



**COURSE RESOURCE**

# **SELF-REFLECTION TOOLKIT**

**MUSLIM MARRIAGE LAB**

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# *A Complete* Guide to Finding the Ideal Muslim Spouse

**BOOK 1**



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# *A Message From Mindful Muslimah*

Welcome! I'm so glad that you decided to invest in yourself and your future! I'm also glad that we get to spend this time together to work toward the Sunnah and to seek the pleasure of Allah!

## **HERE ARE MY TIPS:**

### **◆ COMPLETE THE COURSE IN THE ORDER IT IS IN**

Each part of the course is built on the work in the Module before. Doing the Modules out of order may not yield the same results.

### **◆ MAKE A COMMITMENT TO BE YOUR BEST SELF DURING THIS COURSE**

This course will present a chance to be in a better place emotionally, psychologically, and spiritually if you let yourself. The best results come when you are closest to Allah SWA and have His full help and support. Try your best to follow our deen (religion) the closest you ever have while taking this course, insh'Allah.

### **◆ LET THINGS HAPPEN NATURALLY, HAVE FUN & DON'T STRESS OUT**

This is an exciting time in your life. You have the whole world and immense opportunity in front of you. Embrace all that is to come. Don't get too stressed out and enjoy exploring your needs, the preferences of others, and what the whole process is about to teach you, Insh'Allah.

# *Instructions*

## **Why should we engage in self-reflection first?!**

### **Lesson 1: Intro/Overview**

The quest to find a spouse is no easy road, but the road actually doesn't begin there. Before we can look outside of ourselves, we must engage look within. Reflecting is one of the great acts of worship enjoined and encouraged in the Qur'an. Appreciating our lives and seeking our purpose is incredibly important and powerful. Allah SWA, may He be exalted, says (interpretation of the meaning):

**“Those who remember Allah (always, and in prayers) standing, sitting, and lying down on their sides, and think deeply about the creation of the heavens and the earth, (saying): Our Lord! You have not created (all) this without purpose, glory to You! (Exalted are You above all that they associate with You as partners). Give us salvation from the torment of the Fire”**

**[Aal 'Imraan 3:191]**

# *Instructions Cont.*

Exercises in **introspection** (the examination or observation of one's own mental and emotional self) and **retrospection** (the action of looking back on or reviewing past events or situations, especially those in one's own life) can be an incredibly useful way for women to:

- Determine if they are ready to get married
- Determine what they really care about and want for in their lives
- Determine what they definitely don't want in their lives (their non-negotiables)
- Determine what type of personality they have, so they can find their best fit

In this part of the course, you are going to engage in 4 mini-exercises. Don't let that sound too daunting to you. It's incredibly easy...and beneficial!!! Just take your time and break it up over days if you need to. I'm right here for you.

**\*\* Remember: Each section MUST be done for it to be fully effective.**

# *The Promise of Allah SWA*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #1:**



**Answer to #2:**



# *The Promise of Allah SWA*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #3:**



**Answer to #4:**



# *The Promise of Allah SWA*

Instructions: Try your best to give these questions a great thought and answer them honestly.

## **Answer to #5:**



## **Additional Thoughts**





# *Are You Ready?*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #1:**



**Answer to #2:**



# *Are You Ready?*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #3:**



**Answer to #4:**



# *Are You Ready?*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #5:**



**Answer to #6:**



# *Are You Ready?*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #7:**

**Answer to #8:**

# *Are You Ready?*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**Answer to #9:**



**Answer to #10:**



# *My Non-Negotiables*

Instructions: Try your best to give these questions a great thought and answer them honestly.

**I definitely want to marry someone who...**

**I definitely DON'T want to marry someone who...**

# *My personal Questions*

Instructions: Write the 5 questions below based on the work and realizations that you've made in the other three exercises.



# *Notes*

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# CONGRATULATIONS!

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You have completed Module #1! You are 25% closer to your goal!! That's worth celebrating. Mabrook!

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