

Growth Mindset of a Muslim

Trainer's Notes

Module 1:

How to be a happy Muslim

The Mind of a Muslim

How do to the exercise:

- Simply speaking we read and repeat positive phrases or statements used to challenge negative or unhelpful thoughts. Can do one by one and repeated by group.
- Ask everyone what it makes them think or feel.
- What's their favourite one. Why?

Aims of the module:

- A priming exercise. to prepare the mind for what is to come. (rest of the workshop)
- Motivation, positivity, boost self esteem
- deepen our connection with our Rabb, our faith and ourselves
- first aid - when we find ourselves getting caught in negative self-talk or hopelessness or frustration, anxiety, fear, sadness etc. or something great coming up like a presentation and we need a dose of confidence --- replace with peace in our hearts (alaa bi dhikrillahi tatmainnul quloob). If we are by ourselves or in a comfortable group of friends or family, we can even put our hand on our hearts and then say the statements. Repeat and believe and it might make you feel better. To take it up a notch – learn the statements or duas in Arabic from quran and sunnah – understand their meanings and say them as often as required.

Points to talk about during or after the exercise: (age-appropriate discussion or activity to go with it)

- similar but not the same as affirmations
- realistic and true statements
- Allah SWT is always the focus and never out of the equation.
- knowledge is the lost property of a believer - we take it where we find it but we filter it.. whatever agrees with our faith, we take it whatever doesn't we leave it
- Allah SWT wants us to have a good life but we always prioritize the afterlife over temporary and inferior pleasures of this life.
- this is one step – not the only step, but a good starting point

Manifesting is the whole industry of think positive and believe in xyz and it will become a reality.

I am going to get a 100, I am going to get a 100 --- and it will happen.

It removes Allah from equation. I just know it will happen.

Actually, we don't know if it will happen or not.

A Muslim is confident of themselves but never proud, and believes in istekhara and mashvara.

We are humble to the fact that the stuff that we want, might or might not be good for us.

Our knowledge is limited, and Allah's knowledge is unlimited.

We might like something, but it is not good for us and vice versa.

a balanced Muslim mind --- is positive and optimistic

never looking for bad omens, never loses hope in mercy of Allah

I will do my best, keep working on my intentions and Allah will see us through for what is best

Result is in Allah's hands alone.

Module 2

Fixed vs Growth Mindset

Page 1:

In this module, we will discuss mindsets.

There are two kinds of mindsets – meaning how our mind thinks – the pattern of our mind. a fixed mindset and what is a growth mindset

The mindsets aren't set in stone. People may have a growth mindset at certain times and a fixed mindset at others. They may have different approaches to different challenges. And their mindset may change over time.

whether we believe in a growth or a fixed mindset – it will show in our belief, our discipline, our experiences and our knowledge.

Page 2:

So let us see what is a fixed mindset (and remember we all fall into this from time to time and its ok. All we need to do is recognize it)

A fixed mindset is ...

(the trainer reads aloud slowly or have the attendees read them out one by one)

Discuss times when we could have felt like this. Trainer can give some personal example to start and let others give examples too when they felt they had a fixed mindset...

Page 3: Fact Check

What does Allah SWT want about us

What do we want about ourselves

(you see fixed mindset is not what Allah wants from us or we want for ourselves)

So what do we do???

Page 4:

Its actually fairly simple – and it starts with the mind.

Remember the way we think will make our beliefs, our discipline, our experiences and our knowledge..

So how about we look at what is a better way to use our minds. And that will give us better results..

Page 5:

So, are you ready for a mindset change.

Its like a makeover 😊. Who like a makeover. (makeover to superhero)

(can do some fun activity about makeovers)

For example,

Game: Don't Smile or Laugh! Mood Makeover

Have the children sit in a circle.

Explain that no one is supposed to smile or laugh except for one individual.
Everyone must look at the kid smiling and laughing and keep a very straight face.
Start with the youngest and tell them to smile and laugh for one minute and see how many other people do so.
Proceed around the circle until everyone has a chance to take the challenge.
Some rewards can be handed..

