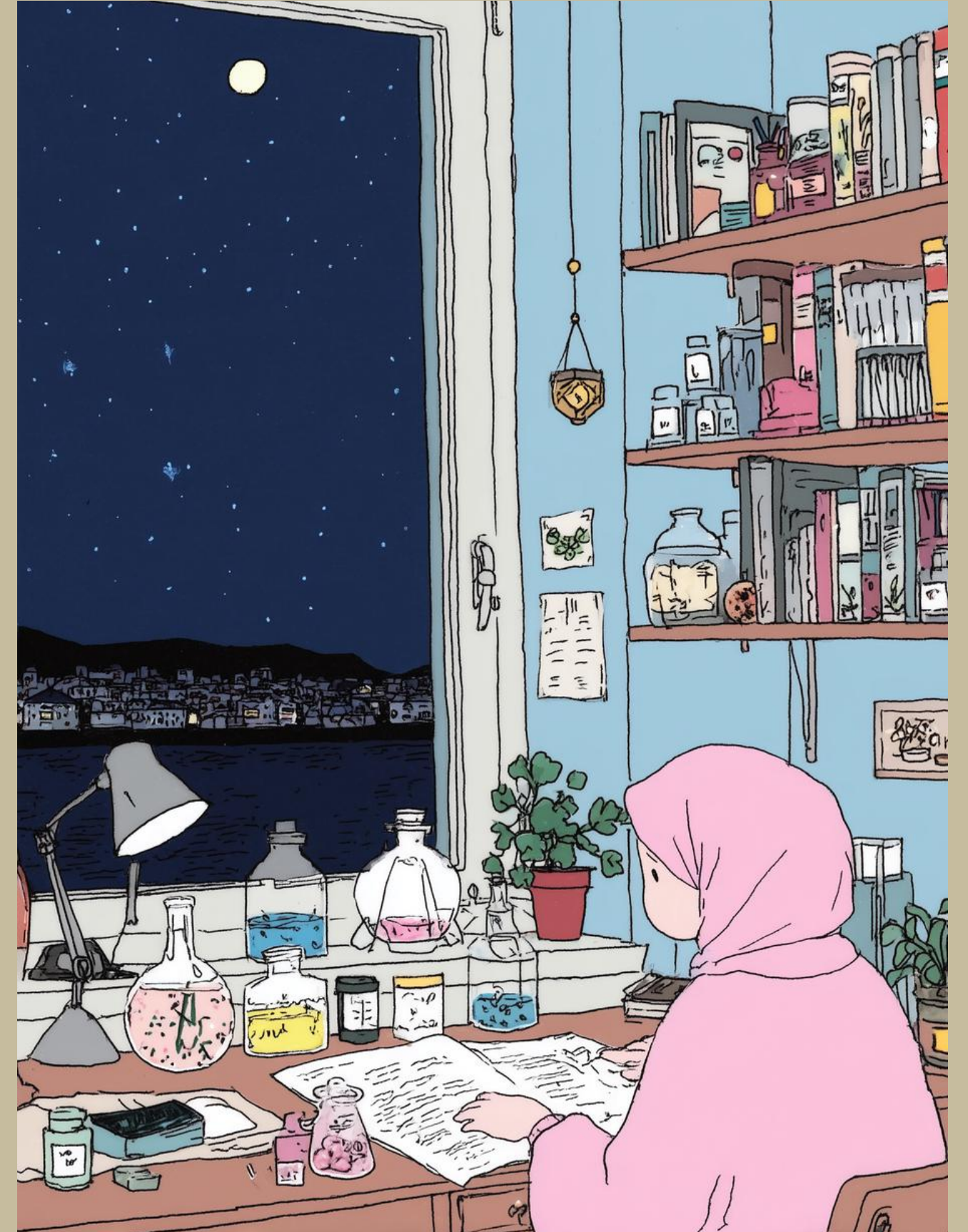


08

7 Winning Habits

From the Quran & Hadith

with Natasha Kamaluddin
25th Aug '24



إِنَّ هَذَا لَهُوَ الْفَوْزُ الْعَظِيمُ .

“Indeed, this is the great attainment.”

لِمِثْلِ هَذَا فَلْيَعْمَلِ الْعَامِلُونَ .

“For the like of this **let the workers [on earth] work.**”

[as-Saffat 37:60-61]

Elsewhere in the Quran, Allah describes successful people as...

1

الْمُؤْمِنُونَ

Mu'mineen (believers)

2

الْمُتَّقِينَ

Muttaqeen (those
conscious of Allāh)

3

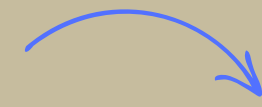
الْمُفْلِحُونَ

Muflihun (those who
are the successful)

إِنَّ هَذَا لَهُوَ الْفَوْزُ الْعَظِيمُ .

“Indeed, this is the great attainment.”

In this Ayah, Allah
uses this word for
successful people



لِمِثْلِ هَذَا فَلْيَعْمَلِ الْعَمِلُونَ .

“For the like of this let the **workers** [on earth] work.”

[as-Saffat 37:60-61]

3 types of Worker

According to Imam ibn Al-Qayyim

1

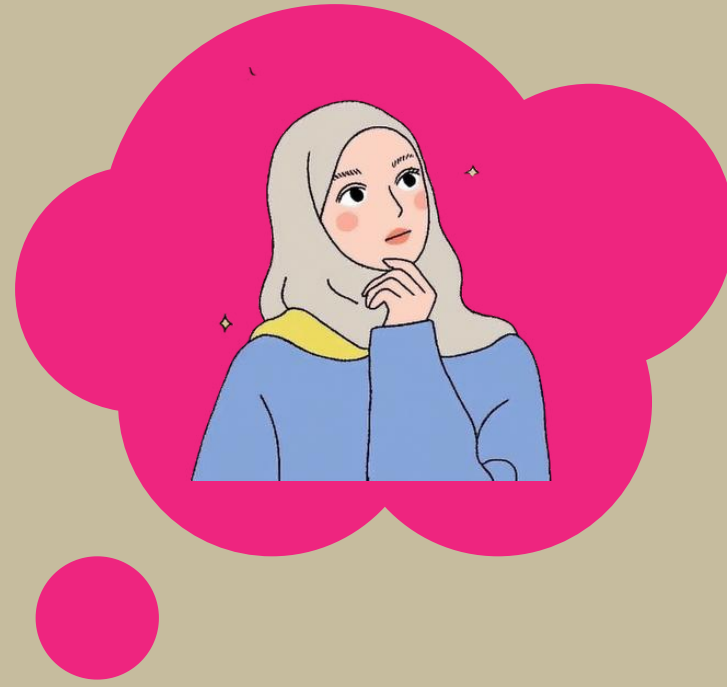
Those who work for
the Dunia

2

Those who work for
the Akhirah

3

Those who
don't work



**Allah SWT created us to be
intelligent and purposeful,
while we make ourselves
un-empowered and useless.**

A glimpse into

Surah as-Saffat

This Surah goes repeatedly
into the theme of

مُخْلِصِينَ

Mukhliseen

مُخْلِصِينَ

This person is **striving to be pure** (Ikhlas).

Mukhlaseen

مُخْلِصِينَ

This person has been **chosen by Allah to be purified** (Ikhlas).

Ibrahim AS as Mukhlaseen (مُخْلِصِينَ)

in Surah as-Saffat

Ibrahim (AS) was making
Da'wah to his community, he
destroyed their idols. **And as a
result, they wanted to burn him.**

(as Saffat : 83-99)

When Ismail (AS) reached the age
of being able to be a companion to
his father, then Ibrahim (AS) was
asked to sacrifice his son.

(as Saffat : 100-111)

**Allah SWT showed us
someone (Prophet Ibrahim
AS) whose commitment to his
Da'wah was so absolute...**

Allah SWT showed us
someone (Prophet Ibrahim
AS) whose commitment to his
Da'wah was so absolute...

**that he was willing to be
burnt for it.**

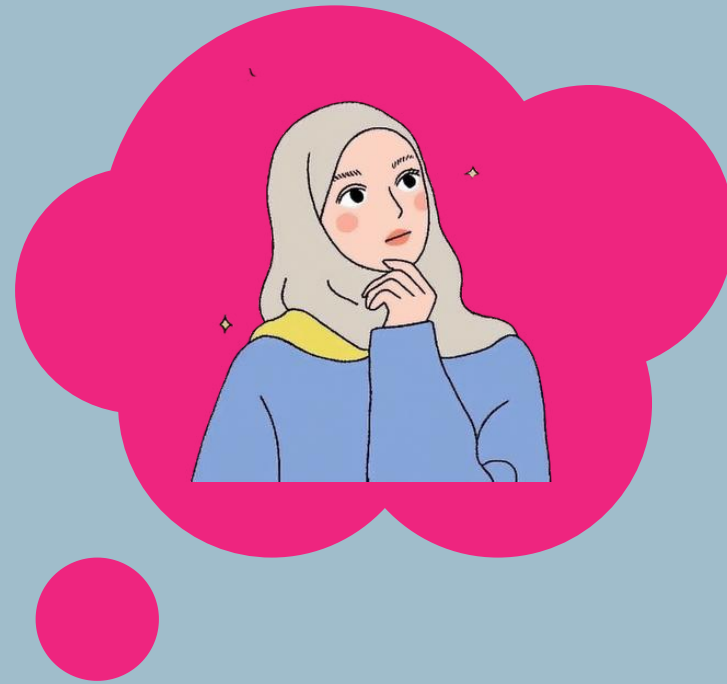
**And his (Prophet Ibrahim AS)
commitment to his Ibadat
was so complete...**



And his (Prophet Ibrahim AS)
commitment to his Ibadat
was so complete...

**that he was willing to sacrifice
his son for it.**

Prophet Ibrahim AS is
our **CASE STUDY** to what
the Quran defines as **“work”**.



How high the bar that
has been set by Ibrahim AS
and how little have we done?

The Sunday Session
Winning Habits from the Quran & Hadith

THE 7 WINNING HABITS WILL ONLY BE MEANINGFUL IF YOU INTEND TO **WORK HARD.**



Personal Discipline:

- Winning Habit #1
- Winning Habit #2
- Winning Habit #3
- Winning Habit #4

Interpersonal Skills:

- Winning Habit #5
- Winning Habit #6

Finance:

- Winning Habit #7

7 WINNING
HABITS

The Sunday Session
Winning Habits from the Quran & Hadith

Personal Discipline:

Winning Habit #1

Istiqomah
(Establishing
Consistency)

aaplus



Unfortunately,
the world is full of people
trying to sell you shortcuts.

Unfortunately,
the world is full of people
trying to sell you **shortcuts.**

But the only one thing
that we require

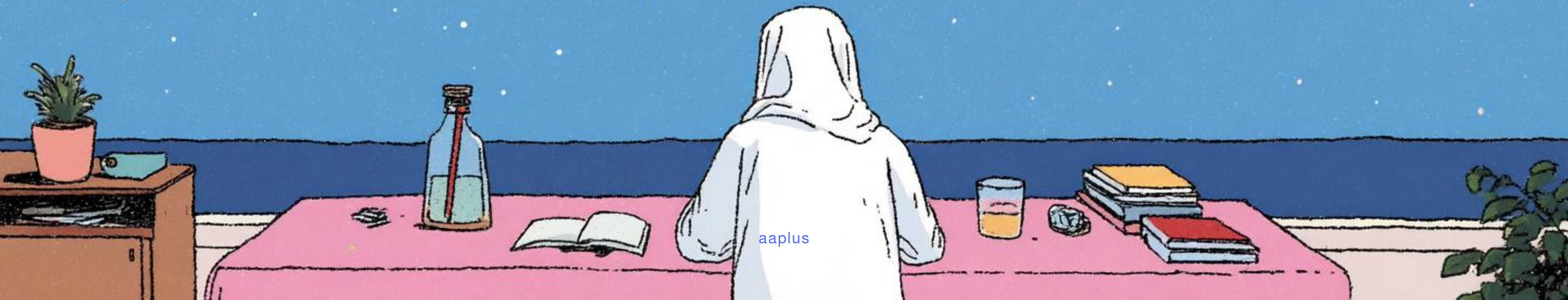


The Sunday Session
Winning Habits from the Quran & Hadith

the only one thing
that we require

Winning Habit #1

Istiqomah (Establishing Consistency)



The Sunday Session
Winning Habits from the Quran & Hadith

Winning Habit #1:
Istiqomah

THE BREAK DOWN

Winning Habit #1

Istiqomah (Establishing Consistency)

1

Break up the
big goals into
small parts

Winning Habit #1

Istiqomah (Establishing Consistency)

1

Break up the
big goals into
small parts

2

Specify the
time of day
or routine

Winning Habit #1

Istiqomah (Establishing Consistency)

