



I Learn, I Act, I Share

JOURNEY TO A PURE HEART

LEARNING FOR A
Life With Allah

In this book, we have been learning about attaining a **qalb salim** (pure heart), so we can be happy and successful in this life and the next. In this session, you will get a chance to reflect on some of what we have been learning and prepare to practise it.



Time For Reflection

Find a quiet space (perhaps even outdoors if you can!) and spend some time thinking about the state of your heart by filling out the checklist below. Remember to be honest with yourself.

Self-Evaluation - I Reflect on My Heart

	Always	Sometimes	Never
Hatred			
Do I want to take revenge whenever someone hurts me?			
Do I hold grudges and find it hard to forgive?			
Do I sometimes hate someone for no reason?			
Controlling My Nafs			
Am I greedy?			
Do I get upset if someone corrects my mistakes?			
Do I feel like I deserve more than others?			
Trusting Allah			
Do I panic and lose hope when things go wrong?			
Do I turn to everyone else before turning to Allah?			
Do I forget to ask Allah for help when I want to do a good deed?			
Sincerity			
Do I want people to see and notice every good deed I am doing?			
Do I hope that people will praise me?			
Do I pray salah properly when I am in front of others, and not care as much when I am alone?			

Time For Action

Choose one thing from the list on the previous page.

Over the next 40 days, focus on this and ask Allah for help in becoming better at it.

O Allah, please help me to _____

What will you do to achieve your goal?

