

# PRACTICAL TIPS FOR DEVELOPING THE GOOD MUSLIM MINDSET- CHEATSHEET

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## **5 TIPS FOR DEVELOPING THE GROWTH MINDSET:**

- 1. Continue learning (gaining knowledge and applying it. There's always room for more.*
- 2. Get out of your comfort zone and set up challenges for yourself: Become comfortable with being uncomfortable.*
- 3. Accept failure. Don't let failure keep you from getting up after the fall and moving forward.*
- 4. Accept and appreciate others. Help others reach the same place where you want to be, rather than compete with them to reach there.*
- 5. Accept negative feedback and constructive criticism. Stay clear of unhealthy, nonconstructive criticism that is coming from someone who's jealous of you.*

## **5 TIPS FOR DEVELOPING THE POSITIVE MINDSET:**

- 1. Make realistic and down-to-earth positive affirmations everyday.*

2. *Daily self talk: Replace your negative self talk with positive self talk.*
3. *Find humor in bad situations.*
4. *Smile to a pathological level. Your body, mind and others around you will thank you.*
5. *Find positive company in your mentors, friends and family members. Stay close to people who radiate positive vibes.*

#### **4 TIPS FOR DEVELOPING A GRATEFUL MINDSET:**

1. *Keep a gratitude journal.*
2. *Write gratitude letters to Allah.*
3. *Say you are thankful over small things to your family members (stop taking things for granted).*
4. *Contemplate, read current news about Muslims suffering in other places of the world to feel grateful.*

#### **4 TIPS FOR DEVELOPING A PRODUCTIVE MINDSET:**

1. *Have a system of monthly, weekly and daily planning in place.*
2. *Be aware of your brain tricks as it may fool you into over-planning. It'll convince you to put more on your plate than you can realistically complete which will create overwhelm.*

3. *Say no to many things and yes only to some. Keep no more than 2-3 priority tasks on your list. Ask yourself, "what can you take off your planner/ to-do list today?"*

4. *Review, track and record your productivity. It will motivate you to do better the next day and give you a sense of achievement at the end of each day.*

### **5 TIPS FOR DEVELOPING EMOTIONAL RESILIENCE:**

1. *Don't keep cooking your emotions inside yourself. Express your emotions in a polite manner.*

2. *Create an emotional or a physical space to breathe.*

3. *When you feel spiteful towards someone who has hurt you, focus on a good quality of that person. Forgive & Forget.*

4. *Redirect piled up negative energy into an activity you love.*

5. *Let go of situations you can't control and problems you can't solve.*

### **5 TIPS FOR DEVELOPING THE GIVER MINDSET:**

1. *Give quality time and attention to your family.*

2. *Make it a daily practice of giving something to the creation of Allah. (Give food, money, time, smile, water etc)*

3. *When someone exclusively asks you for help with something difficult for them, say YES. Don't deny help to others.*

4. *Give yourself a treat and some personal time to avoid burnout.*
5. *Find a generosity partner that will motivate you to give.*

### **5 TIPS FOR DEVELOPING THE CONFIDENT MINDSET:**

1. *Take your morning bitter self-acceptance pill (accept one insecurity by being brutally honest with yourself).*
2. *Present the best version of yourself (Dress up modestly).*
3. *Believe in self and belief in Allah's plan for you.*
4. *Make a list of your strengths and weaknesses. Focus and work on your strengths.*
5. *Make this du'a- [Qur'an: Chapter 20, Verses 25-28]*

### **5 TIPS FOR DEVELOPING CONTEMPLATING MINDSET:**

1. *Understand your energy levels and contemplate accordingly.*
2. *Read less pages of Quran and contemplate more. Take your time with each Ayah.*
3. *Tahajjud is a great time to do contemplation.*
4. *Recite a verse multiple times to understand its deeper meaning.*
5. *Go outside after Fajr and let nature induce a deep thought process.*

## 5 TIPS FOR DEVELOPING THE PURPOSEFUL MINDSET:

1. *Understand the purpose of life of a Muslim mentioned in the Quran.*

2. *Redefine the purpose of your life as a Muslim.*

*Ask yourself these questions:*

*A) What am I really good at? What are the skills that I've been blessed with?*

*B) What are the talents/ skills you possess that you are proud of and enjoy doing? There's a difference between being good at something and enjoying it too.*

3. *Make sure what you pursue in life falls within the "halal" boundaries.*

4. *SUMMARY: Choose a purpose that encompasses the necessary skills you possess, things you enjoy doing and that are halal, with the intention of earning your Akhirah from it.*

5. *Whatever you decide to do, do it with PASSION. DON'T drag yourself.*

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To read the full article:

**ISLAMIC THOUGHTS: PRACTICAL TIPS FOR DEVELOPING THE GOOD MUSLIM MINDSET**

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