



# Personal Reflections & Goal Setting

(End of year workshop\*)



**Life With Allah**

\* feel free to choose when you run this (e.g. end of academic year, end of hijri year, before Ramadan etc)



# Agenda

1. Relationship with Allah
2. Self-Development
3. Family
4. Work/School
5. Friendship
6. Neighbours
7. Masjid, Community & Ummah
8. Finalise new goals



# Introduction



- These slides will allow you to reflect on the past year. How did the past year go and what are your personal and family goals for the next year?
- To do this as a personal activity, you will need around 1-2 hours. To run this as a group workshop, see the next slide.
- If you can, ideally print off the Goal Sheets on slides 56 and 57 for yourself before starting.
- Have a journal book and a pen to hand. Go somewhere quiet and relaxing where you won't be distracted. Switch your phone off.
- Spend around 1-2 min reflecting on each question and writing your responses.



# Workshop Instructions

1. Appoint a lead to facilitate this workshop (around 2 hours)
2. Print off the new goals sheets (Slides 56 & 57) for each participant before hand (If you are running this as a family, we recommend you use the Family Reflections slide set on the [lifewithAllah.com](http://lifewithAllah.com) website).
3. Start with Bismillah and explain to participants how you will run this workshop. Remind them to thank Allah as they reflect on the different blessings and ask for forgiveness where appropriate
4. Ideally run this as a silent workshop, so the lead can move through the slides silently. Ask participants beforehand to bring with them their journal/paper & a pen.
5. Go through the PPT. Allow participants to read each question. And then put the timer on for 2 min for each question. Give everyone this 2 min to reflect on their own responses to the question & jot notes in their own journal/paper or goal sheet.  
*(Feel free to delete/skip slides that may not be appropriate)*

# Relationship with Allah

When we repair our relationship with Allah, He repairs everything else for us.



Which three things did you  
do this year to please Allah?

If you have some secret good deeds between you and Allah, keep them private

*Thank Allah – say Alhamdulillah*



Which three things  
happened to you this year  
that are you most grateful  
to Allah for?

*Thank Allah - say Alhamdulillah*



In the past year, what have  
you done to understand  
who Allah is?

*Thank Allah – say Alhamdulillah & ask for forgiveness for your shortcomings*





What goal can you set  
yourself in relation to  
understanding who Allah is?

This is a goal for this coming year.

Note this goal down on your Goal Sheet (#1) or **highlight** it in your journal.



In the past year, how do you feel the quality of your Salah has been?

(For e.g. have you been punctual with all 5 Salahs? Have you been able to pray with khushu?)

*Thank Allah – say Alhamdulillah & ask for forgiveness for your shortcomings*



What new goal do you want to set yourself in relation to improving your Salah?

Note this goal down on your Goal Sheet (#2) or **highlight** it in your journal.



In the past year, how has  
your relationship been with  
the Qur'an?

(E.g. How often do you recite it/think about what Allah is saying to you?)

*Thank Allah – say Alhamdulillah & ask for forgiveness for your shortcomings*



In the past year, how often did  
you remember or talk directly to  
Allah on a daily basis?

(excluding salah)

*Thank Allah – say Alhamdulillah & ask for forgiveness for your shortcomings*



Which one new consistent thing do you plan to do to become closer to Allah?

Note this goal down on your Goal Sheet (#3) or **highlight** it in your journal.



Which three sins did you  
commit this year?

Do not share these with anyone nor write them down. Put your head down for 2  
min and sincerely ask Allah to forgive you.

*Ask Allah to forgive you*



Which sin do you want to  
commit to stop doing this  
coming year?

Keep your sins private.

Only note down this goal down in your journal if you are confident you can  
keep it private.



# Self development

If you fix your heart, your whole body will be fixed



What is the most important  
goal you achieved this  
year?

*Thank Allah – say Alhamdulillah*



What is your biggest  
mistake of the year, and the  
lesson you learned as a  
result?

*Thank Allah – say Alhamdulillah*



When did you have the  
most fun this year?

*Thank Allah – say Alhamdulillah*



In which areas of your character do you feel you've made your biggest improvements this year?

*Thank Allah - say Alhamdulillah*



What was the best way you  
used your time this year?

*Thank Allah - say Alhamdulillah*



What was your single  
biggest time waster this  
year?

*Ask Allah to forgive you*



What was your kindest  
gesture this year?

*Thank Allah – say Alhamdulillah*





What new goal do you  
want to set yourself to  
improve your character?

Note this goal down on your Goal Sheet (#4) or **highlight** it in your journal.



What other new goal do you want to set yourself for this coming year?

This can be from any personal area in your life (e.g. health, finances)

Note this goal down on your Goal Sheet (#5) or **highlight** it in your journal.

# Family

“The best of you are the best to their families,  
and I am the best to my family”

– Prophet Muhammad ﷺ (Tirmidhi)



What is your favourite  
family memory of this year?

*Thank Allah - say Alhamdulillah*



Note down the top three things each person in your family has done for you this year.