Page 6:

How to change a fixed mindset to a growth mindset ...

See the changes – talk about each one by one.

problem -- opportunity

jealousy - admiration

difficulty - lesson

don't know - find out

criticism - feedback

too hard – worthwhile

Growth Mindset - A growth mindset is the belief that skills and intelligence can be improved with effort and persistence. People with a growth mindset embrace challenges, stay resilient in the face of difficulties, learn from constructive criticism and seek out inspiration in others' success. The opposite of a growth mindset is a fixed mindset. A fixed mindset says someone is either intelligent or not, and you can't change it.

The point of a growth mindset is to learn and to improve, not to achieve. Although, outcomes still matter in both school and work settings.

example - imagine a student who's struggling with a complicated math problem. If the student holds fixed-mindset beliefs, they may interpret their math struggle to mean that they're just not a "math person." And, because they believe that they cannot much improve their math ability, persistence with the complicated math problem seems pointless and the student may prematurely withdraw effort. If, instead, the student holds growth mindset beliefs, their math struggle serves as a signal to seek help from their teacher or to adopt a new problem-solving technique. For the growth-minded student, the math problem is seen as a tough but surmountable challenge. This is because the growth-minded interpretation promotes proactive learning strategies (e.g., thinking through the problem, asking for help, trying a new approach) and allows the student time and opportunity to experience a learning breakthrough.

Having a growth mindset will impact our discipline (do we show up even when we don't have the motivation. Discipline is hard but it is the main difference between people who just try and those who fully commit)

Page 7: Growth Mindset

A growth mindset is ...

(the trainer reads aloud slowly or have the attendees read them out one by one)

Discuss times when we could have felt like this. Trainer can give some personal example to start and let others give examples too when they felt they had a growth mindset...

Page 8: Story Time

Allah SWT taught us the story of Adam AS and hawwa ra. The gift of Tawba that Allah gave us..
Mistakes happen and thats ok. the important thing we feel bad about it and dont become proud or a bully, say sorry, make sure not to do same mistake again

Life of Umar RA - he was not very happy with Islam spreading. Even went out one day to kill the prophet SAW , but when he learnt the truth, he changed his ways. and became one of our heroes.

(Big changes are possible)

Man who killed 99 people - he wanted to become good. people would say that no hope for him. but one person told him, travel for sake of Allah and seek forgiveness. He did and even though he died on the way. Allah forgave him because he took steps.. (we make effort no matter where we are, even we don't reach)

Battle of Uhud - a mistake done by some sahabas and Muslims could not completely win the battle. so many people lost lives. but they were genuine Allah forgave them. Nabi SAW was still kind to them and even took their opinion (be kind to others and yourselves. There is value – just become some mistake happen, its not that value is lost)

The sons of Yaqub AS - they start as villians in the story but in the end they are of the good people. (never lose hope)

Page 9:

Lets review.. give everyone some time to fill in the sheet .. then discuss it with everyone.

The purpose here is not right or wrong wordy answers but to ensure that they understand the concept.

Have some candies handy to give to children who give good answers.

Page 10 onwards:

Activity – 10-15 min

Cut and paste / doodle or write (depending on age group)

The examples of fixed and growth mindset.

If the groups looks like they might not be inclined to do the activity. Then can ask if they would like to make groups and do a role play.

Notes page .. give everyone 2-3 minutes to write any notes that they want to..

Module 3:

Our Circles of Control

Page 1:

In any situation we have, there are things that we can control and there are things that we can not control.

In no situation, do we have complete control, although it may seem like it as times

Page 2:

Indeed, Allah is over all things competent.

There is no power and no strength except with Allah.
(The only One with complete control over all things at all times, including us, our situations, our present, our future, the whole universe, everything,, every single thing is Allah SWT

Any control that we have has been given to us by Allah

Allah has given limited control over a limited number of things for a limited period of time, our job simply act within that to the best of our abilities)

Page 3:

A Muslim's approach to the circles of control.

Read each statement and then talk about it a little to explain. (in age appropriate way)

Page 4:

Our Circles of control

In any situation there are some things that Allah has given us a lot of control over, and on other things some or no control.

It helps when we understand the difference.

read the statements below and discuss with age and audience appropriate examples.

Page 5: Lets us see some examples

Page 6:

We do our part

Acting within our circle of control..

We can all act within our circle of control. But we usually act according to our level of concern. Our concerns, our goals our dreams can be super high. There are no limitations on these things.. there are no restrictions on our concerns, goals and dreams. Example – when asking for Jannat, we ask for jannatul Firdaus.

But we accept the level of control that Allah has given us and we work within that.

Let us look at the best example and the worst example..

Firawn was a big wealthy and powerful king. He was a king but had no concern for anyone except himself. and he also kept working on his circle of control. Allah had given him a big circle of control. he could have used it well but he kept doing wrongs. and pushing his limits. things that he had no right to do. ultimately he had no control over even himself, he was thrown in waves here and there, and eventually today no one even remembers him as a good example.

Prophet SAW started with one person - who got wahi. and today billions of people have been Muslims. What did he do? He was not a king, or wealthy, he was an orphan and could not even read or write. He was concerned for the good of all humanity. but he didnt let the bad happening around him, make him hopeless. he didnt keep talking about see this is wrong or that is wrong. rather he kept his concern big and kept working within his circle of control. His job was to be the best, to do the best, and then only to deliver the message in the best way and He SAW did that perfectly and beautifully. And Allah kept increasing his circle of control, first his family then friends, then people from city, then another city, then whole of Arabia, then whole world. Allah told us that there will be no house in which message of Islam will not reach. SubhanAllah.

And what was the circle of control that our prophet SAW worked with – and your job is only to convey clearly.

Page 7:

Circles of control activity

Ask trainees to think of a situation and then write things in their control, not in control, and in some control in that situation.

can discuss some examples with group before or after activity and have those people share who want to. they can even draw if not comfortable to write.

Can play a game here

example - put a hula hoop for each child and let them stand inside the hoop.

now you are going to say examples and if the situation is in their control they jump in the circle. and if out of control they jump out of circle.

Page 8:

Notes

Module 4:

5 Steps to solve a problem

A Muslim's Perspective on problems:

How can we solve the problems of our daily life in our day and age, but with timeless principles.

Smallest of problems to the biggest of problems.. these perspective and steps will work in all situations.

the anxieties the stress the nervousness we feel

Points to highlight, build on (go as little or as much in detail as needed, depending on the time and the audience):

1. Problems come to all people, good and not so good

Having a problem doesn't mean I am bad or that Allah does not love me

problems, anxiety, stress, grief, challenges, is a fact of life for everyone.

Even prophets were not free from them.

Dont ask for tests, but when tests come have good thoughts about Allah and stand up to them.

Strongest people got toughest tests - the prophets, then those that follow them and then others.

If you are good and pious does not mean that you will always have what you want or have comfortable wealthy life.

Sometimes problems might come through circumstances and sometimes because someone else behaved badly.

Story --

when Allah announced to the angels I'm going to create this new creation

what did the Angels ask

the Angels didn't ask o Allah how fast will this creation run, shall they fly

how big are they they

they didn't care about these things, the angels asked – Ya Allah, You are going to create a creation that has the ability to do bad deeds, there's going to be evil pain Warfare bloodshed and sometimes say mean words or hurt each other

Sometimes words hurt more than physical hurt ---- Nabi SAW said the day of Taif was harder on him than the battle of Uhud!

what did Allah say - I know what you do not know

this is really powerful for us as Believers

We are going to have to trust Allah on this. Even if we don't understand some things. We are humble and we know that Allah's wisdom is far more infinite than ours.

As opposed to angels, what did Iblis do?

Iblis wanted things in a certain way

when that didn't happen he refused to obey Allah

no doubt Iblis is very foolish and arrogant

Also understand that the complete stress-free world of no pain no stress no anxiety no problems is Jannah, Abode of Peace

Allah wants to test those amongst us who truly want the Abode of no pain and suffering versus those who don't care about it

Allah says in the Quran

he created death and life to test you ibtilla

this world will have problems and challenges always of different kinds.

no human being on Earth lives a stress-free life

As Muslims we actually ask Allah not to test because we are worried that we might fail the test.

we ask Him to remove the difficulty. we ask Him for aafiyat.

but when a test comes

we need to understand that Allah has chosen us

and given us the opportunity that other people are not being given

now be patient and firm and work with the situation in the best way.

if don't want this problem but if Allah has given you the opportunity to rise up.

2. it is ok to feel nervous, anxiety, stress, grief, etc even if you are good person with lot of emaan.

we know the prophet SAW was concerned about all, sometimes he was sad, sometimes he was in anguish and stress when people lied against him.

he cried when his loved ones died. its ok to cry sometimes too.

Sometimes things made him worried and anxious, and he would rush to pray – and ask Allah for help.

Many times in the Quran, Allah said we know it hurts ya rasulullah

Validating pain and anguish is therapeutic

Allah tells to be patient, and sometimes we need to ignore some people

Also, next time your friend your cousin your mother your sibling is in pain hug them, say I know it must be difficult. May Allah make it easy for you

don't say to yourself or to others - oh you're in pain because you're a bad Muslim, etc.

3. Turn to Allah right away

as soon as you hear of a tragedy as

soon as the news of something anxious or problem reaches you

you must turn to Allah spiritually emotionally and verbally you must

establish an immediate connection with Allah and do not delay in establishing this connection

after a period of time everybody even the kafir develops patience
whatever happens give him a few days or weeks - he'll be able to bear and deal with it
Iman comes in to minimize that lag and bring about a little bit of comfort as soon as possible

dua - inna lillahi wa inna ilayhi rajioon. Allahumma ajurni fee museebati wakhluftlee khayran minha
we turn to Allah.
we remember the purpose of tests and trials
everything here belongs to Allah, whatever Allah took away a loved one wealth health status
whatever was taken away it wasn't yours to begin with in the first place
this is theological therapy
we have to understand why pain is happening we have to contextualize - who we are, who is Allah
and that Allah has the right to test us and that this test is temporary and that we shall pass this test
and when we pass it everything will be fine

4. don't allow anxiety and stress and grief to overpower and incapacitate

we stand up we collect our wits we tighten our belts
and we March forward

Example - imagine how our mother and father Adam and Hawa how they would have lived their first few days on this Earth after being in Jannah?
alone no civilization they don't know how to cultivate yet they don't know how to hunt yet they haven't discovered the bronze A's they don't have tools yet
but they still have to move on that's life you don't allow a past tragedy to make you morbid and go down the route
so don't say I can't do anything I can't live anywhere
no you're going to move on

there was an year of sadness in the seerah.
A long period of time in boycott and then his two biggest supporters in people – his wife and uncle passed away. It was called the year of sadness. For a whole year, people did not even see him smile. but then after that he did smile SAW. so much so that people later on in seerah remarked that they never saw anyone smile as much as RasoolAllah SAW
he didnt just sit back and do nothing.
quraysh were out to harm him, he prayed but he didnt sit and wait for miracles, they tried taif, then went to medina. later on letters to different rulers.
different ways he gave dawah to different people.

when we are sick we go to doctors and get treatment. do the asbaab and know the healing is in hands of Allah.

5. stay connected to the perspective and dua ...

complain to Allah and not about Allah, keep seeking help and guidance from Allah.
nothing is more therapeutic then Dua, keep seeking help with patience and prayer.
Istekhaara and Mashwara

Module 5

Boost My Brain

Page 1

The best of creation

Allah created human beings as the best of the creation. And then from the human beings He chose some to be Muslim. Alhamdulillah He chose me and you. There is something special about each one of us.

Don't ever stop growing or feel that you have reached all your potential.

Can you honestly say that you have stretched yourself to all that you can learn and offer?