1

Break up the
big goals into
small parts

2

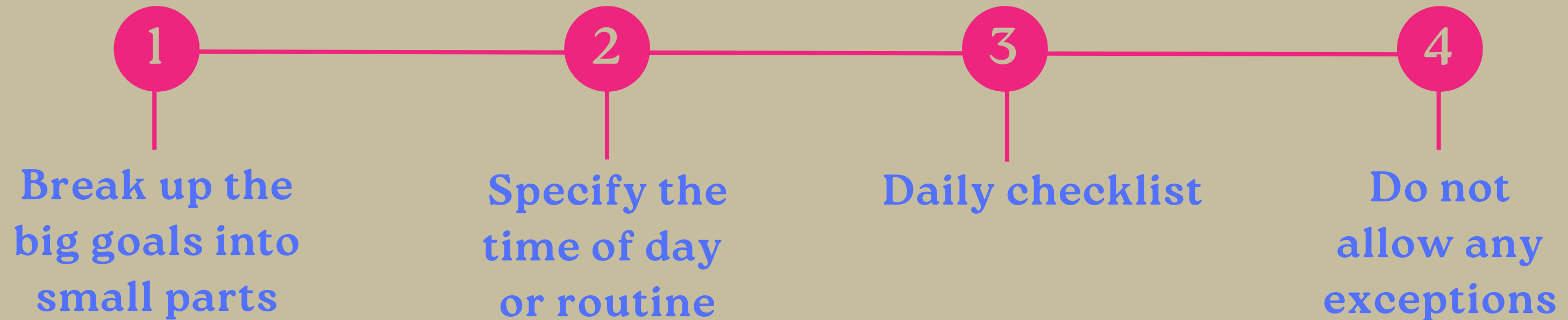
Specify the
time of day
or routine

3

Daily checklist

Winning Habit #1

Istiqomah (Establishing Consistency)



Narrated Sayidatina `Aisha RA

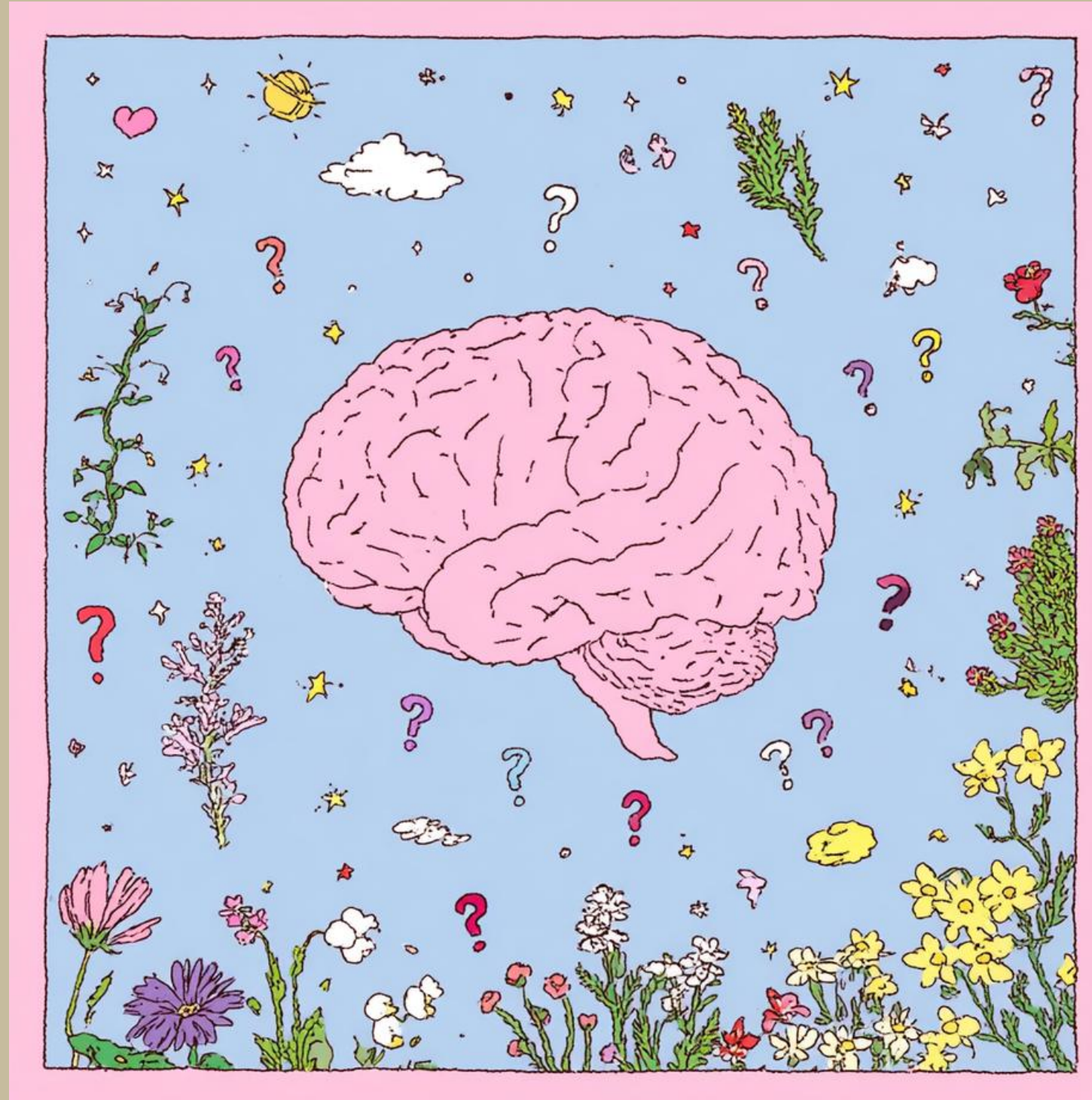
The Prophet (ﷺ) was asked:
"What deeds are loved most by Allah?"

He (ﷺ) said, "The most **regular constant deeds** even though they may be few." He added, 'Don't take upon yourselves, except the deeds which are within your ability."

[Sahih al-Bukhari]

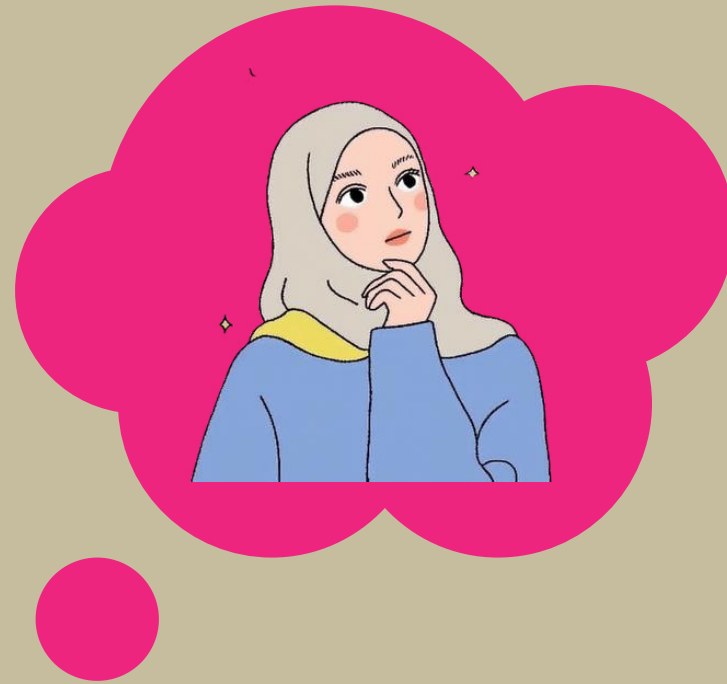
Are you:

Someone
who will
prioritize the
habit/ goal,
and it's part
of their
commitment
to Allah.



Or:

Someone
who will only
do the habit /
goal when
they *feel* like
it, or if
they're not
tired, or if
they have
time.



**Are we prioritizing the Ibadah
that we do for Allah, or are we
being opportunistic about it?**

The Sunday Session
Winning Habits from the Quran & Hadith

Personal Discipline:

Winning Habit #2

Using Time Effectively

aaplus



Allah swears by **‘time’** in many places in the Quran.

وَالْعَصْرِ

By time,

(al ‘Asr : 1)

Allah swears by **‘time’** in many places in the Quran.

وَالْفَجْرِ . وَلَيَالٍ عَشْرٍ

By the dawn. And [by] ten nights.

(al Fajr : 1-2)

Allah swears by **‘time’** in many places in the Quran.

وَالضُّحَىٰ . وَاللَّيْلِ إِذَا سَجَىٰ

By the morning brightness. And [by] the
night when it covers with darkness,

(adh Dhuha : 1-2)

Allah swears
by what
is **great** by
His sight.

ie: **'time'**

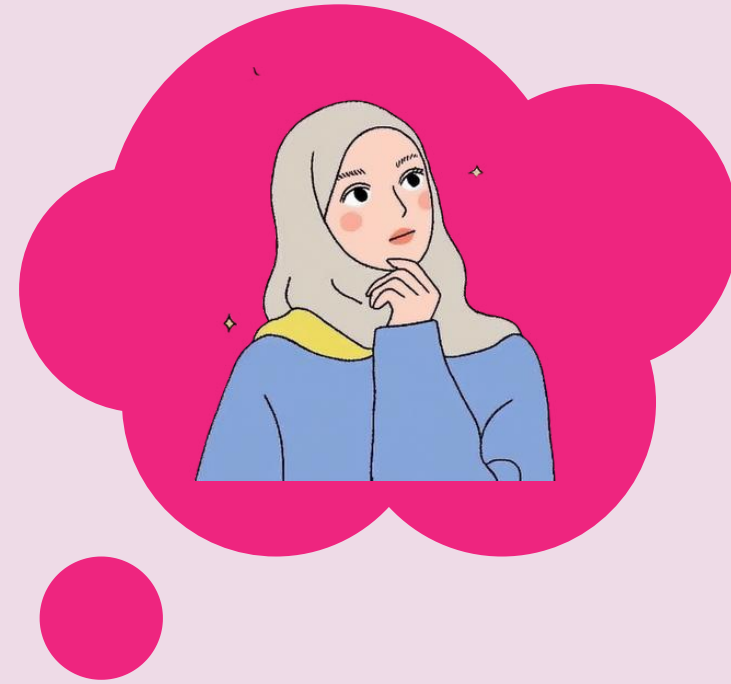


**Allah SWT levels the playing field
by giving the same 24 hours
to the poor and the rich.**

**Allah SWT levels the playing field
by giving **the same 24 hours**
to the poor and the rich.**

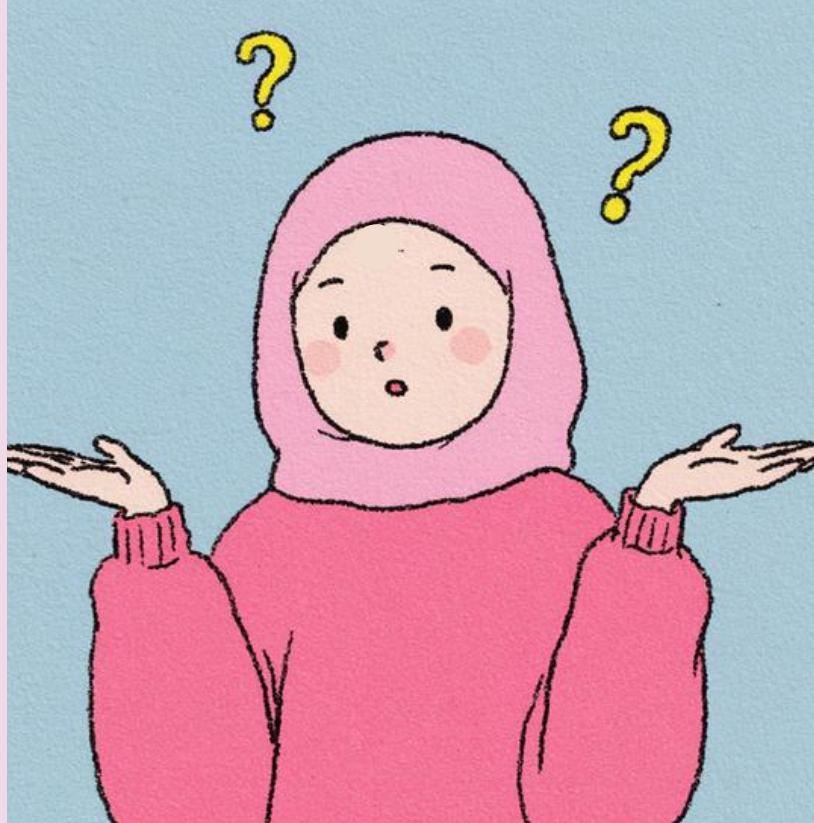


***nobody can buy
more time or time
that has passed**



**We tend to spend time in such poor quality
that we invented this terminology called**

‘quality time’



