

**MODULE 1**  
SELF-REFLECTION NOTES

# MUSLIM MARRIAGE

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# Lesson 1

## Self-Reflection

### Importance of Self-Reflection

To determine who will we be compatible with

### Steps To Do Self-Reflection

Find a quiet time for yourself.



Trust Allah SWT & Connect with Him



Answer the questions in this course

as honestly as you can

"How successful you will be, depends completely on the time and efforts that you're going to put in."

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# Lesson 2

## The Promise of Allah SWA

### Elements To Be Considered

- 1 Asking help from Allah SWT
- 2 Praying on time, with focus
- 3 Staying away from distraction & haram
- 4 Have friends that aligned to my goals
- 5 Seeking knowledge of the deen

### Ask Yourself

Am I regularly asking help from Allah SWT

Yes  No

Why? \_\_\_\_\_

How can I do better?  
\_\_\_\_\_

Am I praying on time and with focus?

Yes  No

Why? \_\_\_\_\_

How can I do better?

\_\_\_\_\_

Am I staying away from distractions and haram?

eg: things that suggesting inappropriate behaviour

Yes  No

Why? \_\_\_\_\_

What can I do instead?

\_\_\_\_\_

Are my friends aligned with where I want to go?

Yes  No

Why? \_\_\_\_\_

What can I do instead?

\_\_\_\_\_

Am I actively seeking knowledge of the deen (religion) outside of this course?

Yes

Are you actively pursuing knowledge so that you can better your position with Allah?

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No

Why?

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What can I do instead?

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### Ideas & Insights:

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**"Allah SWA is going to take care of you and protect you, now that you have chosen to do things the right way"**

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# Lesson 3

## Finding Out Are You Ready For Marriage?

**Ask Yourself These Questions  
& Answer It Honestly**

Yes No

1

Is my quest for a spouse influenced by the pressure from anyone else or anywhere?



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2

What is my idea of a married life?

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3

Do I feel confident and happy with myself?



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4

What example of marriage was I given by my parents?

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5

Have I considered all the details of any potential marriage life - after the actual wedding preparation & honeymoon?

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6

Do I know the qualities of a great wife?



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7

Are my ideas of what a great wife influenced by society or are they based on Islamic principles?

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8

Do I know the qualities of a great mother?



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# Lesson 4

Know Your Limits

## Determine Your Non-Negotiable

Explore Your LIMITS & BOUNDARIES  
Before You Search For a Spouse.

BENEFIT

You will know who you are compatible with.

It will be easier for you to talk to your future  
spouse about anything.

You will discover your passion and get clear  
what is important to you & where you stand.

### TOP 5 Boundaries & Non-Negotiables

| Must Have | Must NOT Have |
|-----------|---------------|
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |



# Lesson 5

## Personalize Your Game

Create Your Own Personalized Questions To Ask Future Spouse

Making sure he has the **QUALITIES** that you need

For you to explore the things you really need in life

### How To Create Your Own Personalized Questions

1

Think about your situation & non-negotiables regarding. Ask generally.

Example: living / work situation

Follow up with question like these;

"Have you ever considered ....."

"Would you be open to ....."

2

How important is \_\_\_\_\_ to you?

- Fill in the blanks regarding your non-negotiable
- After he answered, you then can tell about your wants
- Then, go deeper on that topic & get more information

"On the scale  
1 to 10, how  
will you rate  
\_\_\_?"

3

Ask questions to find out how flexible the person is.  
Is he open minded to switch from his personal plan?

TIPS:

- Allow him to answer what he honestly feels first
- Don't influence him
- Based on your non-negotiables - ask follow up questions to get more information about him

4

Find out what are they really focused on right now  
in their life

"What is the  
most important  
thing in your life  
right now?  
Why?"

"How long do you  
think it will take  
you to accomplish  
that part of your  
life?"

5

Use QUALITY Questions.

- Open-ended questions
- Get them to prove, if possible

"Do you pray  
fajr today?  
If yes, what time  
was fajr today?"

**Ideas & Insights:**

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