Are you living up to the potential that Allah has made you capable of?

When we talk of growth, there is one thing that Allah SWT has told us to ask for increase in ... not children, not money, not iphones, not ps5, not xbox, not designer clothes, not make up, no no no... One thing He tells us always ask more of is --- Rabbi zidnee ilmaa.

Did you know that you can grow your brain!

Our brain actually grows when we learn new things.

So no matter how smart you are, you can get smarter!!!

Page 2

The purpose of growing our brain

Allah SWT asks us in the Quran – Then will you not reason .

We want to grow our brains, not just because

But because we want to think intelligently, wonder about things and get closer to Allah SWT through it.

For example - our brain tells us that when we see a word hello written in the sand on a beach, someone wrote it. its not a bunch of random lines. if a poetry was written on the sand, or a real good sand sculpture, we know someone made it.

Similarly, the more we look at the complicated and balanced and beautiful and useful in the nature, our smart brain can think and understand that there must be a Creator who made all these things.

Allah gave our brains amazing incredible power. 100 billion tiny cells inside our brain called neurons can produce enough electricity to power a light bulb. The trillions of connections between the neurons are called synapses. In a study, it was reported that 1 synapse can store up to 4.7 bits of information and the cerebral cortex alone contain 125 trillion synapses. However, an adult human brain can store 1024 terabytes or a million gigabytes of memories.

It is the brain that differentiates us from other living creatures and makes human formidable.

Every aspect of our human life comes from this complex network. So, without the brain, we could not breathe, work, play or remember.

Page 3

Why boost the brain?

Do you let your phone or tablet go without charging it? What will happen when battery is low? You can't really play games that well.

Similarly we also need to boost our brain.

There are many ways to boost your brain. Read out the statement and explain the poster,, let the participants open the poster first and then we will go over each page and add things to our brain .. things that each one of us can do to boost our brain. With each category we will talk a little, show

the ideas that are there, and let the audience choose whether they want to cut and paste, doodle or draw or write – depending on their age group.

Page 4 and 5

Take care of your body

Food and exercise

You are what you eat.

Anything that is stagnant for a long time starts to decay.. see water – fungus grows on it.

Have you ever ridden a horse? Imagine riding a horse, galloping with one hand, wearing heavy armor, and having a weighty sword in one hand. You would be out of breath if you did it for few minutes, yet Prophet SAW did this and that too in his adult years.

Read the lines on the workbook and discuss a little with the audience their thoughts and ideas. Then give them 5 min per page to take things and add to their brain poster.

Page 6

What makes you happy

Did you know that the word sadness does not appear in the Quran except forbidding it or in the form of negating it. No benefit in sadness.

Play the video if time permits.. no sadness..

Talk about social connections, happiness, smiling, how Islam is a social religion, great value on family, friends, community.

Remember the circles of control, even if someone in friends or family is not behaving very well, it is not the end of the world. Do what you have control over for your happiness and do it in a way that makes Allah happy!!!

Read the lines on the workbook and discuss a little with the audience their thoughts and ideas.

Then give them 5 min per page to take things and add to their brain poster.

Page 7

Sleep it off

It is only Allah that does not need sleep.

Don't think you are superhuman. Enjoy a good nap. Allah has given us a break.

What are good sleeping habits – discuss a little with everyone depending on time.

And then give 5 pins to fill the poster with sleeping habits.

Page 8

Learning new things

Read the lines on the workbook and discuss a little with the audience their thoughts and ideas.

Then give them 5 min per page to take things and add to their brain poster.

If time permits can discuss and ask others for ideas.

And then ask them to add anything to their poster if they would like to.

Whoever finishes the poster can get some small prizes/ candy etc.

Module 6

The Power of Yet

Page 1 –

We read with the group either together or the trainer can read the page and then discuss with everyone – how we can learn about yet from babies.

Page 2

Explain how adding yet to the end of the statement changes it from a full stop to a semi-colon.

Then have everyone read a statement each aloud. Ask them what it makes them feel, think etc.

Share your own thoughts too.