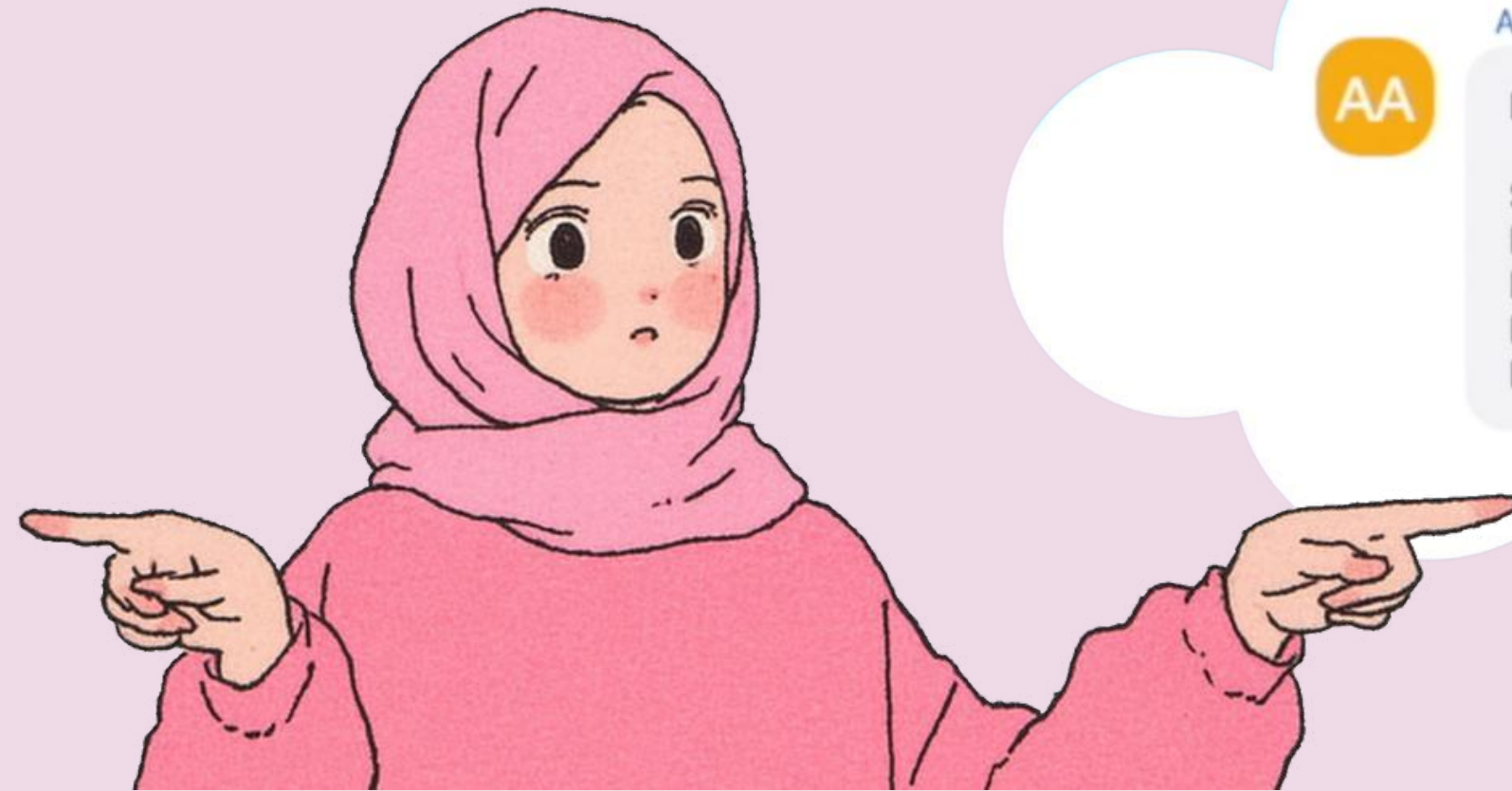
**It is as if we are accepting the fact
that we are only going to have one
hour of quality time, and the rest of
our day will be of poor quality!**



Carving out
at least an hour of
quality time in a day.

VS

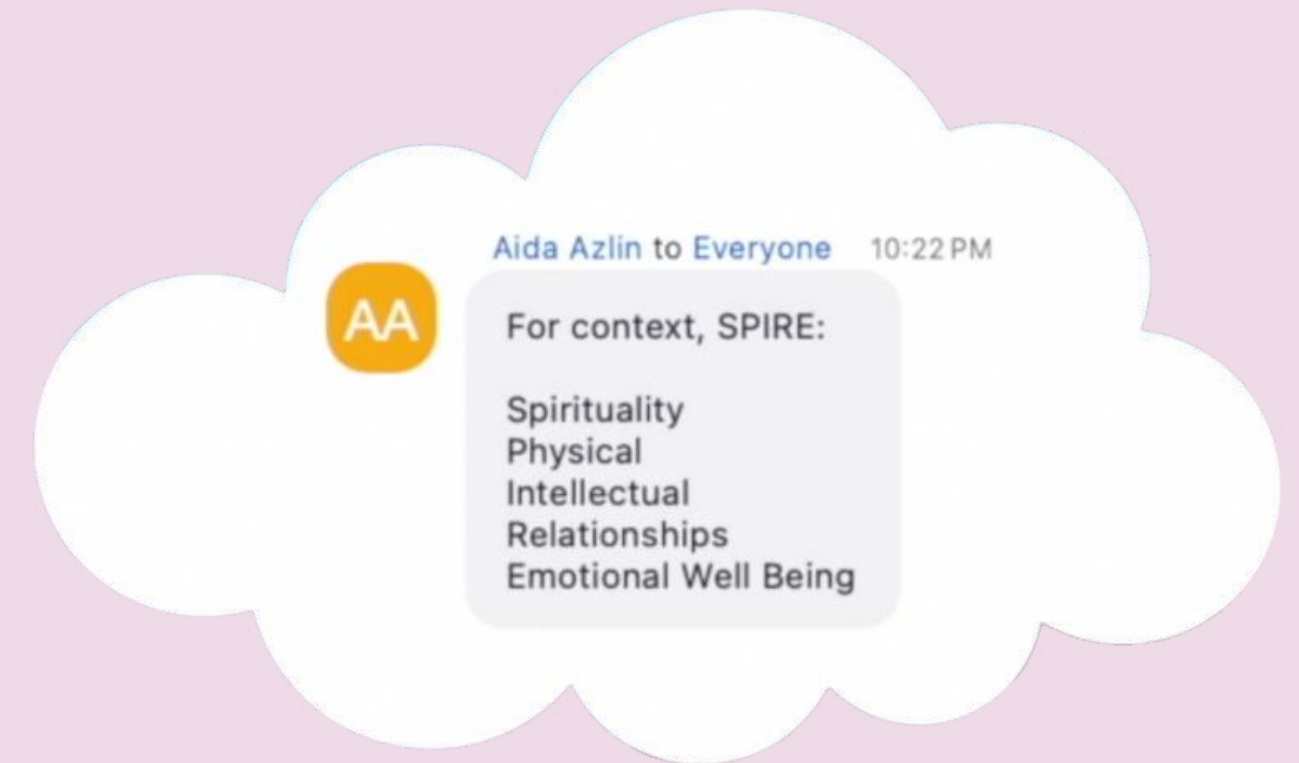
Reviewing the
quality of our
time



Carving out
at least an hour of
quality time in a day.

VS

Reviewing the
quality of our
time



**“I spend most of my time on work.
So where does work fit in SPIRE?”**

**Ans : Our work should be contributing to
all aspects in SPIRE.**

The Sunday Session
Winning Habits from the Quran & Hadith



The Sunday Session
Winning Habits from the Quran & Hadith

Winning Habit #2:
Using Time Effectively

THE BREAK DOWN

Winning Habit #2

Using Time Effectively

Factors that will help us use our time effectively

1

**Do not
waste time**

Winning Habit #2

Using Time Effectively

Factors that will help us use our time effectively

1

**Do not
waste time**

2

**Sustaining
fitness and
energy**

Winning Habit #2

Using Time Effectively

Factors that will help us use our time effectively

1

**Do not
waste time**

2

**Sustaining
fitness and
energy**

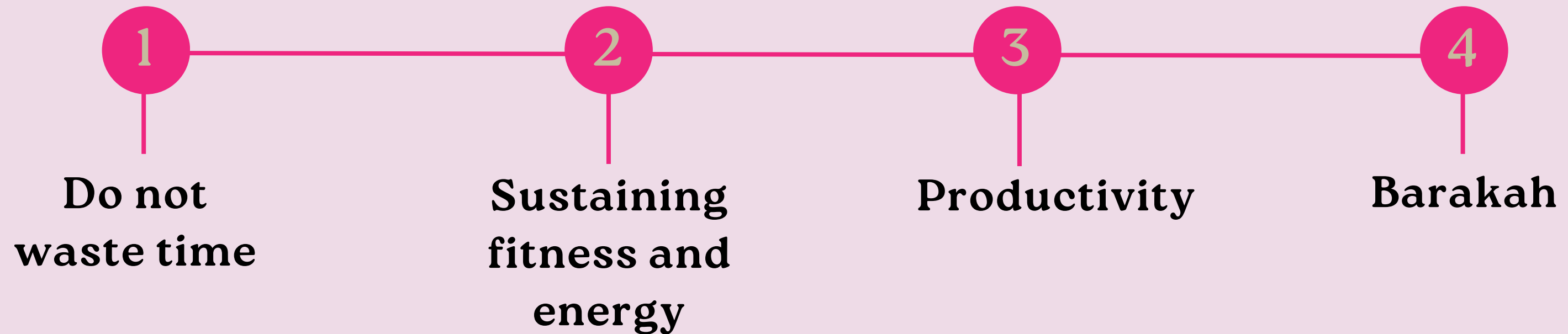
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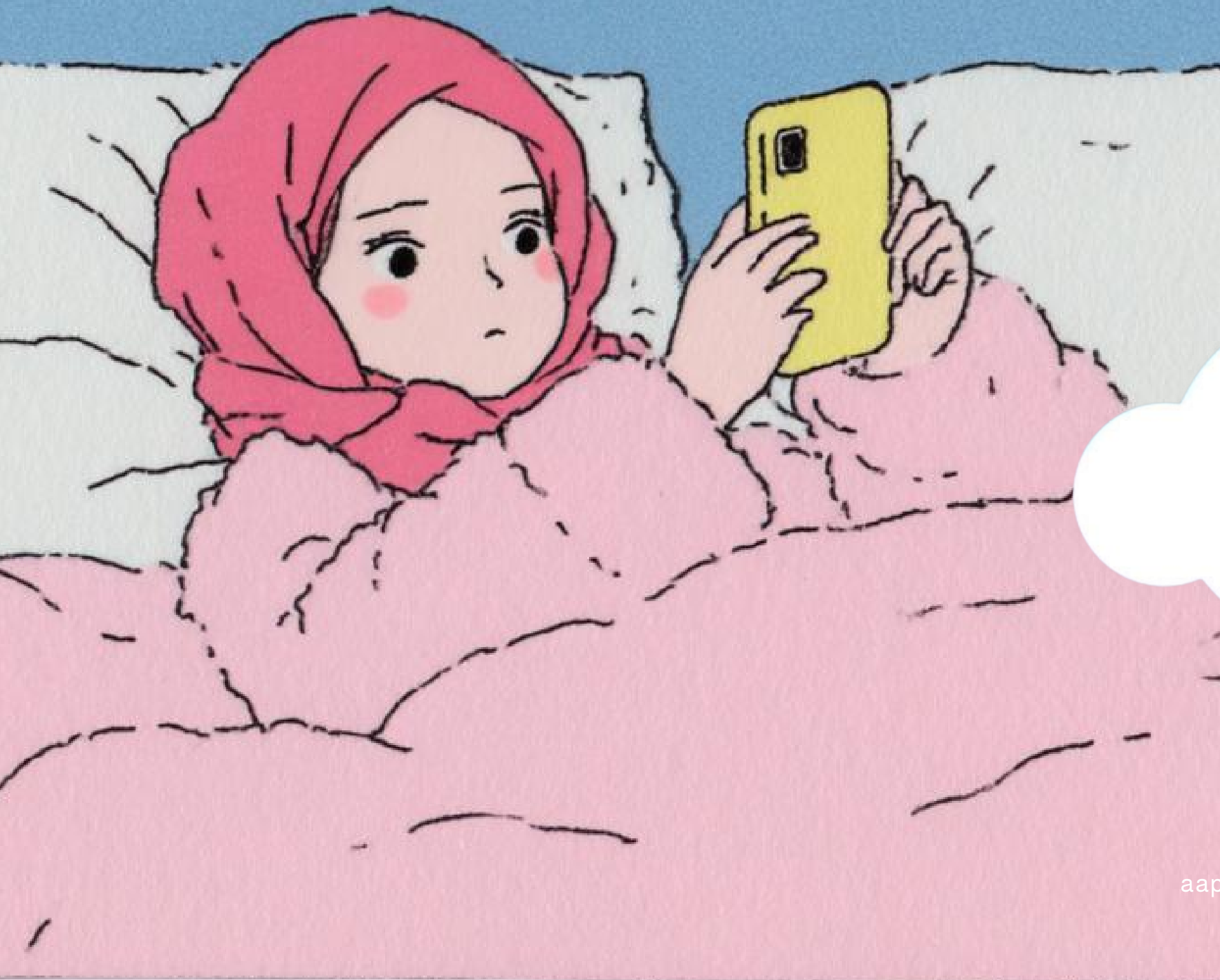
Productivity

Winning Habit #2

Using Time Effectively

Factors that will help us use our time effectively





1- Do not waste time



Aida Azlin to Everyone 9:26 PM

An Easy Freebie that we give shaitan : wasting time by doing something that is not necessarily haram. but takes away from us doing something good.



Messenger of Allah (ﷺ) said:

**"The feet of the slave of Allah shall not move
[on the Day of Judgement] until he is asked about 5 things:**

- 1.** about his life; what he did with it
- 2.** about his knowledge; what he did with it
- 3.** about his wealth; how he earned it
- 4.** about his wealth; where he spent it on
- 5.** about his body; for what did he wear it out."

[Jami` at-Tirmidhi]



**Accumulating
wasted time.**

ie: Scrolling social media.

VS

**Accumulating
good deeds.**

ie: Read a few pages
of Tafsir.

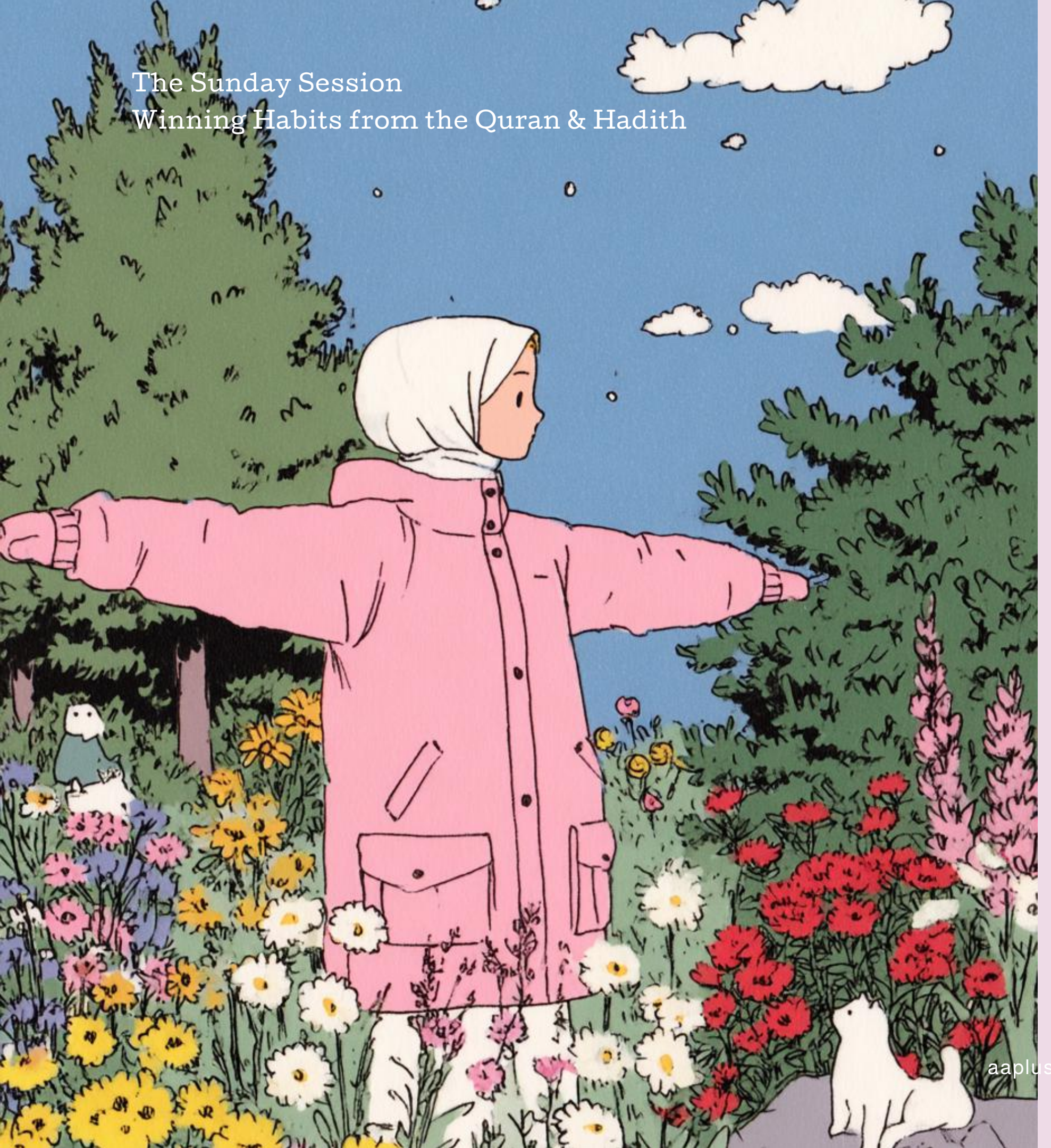
1- Do not waste time

**Do not underestimate
where time disappears to.**

The Sunday Session
Winning Habits from the Quran & Hadith

2 - Sustaining Fitness

**When we are fit,
we'll be able
to keep going for
longer.**





3 - Productivity

**Differentiate
between contexts
that require
something to be
good enough VS
perfection.**

**Not all
contexts
require
perfection**

Don't sweat over unimportant decisions.

Some decisions are just not worth to be agonized over.

Value our time and other people's time.

Challenge ourselves in finding ways to be more efficient.

The Sunday Session
Winning Habits from the Quran & Hadith

4 - Barakah

**If we fundamentally
have a purpose for
the sake of Allah
SWT, Allah SWT
will Help us.**



The Sunday Session
Winning Habits from the Quran & Hadith

Personal Discipline:

Winning Habit #3

Islah
(Reforming Justice
& Reforming
Relationship with Allah)



In the Quran, Allah SWT contrast

مُصْلِحُونَ

people who do
reformation

VS

الْمُفْسِدِينَ

people who do
corruption

*Find the episode from The Rich and The Grateful on this

The Sunday Session
Winning Habits from the Quran & Hadith

Winning Habit #3:
Islah

THE BREAK DOWN

Winning Habit #3

Islah (Reformation)

1

Reforming justice in the
world or in the community

Winning Habit #3

Islah (Reformation)



فَلَوْلَا كَانَ مِنَ الْقُرُونِ مِنْ قَبْلِكُمْ أُولُوا بَقِيَّةٍ يَنْهَوْنَ عَنِ الْفَسَادِ فِي الْأَرْضِ إِلَّا
قَلِيلًا مِّمَّنْ أَنْجَيْنَا مِنْهُمْ وَاتَّبَعَ الَّذِينَ ظَلَمُوا مَا أُتْرِفُوا فِيهِ وَكَانُوا مُجْرِمِينَ

So why were there not among the generations before you those of enduring discrimination forbidding corruption on earth - except a few of those We saved from among them? But those who wronged pursued what luxury they were given therein, and they were criminals.

وَمَا كَانَ رَبُّكَ لِيُهْلِكَ الْقُرَىٰ بِظُلْمٍ وَأَهْلِهَا مُصْلِحُونَ

And your Lord would not have destroyed the cities unjustly while their people were reformers.

[Hud 11:116-117]

فَلَوْلَا كَانَ مِنَ الْقُرُونِ مِنْ قَبْلِكُمْ أُولُوا بَقِيَّةٍ يَنْهَوْنَ عَنِ الْفَسَادِ فِي الْأَرْضِ إِلَّا
قَلِيلًا مِّمَّنْ أَنْجَيْنَا مِنْهُمْ وَاتَّبَعَ الَّذِينَ ظَلَمُوا مَا أُتْرِفُوا فِيهِ وَكَانُوا مُجْرِمِينَ

So why were there not among the generations before you those of enduring discrimination forbidding corruption on earth - except a few of those We saved from among them? But those who wronged pursued what luxury they were given therein, and they were criminals.

[Hud 11 : 116]

**We have the obligation
to counter the people who
are doing fasad (corruption).**

**When the community gets
destroyed, Allah SWT will save
those who tried to reform.**

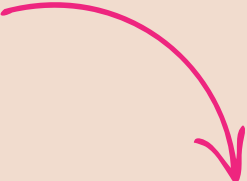
وَمَا كَانَ رَبُّكَ لِيُهْلِكَ الْقُرَىٰ بِظُلْمٍ وَأَهْلِهَا مُصْلِحُونَ

**And your Lord would not have destroyed
the cities unjustly while their people were reformers.**

[Hud 11 : 117]

**Us being reformers,
might also be one of the reasons
for our community to be protected.**

Capitalism nowadays
have gone **wrong**.



when certain parties dominate
and these parties then do
injustices to other parties.

The Sunday Session
Winning Habits from the Quran & Hadith

Heavy pursuit of corporate
growth is generating so
much wastefulness.



In order to fix this,
we must take note of what is
broken and **do something about it.**



People who
don't perform Islah

**always think about
themselves**

VS

People who
perform Islah

**always think about
the greater good.**

People who
don't perform Islah

**think that they have
done good enough and
tend to be defensive if
told otherwise**

VS

People who
perform Islah

**do not stagnate
and are always in a
self-improvement cycle**

The Sunday Session
Winning Habits from the Quran & Hadith

Personal Discipline:

Winning Habit #4

Using Correct
Methodology & Making
Choices with Evidence



وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ

“And do not pursue that of which you
have no knowledge.”

[al-Isra 17:36]

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ

“And do not **pursue** that of which you
have no knowledge.”

must be using
the proper
methodology

[al-Isra 17:36]

Bonus tips!

How to age gracefully?

1

Exercise

Bonus tips!

How to age gracefully?

1

Exercise

2

Good
sunscreen

Bonus tips!

How to age gracefully?

1

Exercise

2

Good
sunscreen

3

Cut on sugar

Bonus tips!

How to age gracefully?



Extra bonus tips!

For those who are contemplating marriage;

**We should judge a guy
based on what he does
and not based on what he says.**

Extra bonus tips!

For those who are contemplating marriage;

**We should judge a guy
based on what he does
and not based on what he says.**

The Sunday Session

Winning Habits from the Quran & Hadith



➡ Personal Discipline:

- | | |
|------------------|---|
| Winning Habit #1 | Istiqomah (Establishing Consistency) |
| Winning Habit #2 | Using Time Effectively |
| Winning Habit #3 | Islah (Reforming Justice & Reforming Relationship with Allah) |
| Winning Habit #4 | Using Correct Methodology & Making Choices with Evidence |

Interpersonal Skills:

- Winning Habit #5
- Winning Habit #6

Finance:

- Winning Habit #7

Recap :

**7 WINNING
HABITS**

Personal Discipline:

- Winning Habit #1 Istiqomah (Establishing Consistency)
- Winning Habit #2 Using Time Effectively
- Winning Habit #3 Islah (Reforming Justice & Reforming Relationship with Allah)
- Winning Habit #4 Using Correct Methodology & Making Choices with Evidence

➔ Interpersonal Skills:

- Winning Habit #5
- Winning Habit #6

Finance:

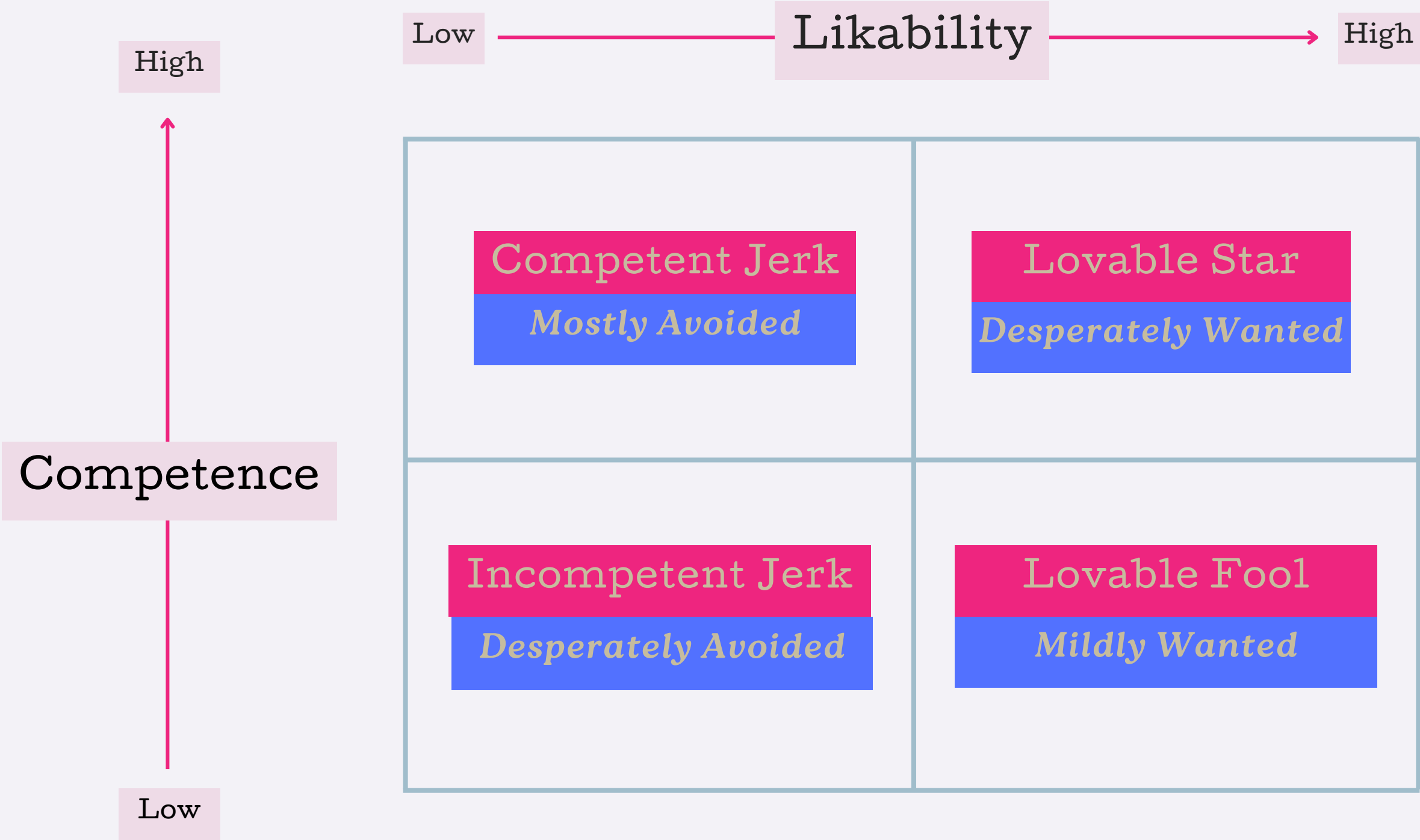
- Winning Habit #7

Recap :

