

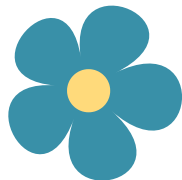


# Tarbiyyat

## Moral training: Checklist for Self Analysis

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُظَيْبِ وَالغِيظِ  
وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْبِحْسِنِينَ ