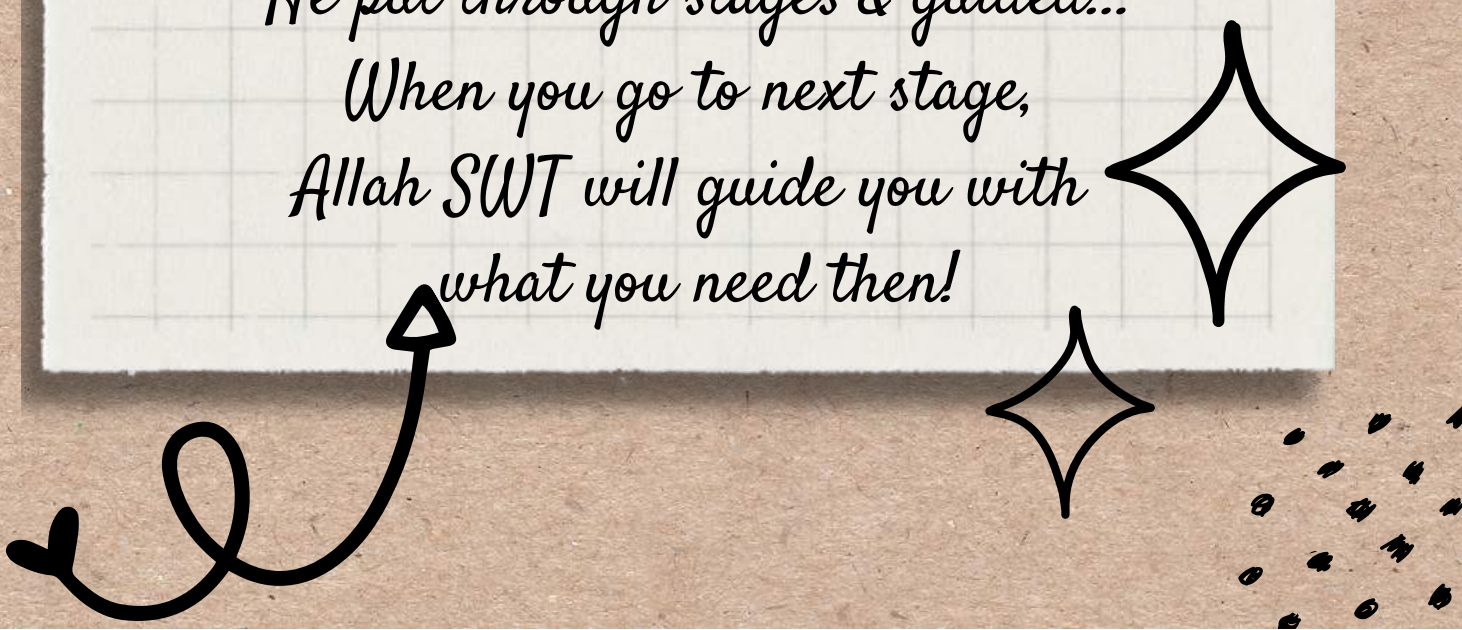




AS YOU TAKE A STEP,
THE PATH OPENS

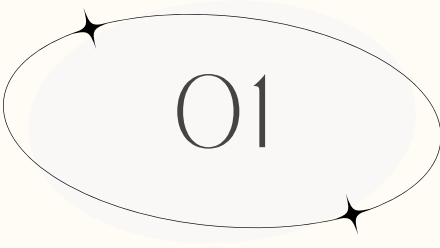
سَبِّحْ اسْمَ رَبِّكَ الْأَعْلَى
الَّذِي خَلَقَ فَسَوَّى
وَالَّذِي قَدَّرَ فَهَدَى

*Allah SWT created & perfected
He put through stages & guided...
When you go to next stage,
Allah SWT will guide you with
what you need then!*



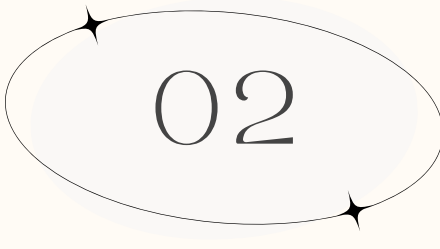
WEAR THE CROWN OF YET

AS EASY AS 1-2-3



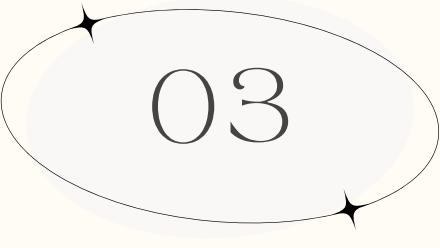
01

Color the words YET and highlight the poem with your favourite color if you like. Inside the stars, write or do the things that you want to do or learn soon.



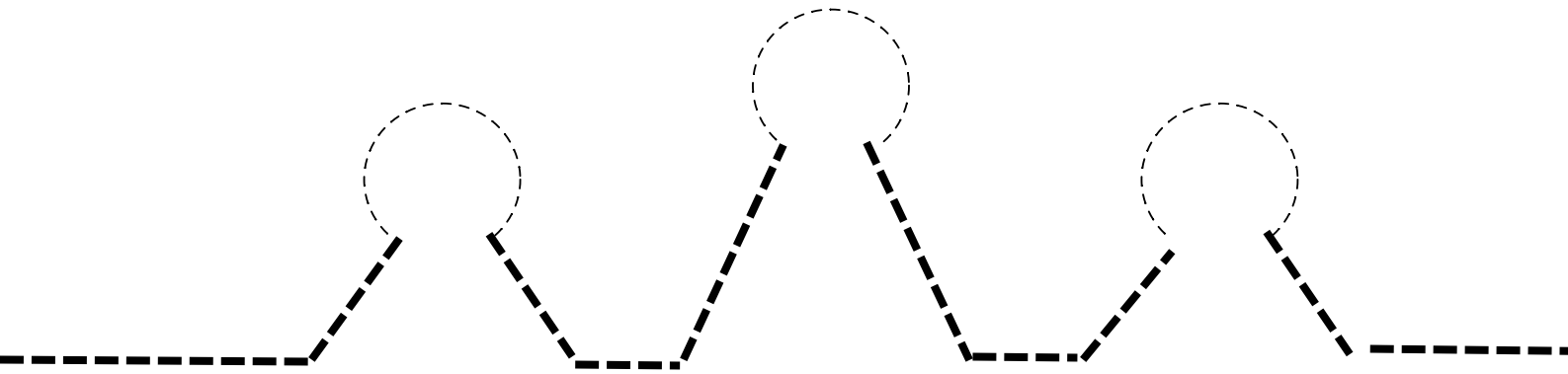
02

Cut along the dotted lines for strips as well as stars.



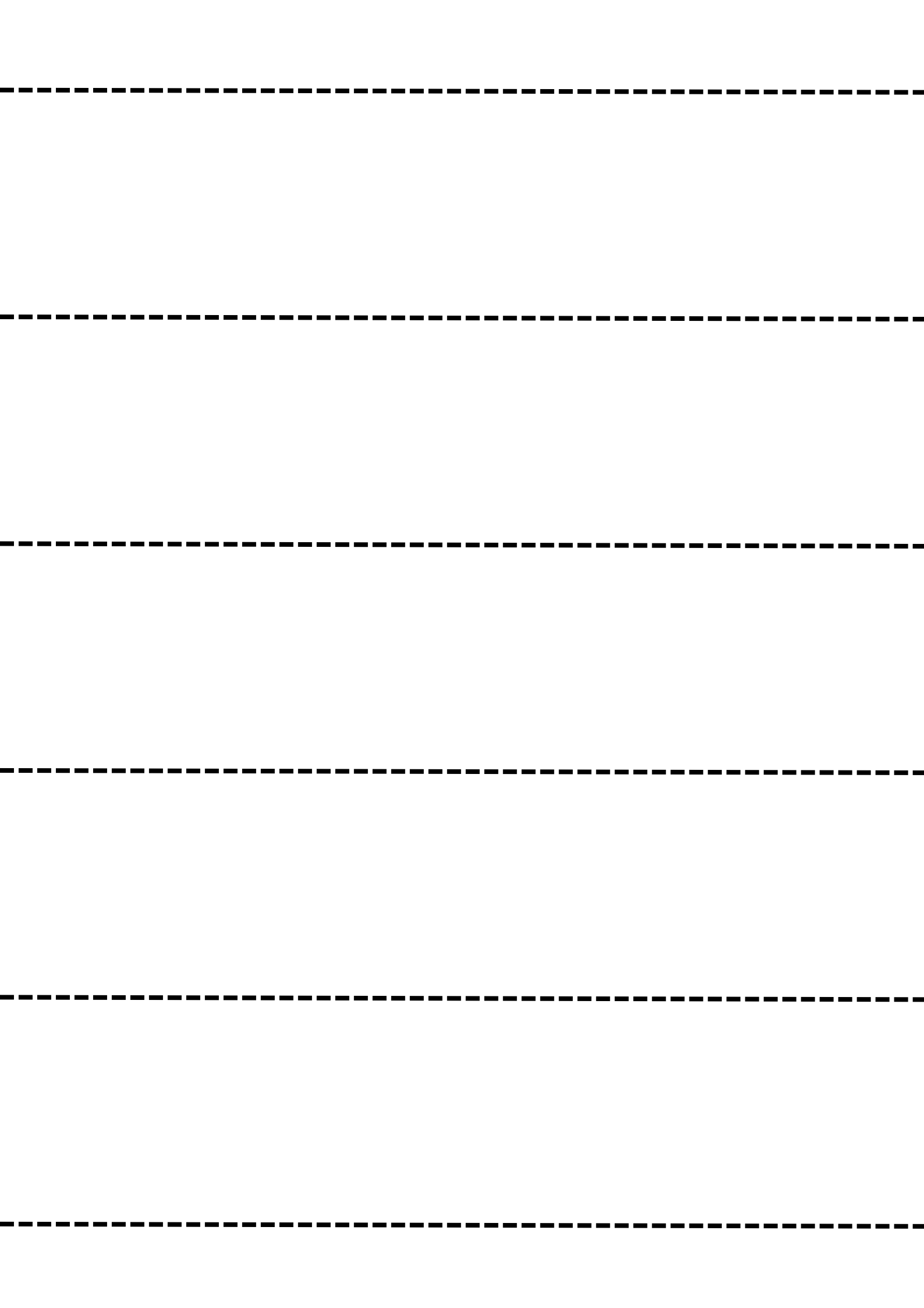
03

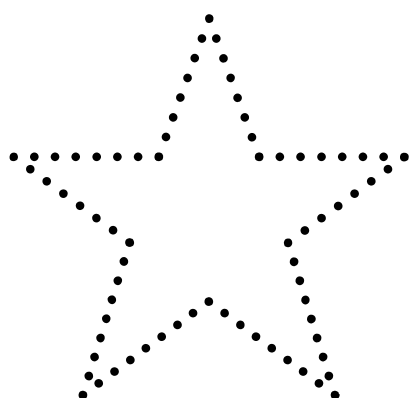
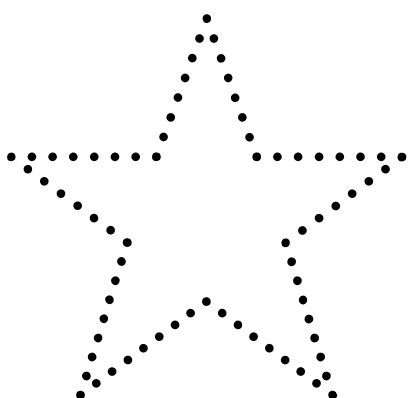
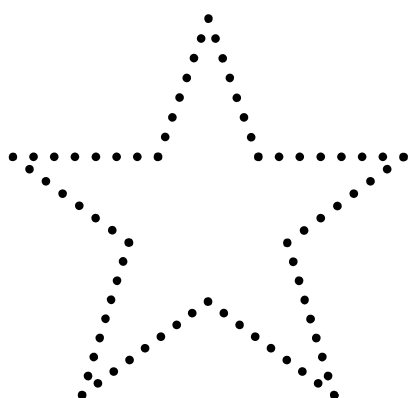
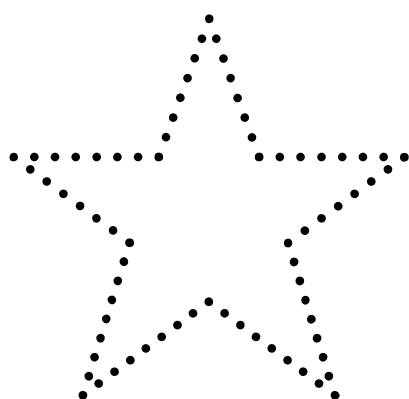
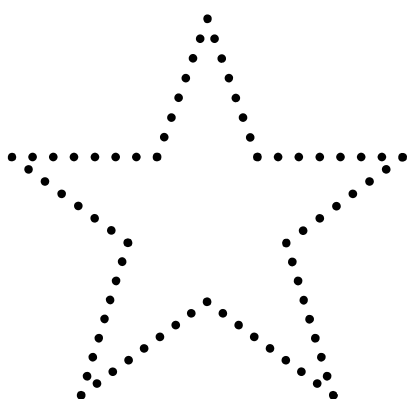
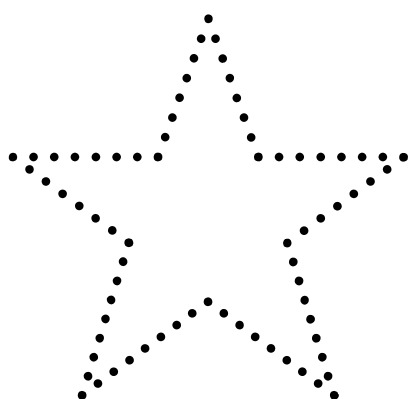
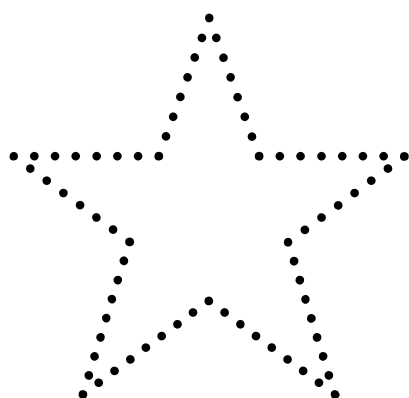
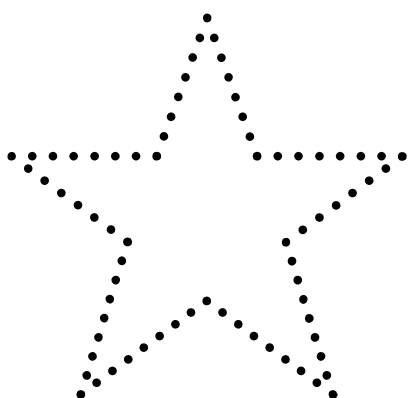
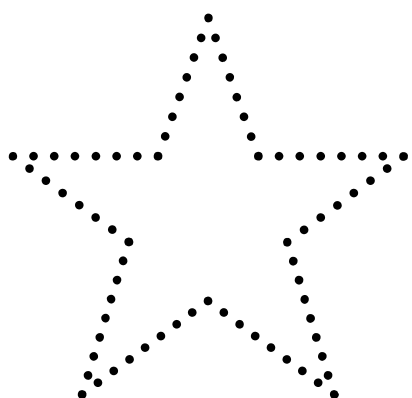
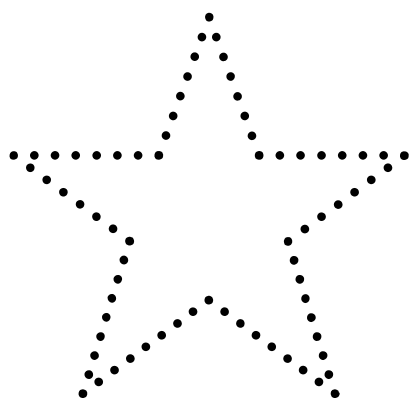
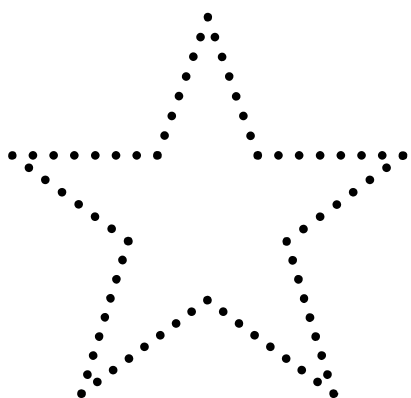
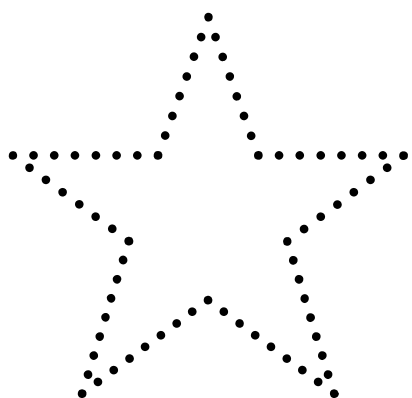
Paste the stars on the crown and adjust the crown size to your head and tape it to secure.



YET

If it feels hard today, I will not forget,
Its not that I can't, I just can't do it ... YET!





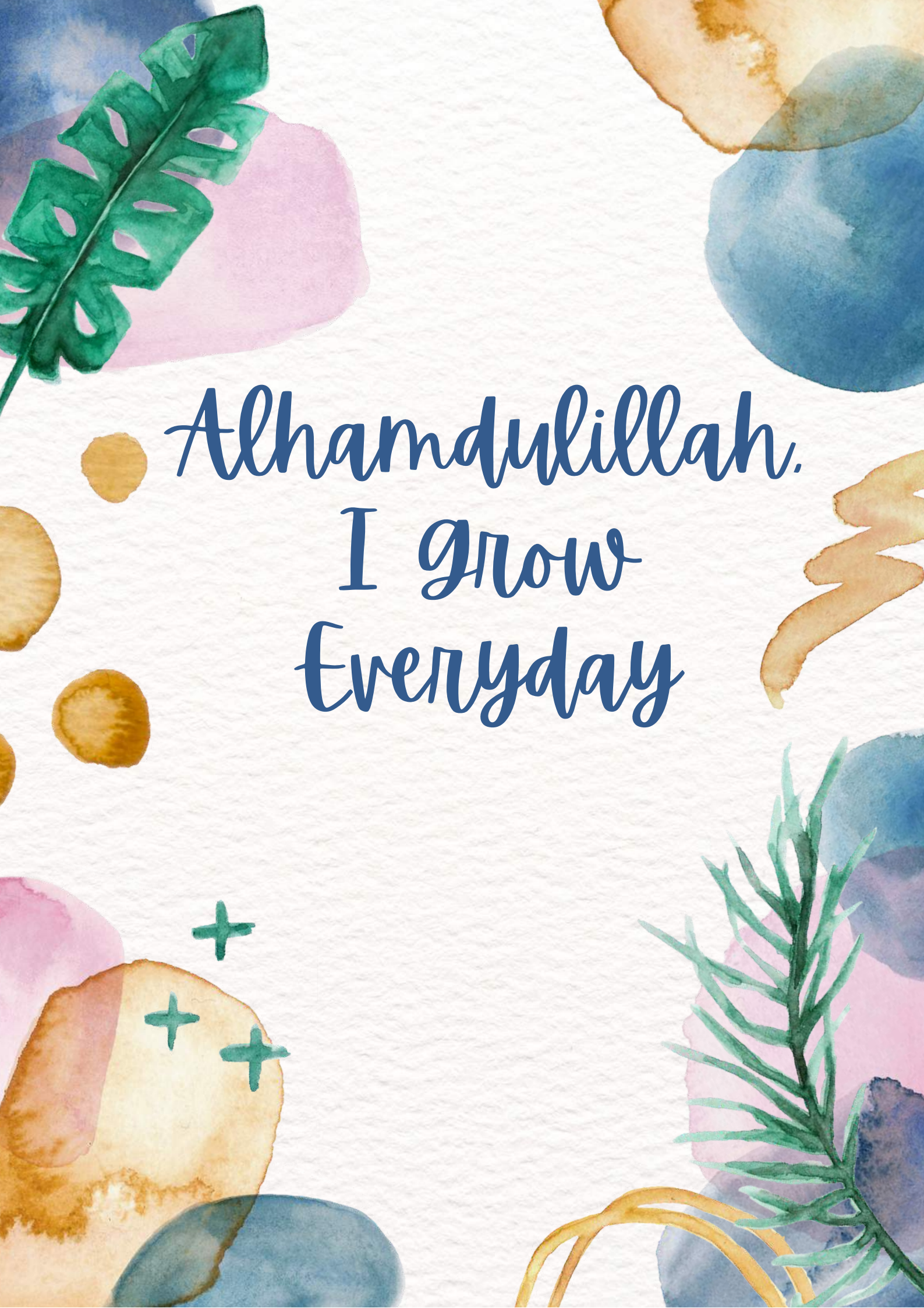
NOTES SPACE

[illegible]

MY DEDICATED

NOTES SPACE

[illegible]



*Alhamdulillah,
I Grow
Everyday*

Growing EVERYDAY

Everyday when Muslims wake up, they say the dua...

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise is for Allah who gave us life after having taken it from us and unto Him is the resurrection.

THANK
YOU

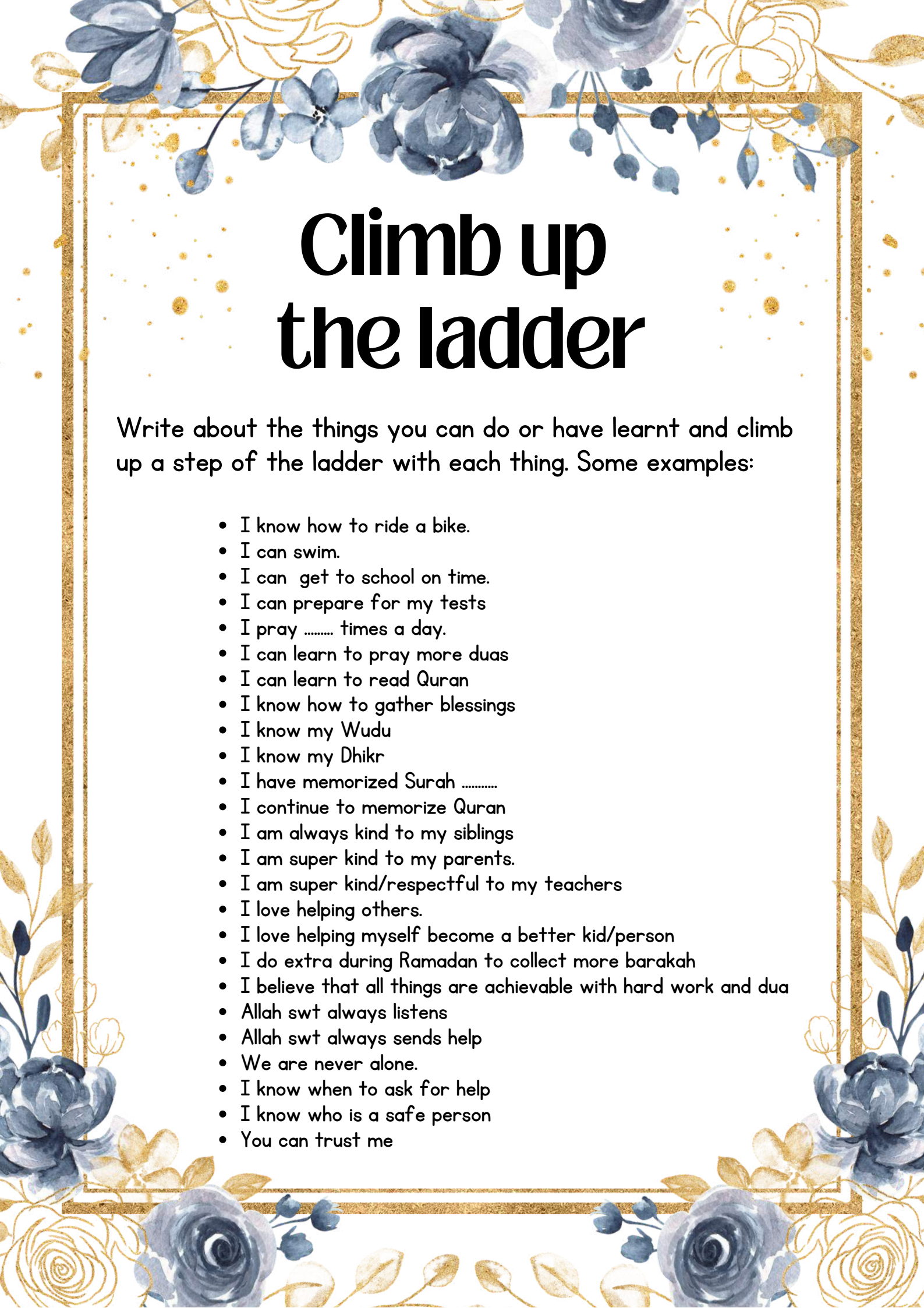
We praise and thank Allah for the new day. Every morning Allah SWT has given us a new chance, a new life, a new day.

Think about how much you have grown since last year, or last month, or last week, or even yesterday. How have you made your brain stronger?



الحمد لله

What have you learnt? What makes it so special? What brings you joy? What has been super helpful? What all can you thank Allah SWT today for?

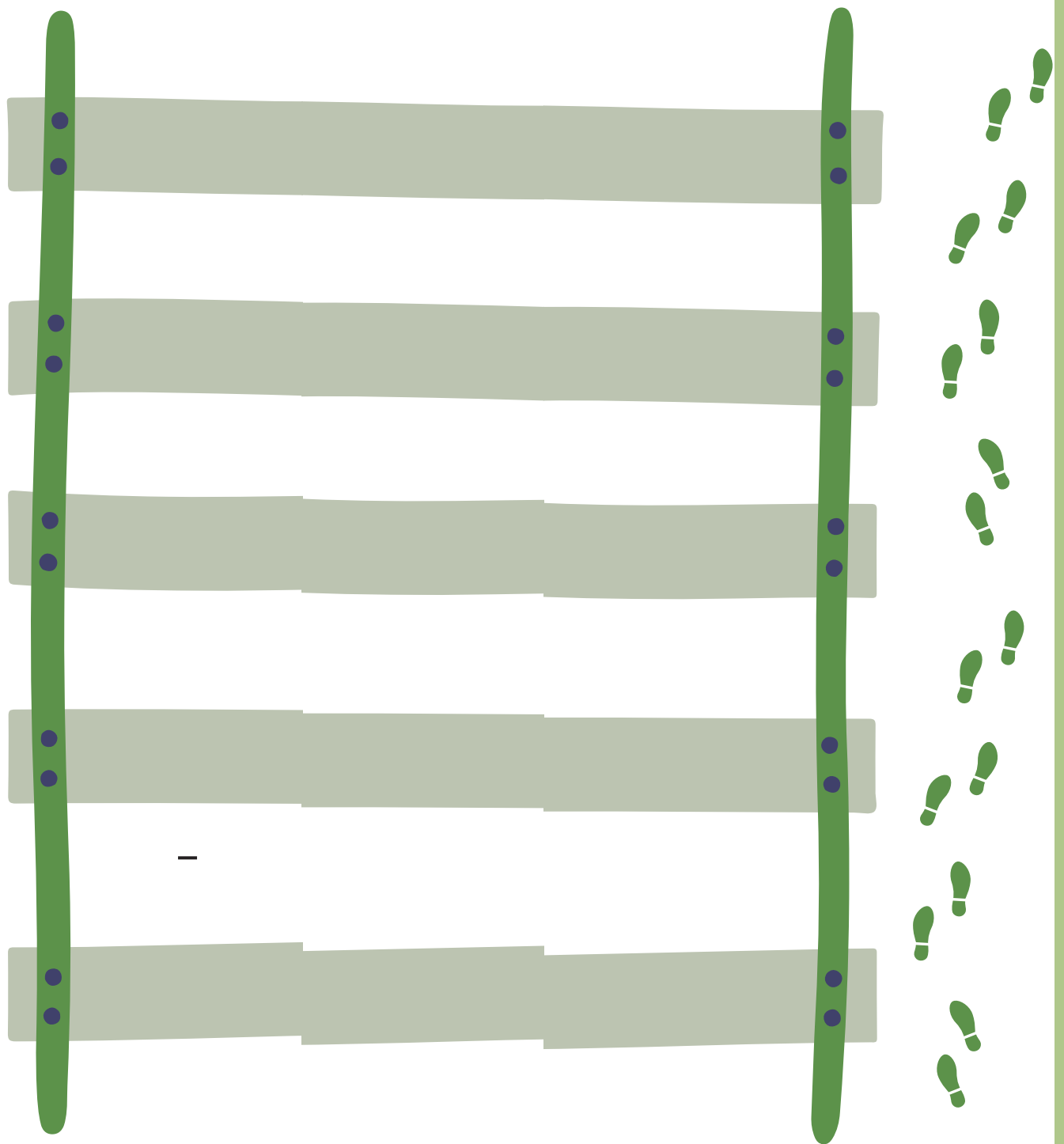


Climb up the ladder

Write about the things you can do or have learnt and climb up a step of the ladder with each thing. Some examples:

- I know how to ride a bike.
- I can swim.
- I can get to school on time.
- I can prepare for my tests
- I pray times a day.
- I can learn to pray more duas
- I can learn to read Quran
- I know how to gather blessings
- I know my Wudu
- I know my Dhikr
- I have memorized Surah
- I continue to memorize Quran
- I am always kind to my siblings
- I am super kind to my parents.
- I am super kind/respectful to my teachers
- I love helping others.
- I love helping myself become a better kid/person
- I do extra during Ramadan to collect more barakah
- I believe that all things are achievable with hard work and dua
- Allah swt always listens
- Allah swt always sends help
- We are never alone.
- I know when to ask for help
- I know who is a safe person
- You can trust me

CLIMB THE LADDER





**IF YOU ARE GRATEFUL,
ALLAH WILL GIVE YOU
EVEN MORE**

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

*That's like growth upon growth...
How cool is that!*





HOW MUCH MORE???

○ My servants, if the first of you and the last of you, and the humans of you and the jinn of you, were all to stand together in one place and ask of Me, and I were to give everyone what he requested, then that would not decrease what I Possess, except what is decreased of the ocean when a needle is dipped into it. ○ My servants, it is but your deeds that I account for you, and then recompense you for. So he who finds good, let him praise Allah, and he who finds other than that, let him blame no one but himself.

*The treasures of Allah SWT are
unlimited...*

Seek & Keep Growing!



NOTES SPACE

[illegible]

MY DEDICATED

NOTES SPACE

[illegible]