7 WINNING HABITS

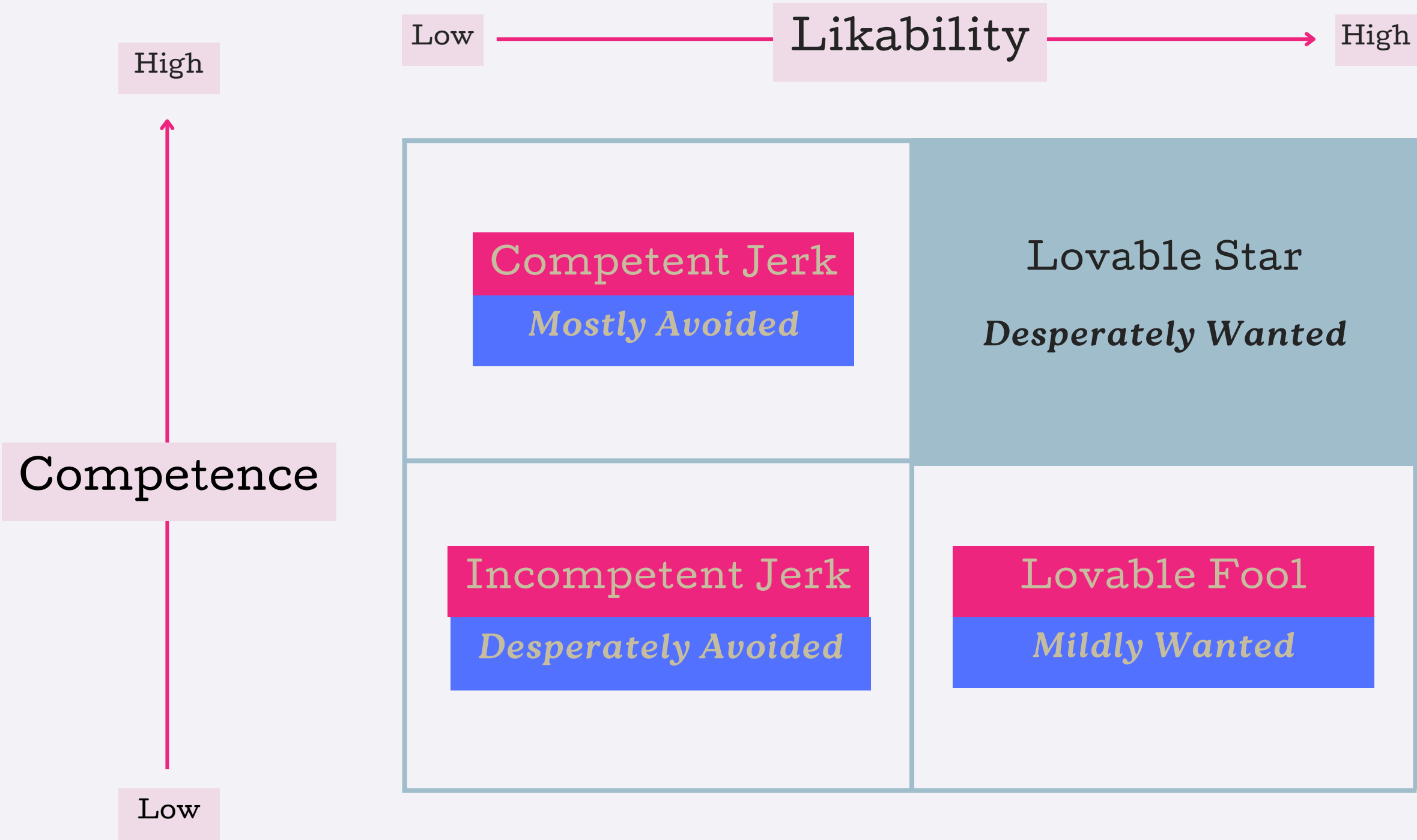
Stereotypes of people at work

[According to an article from
Harvard Business School
Publishing Corporation]