Share the concept of hopefulness and hopelessness – hopelessness is from shaytan, hopefulness is from Allah.

A true believer never loses hope in Allah, no matter how hard a situation is.

Page 3

Have everyone write down a few things that they want to do or to be able to do but they haven't done yet. Give them time to write it down. Then you can ask some people to share if they feel comfortable. The trainer can share their own first to take the pressure off from the audience.

When someone shares ask others to give ideas how it can become easy, or if someone else had struggle in the same area and how they were able to overcome it.

Page 4

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

Talk about how intentions are so great. We get a good deed by just planning to do it. And when we actually do it, we get so much more rewards.

Its great if we reach our goal, but even if we are not able to. Allah will still record our effort.

Page 5

Talk about the tafseer of first three ayaat of Surah Al-Alaa

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!

When we were born we couldn't speak, a baby just cries when hungry or wet or need to sleep.

Slowly Allah taught us how to talk and play and read. Sometimes it might feel like – oh my God... I want to do this and this and this. How will it happen? I am not even that smart. Or I don't have so much time or money or energy.

Allah teaches us – don't worry – whatever stage you get to, Allah will open up guidance for that stage for you. He will guide you with whatever you need then.

Page 6, 7, 8, 9

We do the activity of making the yet crown

Cut and make the crown for your own head. Then write in stars whatever you want to do – like ride a bike, be best manners to my mom, wrestle, be good in basketball, memorize a surah... can be anything.

Once done they can decorate and cut and paste the stars to the crowns.

Page 10

Give them some time to write any notes and share what they learnt from the activity

Module 7

Alhamdulillah.. I grow everyday!

We explain the concept:

Scarcity Mindset vs Abundance Mindset

Imagine a person under standing under Niagara falls comparing the water in their glass with another person's glass.

Makes no sense, right?

A shopkeeper – and another shop opens up. Now he can feel that oh my customers will be divided or he can feel that in sha Allah, Allah will send more customers this way. May be Allah will double the customers.

Why do we think that we will lose if other people win? That leads to jealousy, scarcity mentality, the win-lose mentality – always trying to put someone else down. Or feeling sad or low when someone else has some good. Life is not a game of limited competition.

I seek from Allah ...

Everything that has limits can have something added to it. We have limit – our intellect has boundaries, our physical body has constraints, but the one whom we seek from, is Allah. Allah's name is Al-Wasi' – The Vast, the All-Embracing, The Boundless. He is without any limits or boundary. His knowledge, mercy, provision, blessings and wisdom are endless and vast. They extend to whatever they descend upon. He is of limitless capacity and abundance and gives without expecting anything in return. The seas would be exhausted if they were ink for His words.

He listens to and responds to all that ask of Him, whenever and wherever they call him from. The vastness of His Rahmat is beyond our imagination.

Allah's giving has no limits.

Cut envy at its roots

There is a world in which both of us can win. Because Allah can give to both of us.

There is enough for everyone. Because the One who is giving us does not one prize, He has enough for everyone and more.

Tip: when you see somebody blessed with something you don't have, first thing to do – make dua for them – may Allah give them more. And guess what - the angels will say ameen to you too. Cut envy at its roots.

Now open pages and discuss each page

Page 1

Growing everyday

Read each segment of the page and discuss

Page 2, 3

Activity – climb the ladder

Give and talk about examples

And then talk about everyone and what they have achieved

Trainer shares their own example of what Allah has blessed them with over the past year.

And then everyone gets time to fill their sheet

Page 4

Talk about gratitude and how it changes the whole perspective on everything.

Allah give you

You are grateful

Allah gives you even more.

And you can keep repeating..

How cool?

Page 5

How much more?

Talk about the hadith and share the lessons from it.

Give examples from self or other people

How Allah gives

Can give example of barakat in something – when Allah puts barakat same meal fills up so many people.

Or think about how Allah blessed Islam – began with one person – now over a billion Muslims in the world.

You too can ask Allah and keep working towards your goals.

You can keep growing with the growth mindset.