Make a note to thank each person, and thank Allah for blessing you with them.

*Thank Allah – say Alhamdulillah*



What is the best thing about  
being part of your family?

*Thank Allah – say Alhamdulillah*



What one thing would you  
like to change about your  
family?

*Thank Allah – say Alhamdulillah*



Is there anyone you need to apologise to in your family?

For immediate & extended family members, make a note to apologise

*Apologise and ask Allah to forgive you*





What new goal do you want to set yourself to become a better family member?

Set one goal for immediate family and one separate goal for extended family.

Note these goals down on your Goal Sheet (#6) or **highlight** them in your journal.



Think of three activities you would love to do as a family in the next year

Note these down on your family goal sheet as three separate goals or **highlight** them in your journal.

Remember to discuss them with your family before you finalise.

# Work/School

Greed leads to decrease in blessings,  
while contentment and gratitude lead  
to increase in blessings



What was the most  
enjoyable part of  
work/school this year?

*Thank Allah – say Alhamdulillah*



What did you enjoy the  
least of work/school this  
year?

*Thank Allah - say 'All praise is for Allah in every situation'.*



What is the most important  
thing you learnt from  
work/school this year?

*Thank Allah – say Alhamdulillah*



What did you find the most challenging or difficult this year at work/school?

*Thank Allah – say ‘All praise is for Allah in every situation’.*



What one new consistent thing can you do next year to do better at school/work?

Note this goal down on your Goal Sheet (#7) or **highlight** it in your journal.



# Friendship

A true friend is one who mentions Allah to you, in your presence; and mentions you to Allah, in your absence.



Which good friend did you  
make this year?

*Thank Allah – say Alhamdulillah*



What was the best way you helped a friend this year?

*Thank Allah - say Alhamdulillah*



Did you harm any of your  
friends this year?

Don't share the answer to this questions with others.

Make a note to apologise to them instead.

*Apologise and ask Allah to forgive you*



What one thing will you improve/change within yourself to be a better friend?

Note this goal down on your Goal Sheet (#8) or **highlight** it in your journal.

# Neighbours

“Whoever believes in Allah and the Last Day, let him honour his neighbour”

– Prophet Muhammad ﷺ (Muslim)



Think of one kind thing you  
did for your neighbour this  
year

*Thank Allah – say Alhamdulillah*



What one kind thing can  
you do for a neighbour this  
coming year?

Note this goal down on your Goal Sheet (#9) or **highlight** it in your journal.



# Masjid, Community & Ummah

Believers are one body in compassion



How did you benefit from  
your local community/masjid  
this year?

Note down three ways

*Thank Allah – say Alhamdulillah*



Which one specific thing did  
you do to help your  
community/masjid this year?

*Thank Allah – say Alhamdulillah*



Which one thing can you do  
this coming year to help your  
local community/masjid?

Note this goal down on your Goal Sheet (#10) or **highlight** it in your journal.



What one specific thing did you do to help the wider Muslim ummah this year?

*Thank Allah – say Alhamdulillah*



Which one thing can you do  
this coming year to help the  
wider Muslim ummah?

Note this goal down on your Goal Sheet (#11) or **highlight** it in your journal.

# Finalise your new goals

8

- You have set 11 goals during this workshop/activity.
- If you used the template provided you are almost done alhamdulillah.
- For those that didn't use the template, copy all the new goals you highlighted in your journal onto one page (or you can use the next page as a template if you wish).
- Stick your new goals in a place where you are easily reminded of them! The family goals can be stuck on the fridge 😊

# My new goals for this coming year inshaAllah

Always ask Allah to bless your goals, make them sincerely for Him, and to help you to fulfil them.

## Relationship with Allah

1. I will improve my understanding of who Allah is by ...

2. I will improve my salah by ...

3. A consistent thing I plan to do to become closer to Allah is ...

## Personal Development

3. I will improve my character this year by ...

4. Another new goal I set myself is ...

## Family

5. I will become a better family member (immediate/extended) by ...

## Work/School

6. One consistent thing I can do to do better at school/work is ...

## Friendship

7. I will be a better friend this year by ...

## Neighbours

8. One kind thing I will do for a neighbour this coming year is ...

## Masjid, Community & Ummah

9. I will help year my local community/masjid this year by ...

10. I will help the wider Muslim ummah this year by ...

## Any other goals

Note here any other extra goals








## Other reflections/notes

e.g. Books to read/lecture series I want to listen to





## My Family Goals for this coming year inshaAllah

Family Goal 1 	Family Goal 2 	Family Goal 3 	Any other goals 	Other reflections/notes 

**“The best of you are the best to their families, and I am the best to my family”  
– Prophet Muhammad ﷺ (Tirmidhi)**



# The End

## Alhamdulillah!

Thank Allah for all the blessings He has gifted you and your family by saying 'Alhamdulillah', obeying His commands, staying away from sins and actively learning more about Allah and our beautiful deen.

Always ask Allah to  
bless your goals, make  
them sincerely for Him,  
and to help  
you to fulfil them.