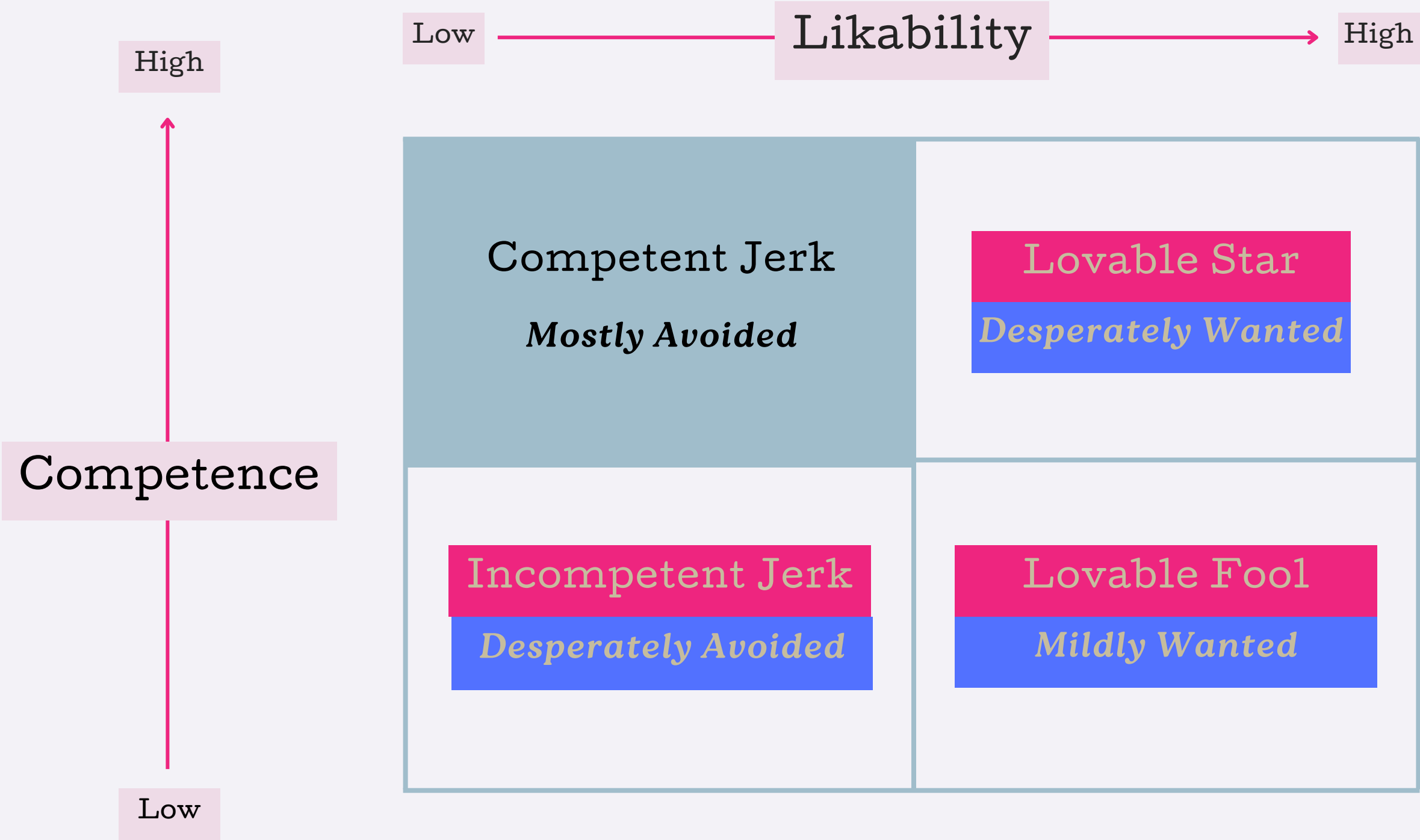
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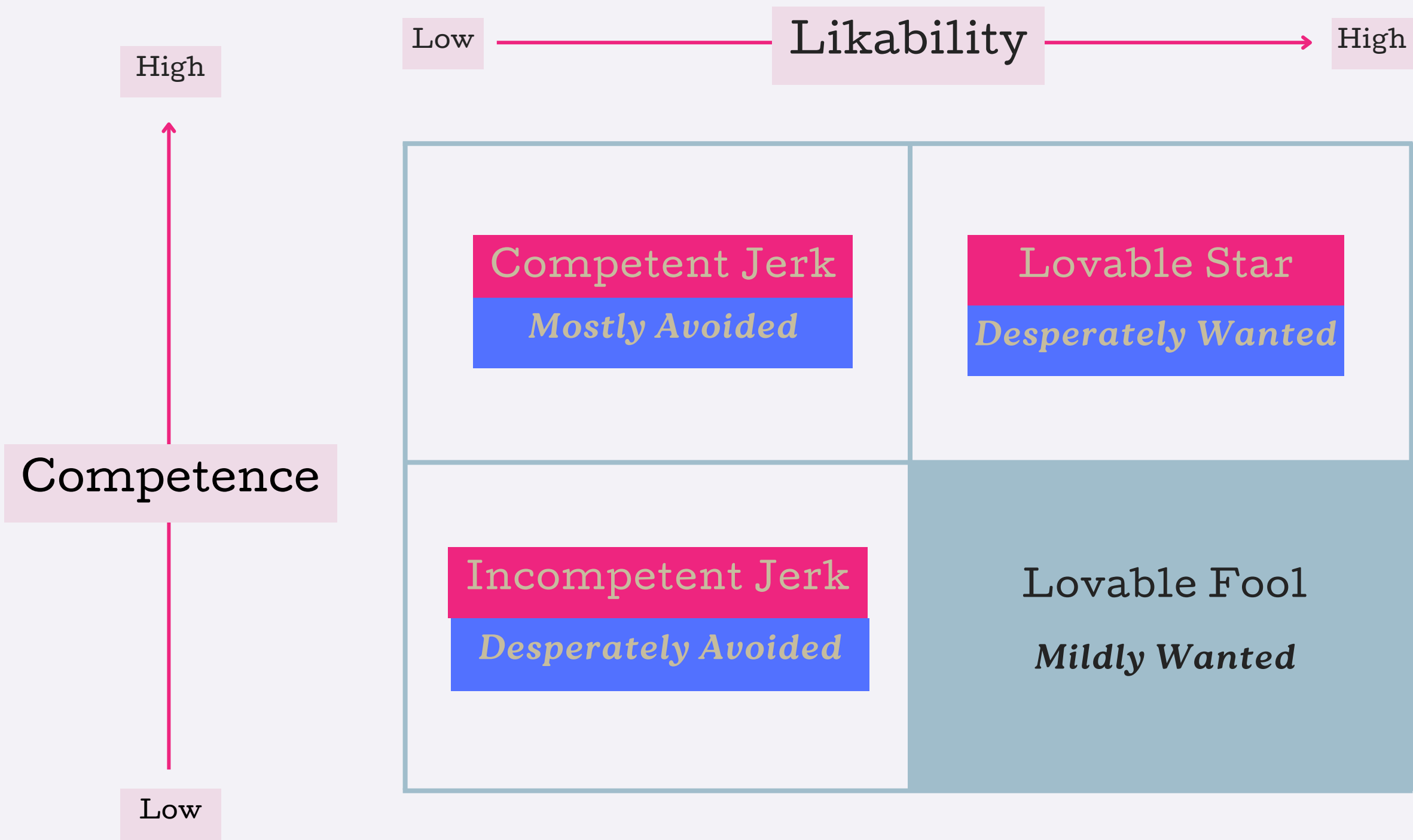
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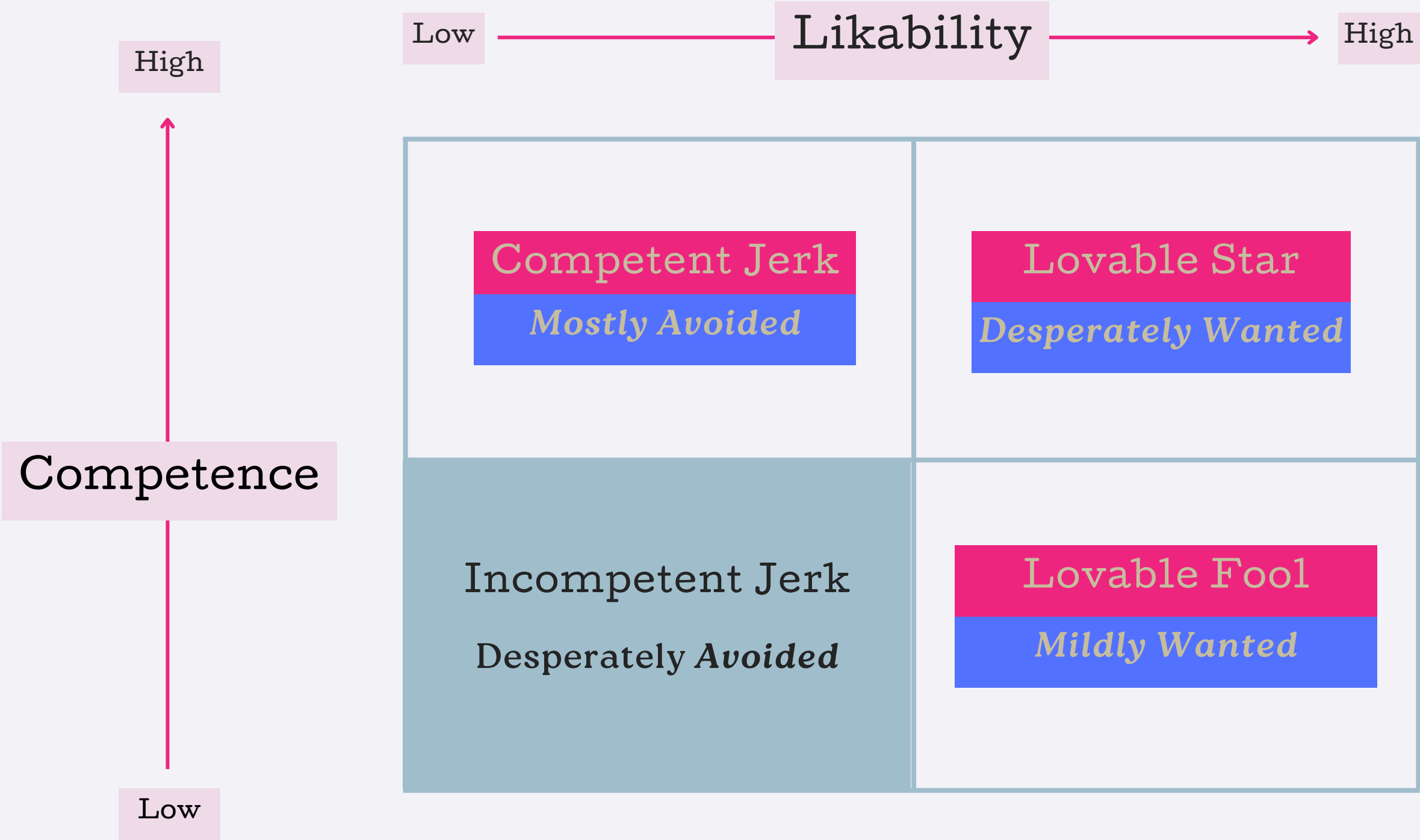
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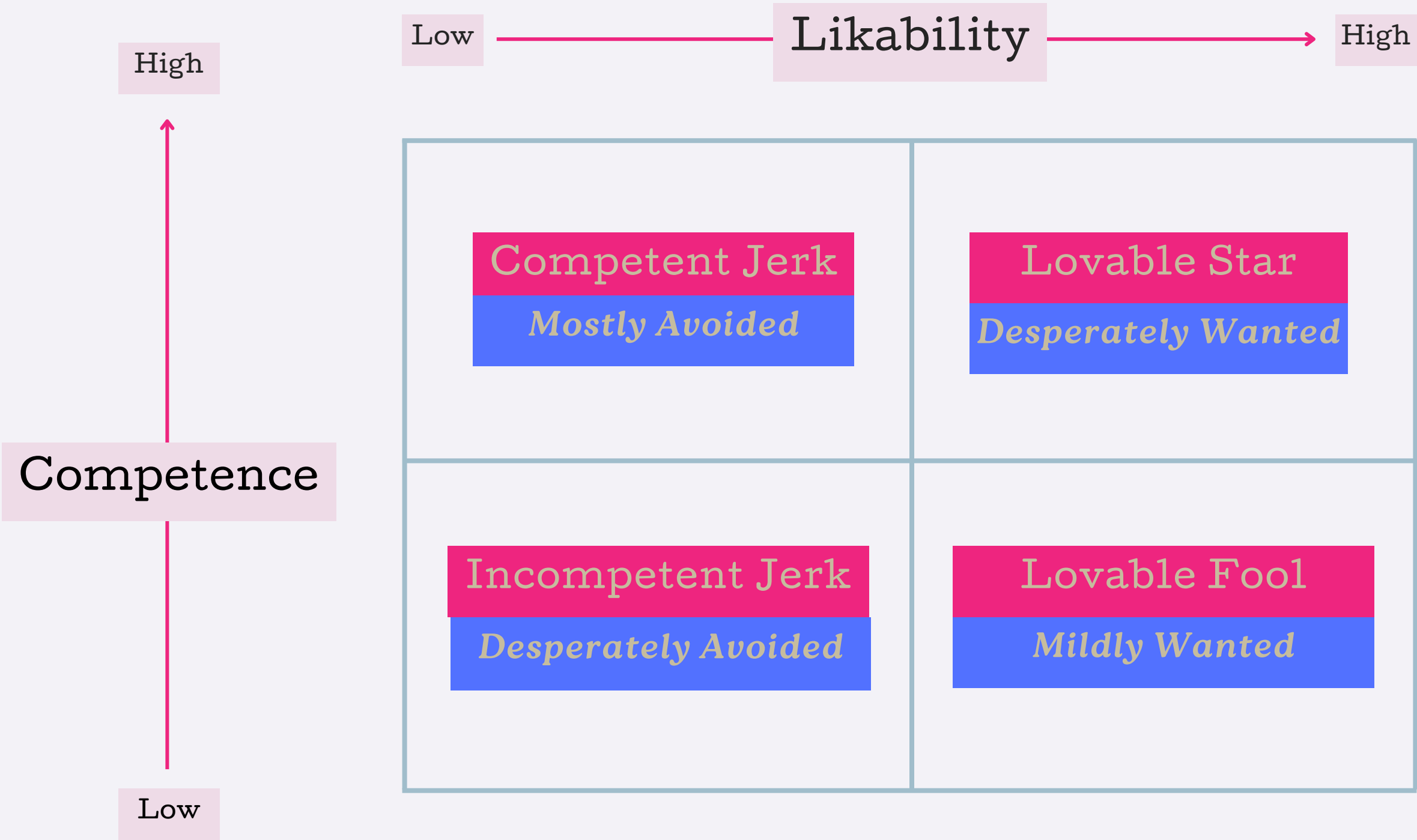
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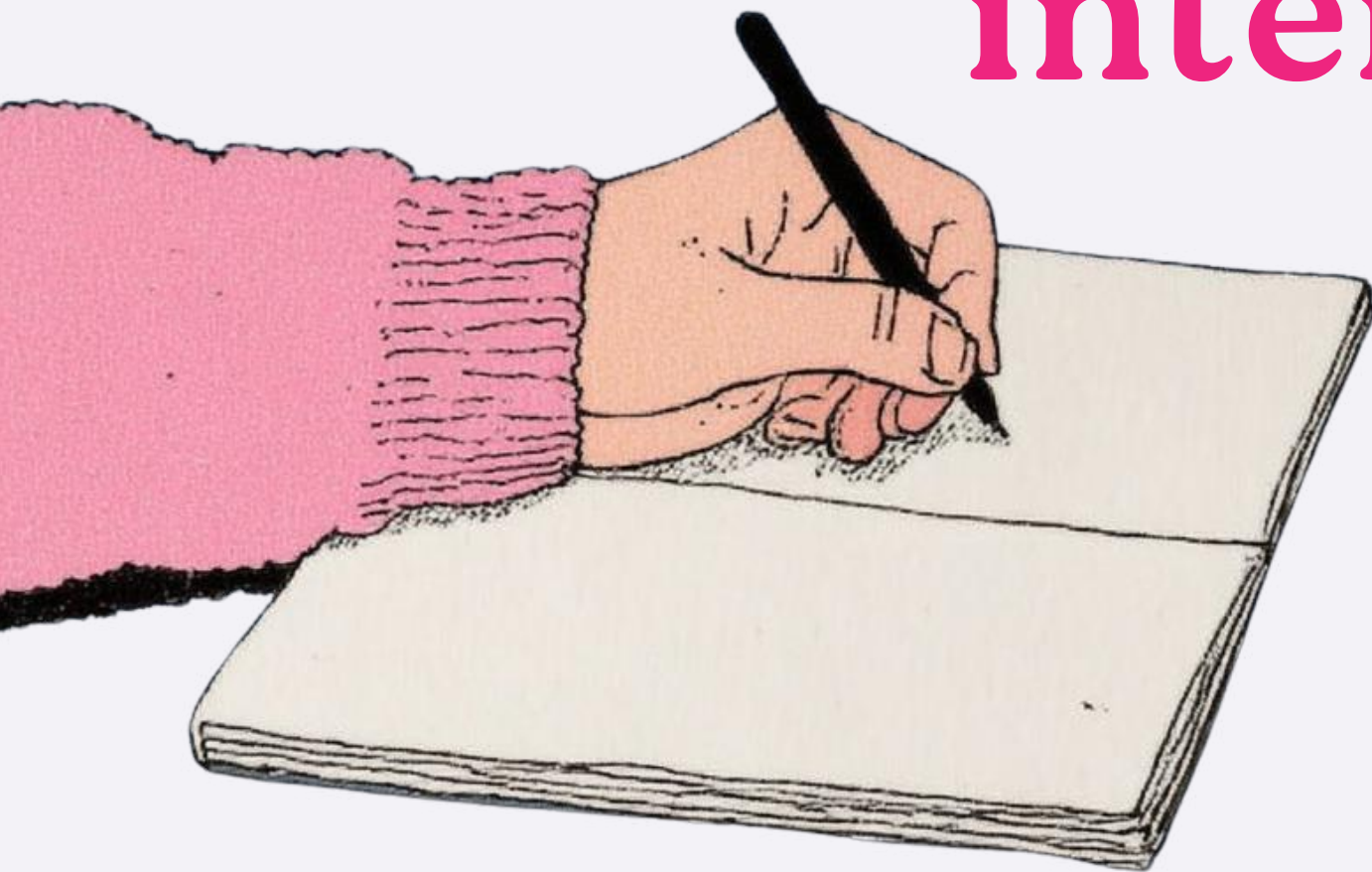


Stereotypes of people at work

[According to an article from
Harvard Business School
Publishing Corporation]



**Do not underestimate
the importance of our
interpersonal skills.**



The Sunday Session
Winning Habits from the Quran & Hadith

Interpersonal Skills

Winning Habit #5

To involve and
empower



(An example from the context of parenting)

Get our child involved in
the things that we do.

(An example from the context of parenting)

Get our child involved in
the things that we do.

