

My Best Self:

A Muslim boy's guided journal to being
CONFIDENT and *SUCCESSFUL*

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▶ *My top 3 targets for this school year:*

▶ *My top 3 aspirations that I want to achieve in life:*

► It is helpful to think about:

- Whether it is a short **term** or long term goal.
- The **reason** that you want this goal. It might help you be a happier person and a better Muslim. You can think about how it will help you in this world or in the Hereafter and also how it might help others.
- The **time** or date by which you would like it to become real. It is important to put a time frame on goals so that you can work towards them.

► Let's practise this together:

Goal	Term	Reason	What I can do to help myself	Time frame
To run 800m in 3 minutes	Short term	To get into the athletics team at school. To develop stamina. To build up to running 1500m.	Attend twice weekly training sessions at the local running track	3 months
To have a more respectful relationship with my parents	Short term and long term	To please Allah. To enjoy their company. To make the home environment calmer.	Use respectful language. Don't raise my voice. Help around the home.	Immediately, and continuously. I will check in on this goal every week.
To be a graphic designer	Long term	To do something I love and am good at. To earn a halal income and give regular charity. To work with Muslim businesses.	Look at school subjects and grades needed and work to achieve these. Apply for work experience. Sign up for a graphic design course.	5 years. Apply for work experience in 2 years. Sign up for a course this summer.



Day 31

*I only have one body to get through life.
I will take good care of it and respect it.*

➤ How do you feel?

➤ What one thing are you grateful for today?

➤ Write five amazing things that your body does that you don't have to consciously think about or instruct it to do, like breathing.



Day 32

*I will make time to spend with friends and family
who are positive and refresh me.*

➤ How do you feel?

➤ What one thing did you appreciate today?

➤ Think of the people who bring joy to your life. Write these people's names down
and how they bring you joy.