The Sunday Session
Winning Habits from the Quran & Hadith

NM

Nurin Marlisa to Everyone 9:53 PM

Thats a good parenting tips! But has to put away the perfection hehe

100 1

to involve:

Figure out how to **involve people**
in your life **instead of** shutting them out
and keep waiting for **‘the right moment’.**

to empower:

**Let people be
part of the decision.**

Do not be too possessive over the decision.

to empower:

**Let people be
part of the decision.**

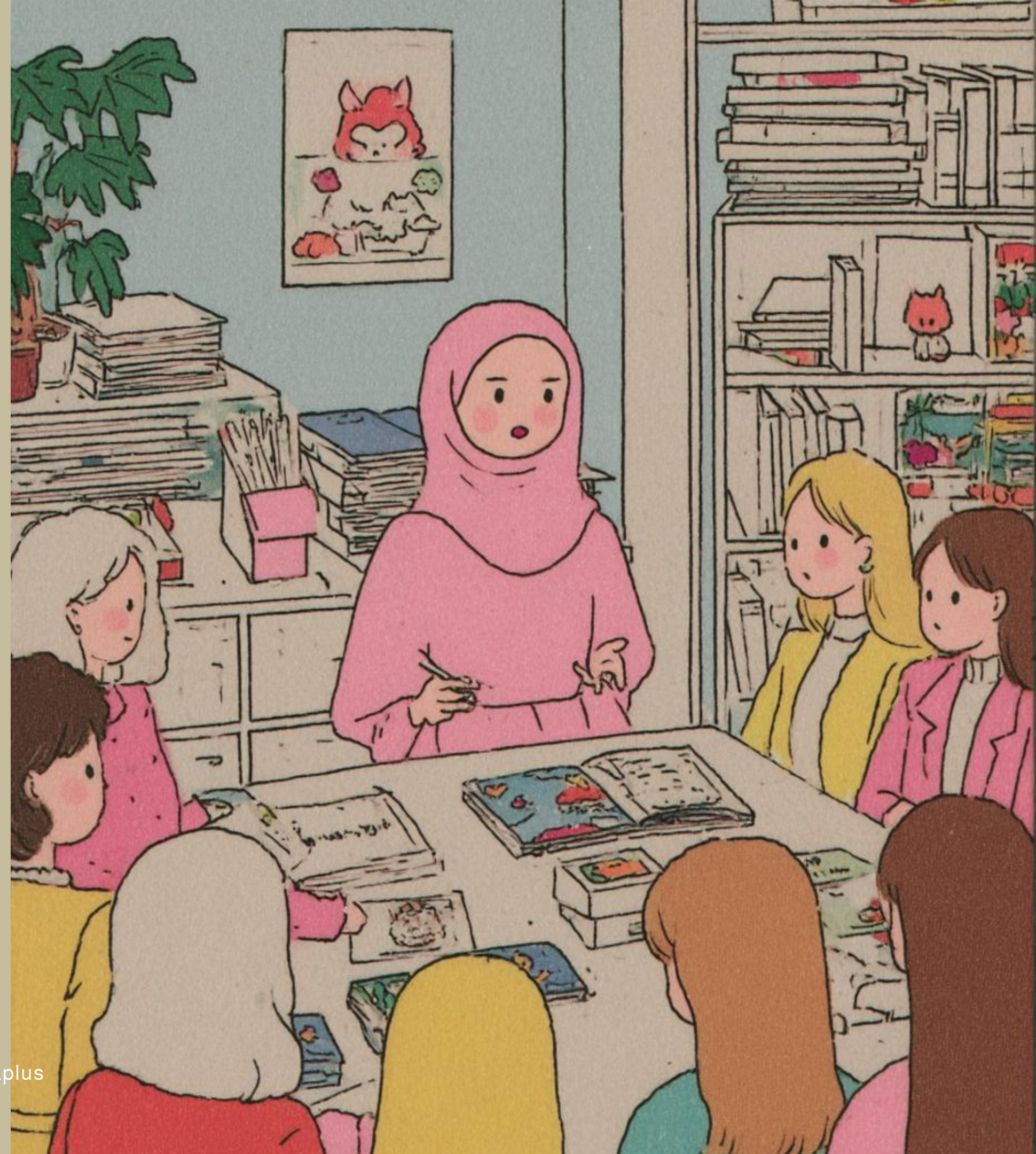
This will **lighten the burden on ourselves.**

The Sunday Session
Winning Habits from the Quran & Hadith

Interpersonal Skills

Winning Habit #6

Communicate
Effectively
& with Empathy



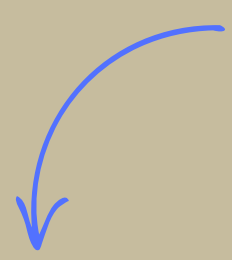
The Sunday Session

Winning Habits from the Quran & Hadith

**Communication
monetizes our knowledge.**

**Communication is conveying a
message so that the recipient
has the reaction that we
want or hope for.**

Communication is conveying a
message so that the recipient
has the reaction that we
want or hope for.



this is how the success of
the communication
is measured

The Sunday Session
Winning Habits from the Quran & Hadith

What does it take to communicate effectively?

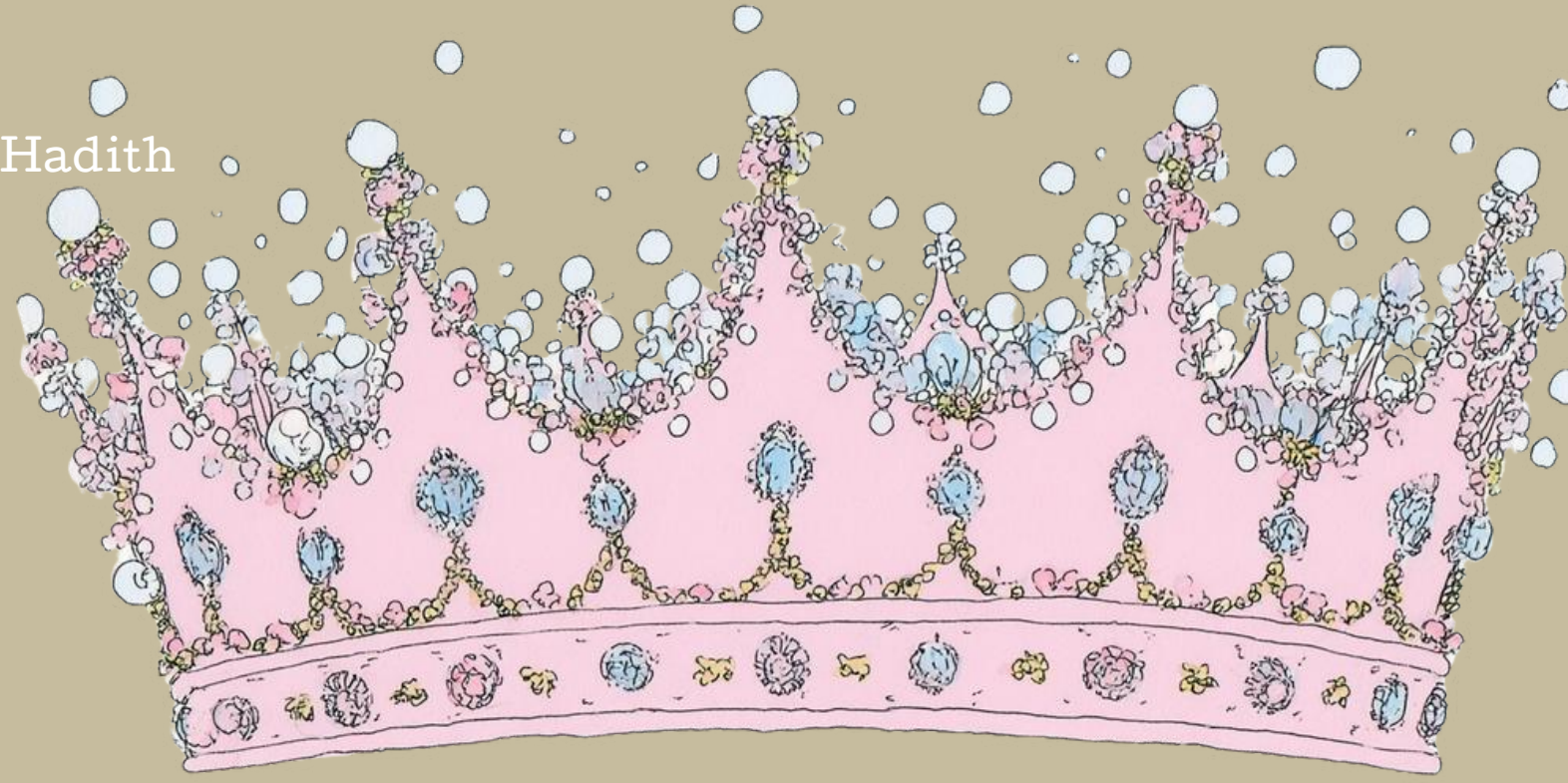
Understand your audience.



aaplus

What it takes to communicate effectively?

Invest in our
personal credibility.



Learning from the Queen of Sheba

**She was consultative
and she explained
her rationale.**



Learning from our mother Sayyidatina Khadijah (RA)

**She was not dismissive of the
feelings of others, and she
reaffirmed with facts.**

The Sunday Session
Winning Habits from the Quran & Hadith

Learning from Prophet Ibrahim (AS)
He made his people
internalize logic by
themselves.

Lessons from Sirah:

Personal Discipline:

- Winning Habit #1 Istiqomah (Establishing Consistency)
- Winning Habit #2 Using Time Effectively
- Winning Habit #3 Islah (Reforming Justice & Reforming Relationship with Allah)
- Winning Habit #4 Using Correct Methodology & Making Choices with Evidence

Interpersonal Skills:

- Winning Habit #5
- Winning Habit #6

➡ Finance:

- Winning Habit #7

Recap :

7 WINNING HABITS

The Sunday Session
Winning Habits from the Quran & Hadith

Finance

Winning Habit #7

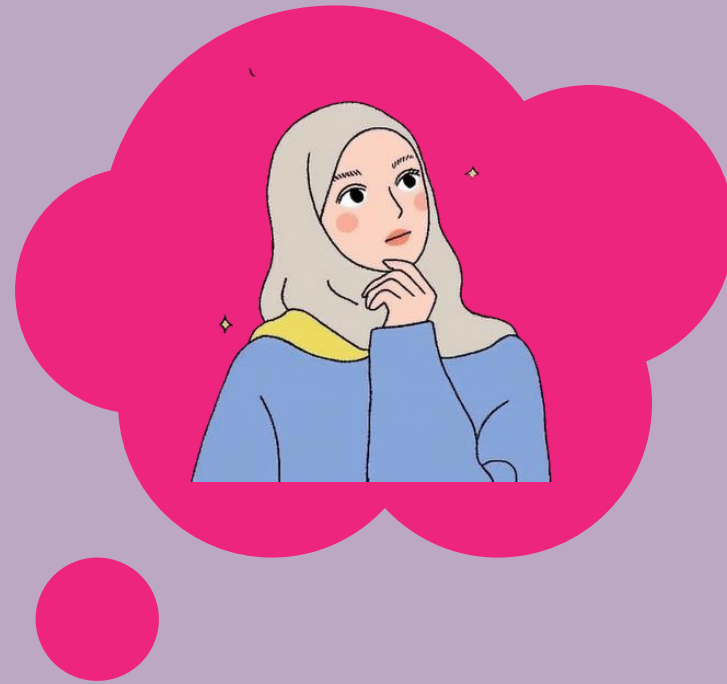
Money Matters



Do not fund today's
lifestyle by borrowing.

We are doing **injustice** to others
when we borrow without
understanding **why**
we are insufficient.

We are doing **injustice** to others
when we borrow without
having a clear idea **how we are**
going to pay back.



Question:

**Do you then continue lending
to the same person or stop?**

We **can consider** to lend our money
when this person has a **clear idea**
of how they are going to **pay back.**

We **can consider** to lend our money

**when this person takes the religion
seriously and know that Allah SWT
will hold them accountable.**

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Winning Habits from the Quran & Hadith

Invest in our
Aakhirah and our future.

Do not let money change us.

Be detached from it and be grateful.

Personal Discipline:

- Winning Habit #1 Istiqomah (Establishing Consistency)
- Winning Habit #2 Using Time Effectively
- Winning Habit #3 Islah (Reforming Justice & Reforming Relationship with Allah)
- Winning Habit #4 Using Correct Methodology & Making Choices with Evidence

Interpersonal Skills:

- Winning Habit #5
- Winning Habit #6

Finance:

- Winning Habit #7

Recap :

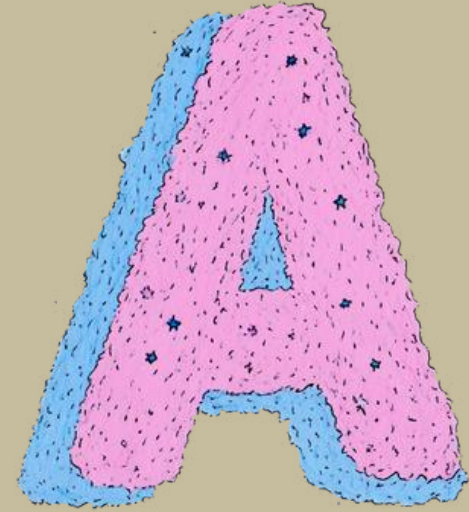
**7 WINNING
HABITS**



Question:

**How do we bounce back quickly,
and be resilient when we get off
track from the desired habits?**

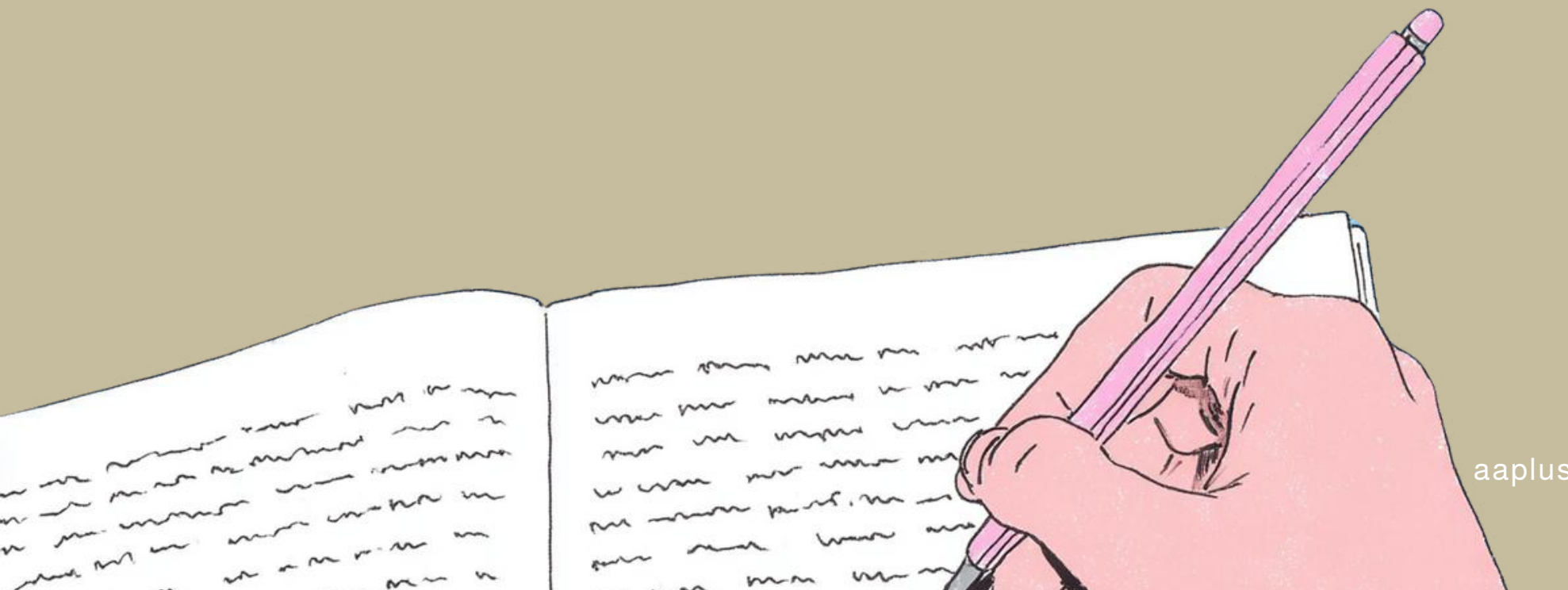
(Pertaining to Consistency)



**Start with
something
realistic and
sustainable.**

Then move on from there.

**When we go off-track,
don't let it drag.
Start over.**



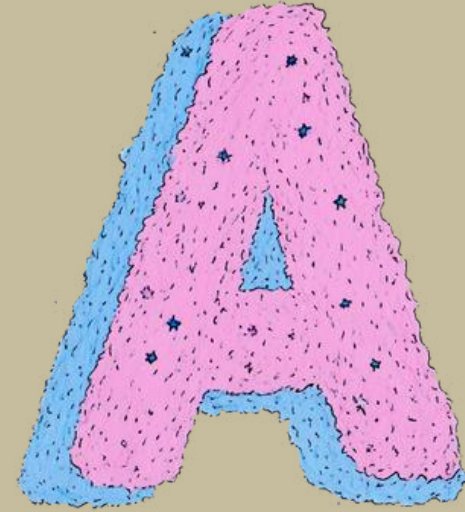


Question:

I'm trying to achieve the very basic habit that is realistic and sustainable for me, but when I'm not able to do it, it affected my motivation, and then it gets to my productivity.

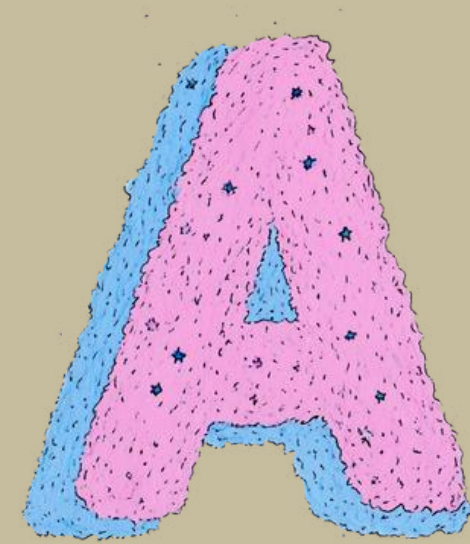
It's like a spiral effect where other good habits get affected because of this one habit that was not achieved.

So how can we have / sustain Istiqamah long term?



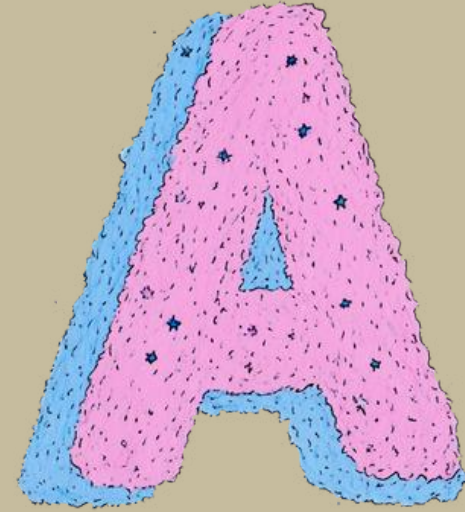
To get ourselves to stay motivated and to keep us Istiqamah:

**Focus on how much sins we have done,
and how much of Allah SWT's forgiveness
we need, knowing that death will also
come knocking at any time,**



To get ourselves to stay motivated and to keep us Istiqamah:

**Declutter our mind and understand
what is it that's causing the noise in
our mind and refocus it.**



To get ourselves to stay motivated and to keep us Istiqamah:

**When we feel mundane with our
routine, re-establish the connection of
our heart with Allah SWT.**

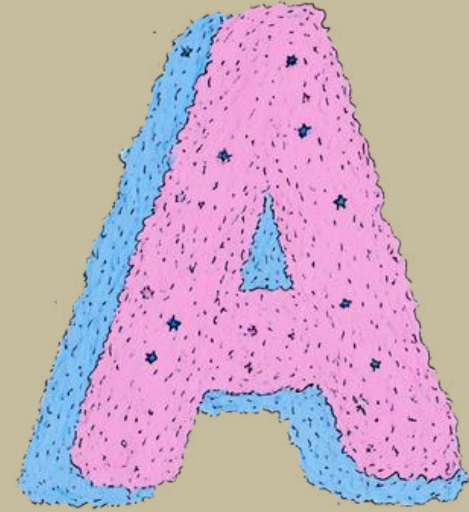
Have a conversation with Allah with our own words and
not some words that we memorize, ie: from a Du'a.



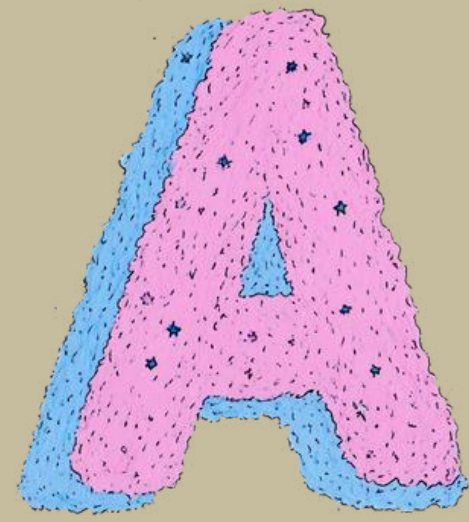
Question:

I really want to be productive with my time. So before, I would try to fill up my waking moments with listening to lectures or podcast. But after some time, **I feel a brain fatigue.**

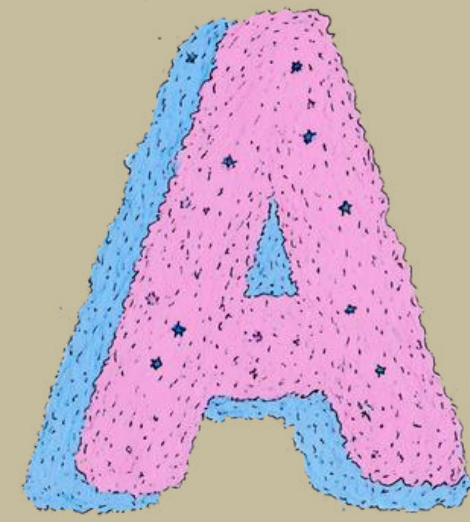
So now I just listen to something else other than lectures or knowledge that is heavy in content. Am I just giving excuses to myself, or should I actually continue to strive, or is my definition of being productive skewed?



**It's important to have a
proper methodology
when studying.**

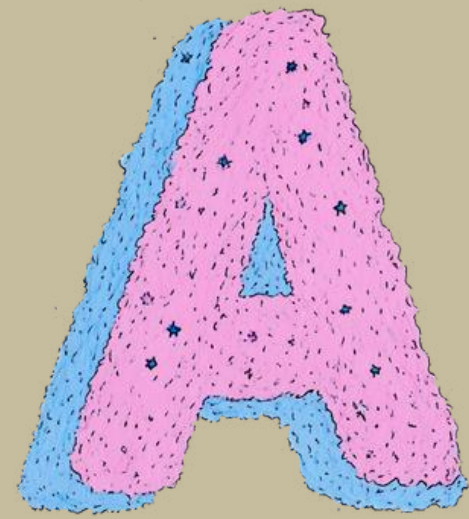


**There are different levels of
difficulty in acquiring
knowledge. To avoid feeling
disconnected, start with the
level that suits us best.**



**Allah SWT has made us capable of
contemplating the Quran with very
deep and complex Arabic.**

We cannot dumb ourselves down.



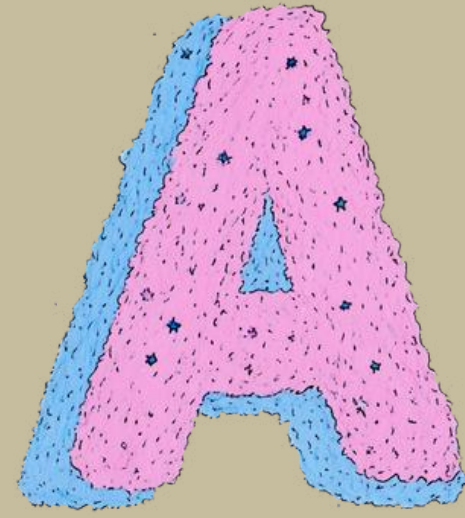
Get to the right stage and
sustain it, but be sure to have
progression. **Progression** is part
of continuous improvement.



Question:

I want to invite more Barakah, by doing more Islah.
But somehow, I still believe that, part of it is gonna
make me burn out.

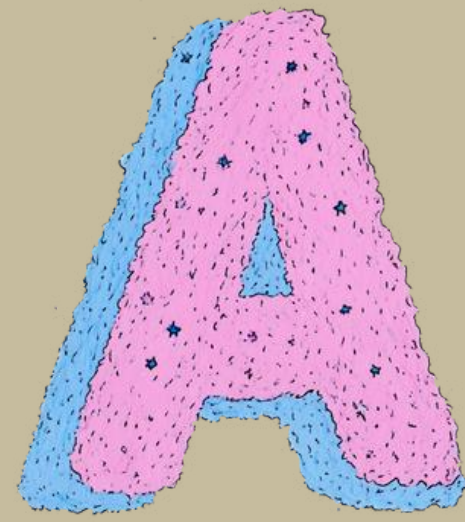
**So how should we do Islah
without affecting us so much?**



We have to believe in the Quran and
the promise of Allah SWT:

**“O you who have believed, if you support Allāh,
He will support you and plant firmly your feet.”**

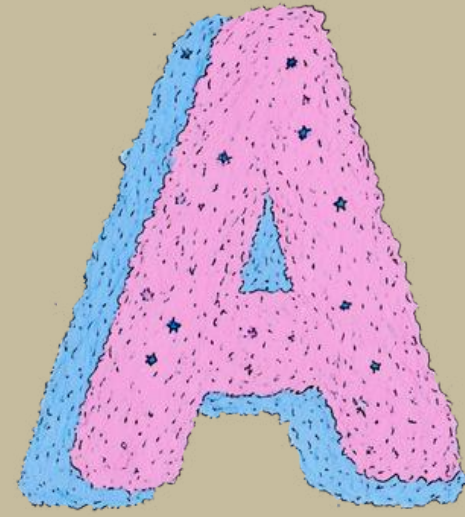
(Muhammad 47:7)



We have to believe in the Quran and
the promise of Allah SWT:

Indeed, Allāh does not do injustice, [even] as much
as an atom's weight; while if there is a good deed,
He multiplies it and gives from Himself a great reward.

(an-Nisa 4:40)



**Commit to something that is realistic
and within our bounds.**

ie: If you are still living in the same house as your
parents then be good to your parents.

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Winning Habits from the Quran & Hadith

Remember, it's a journey.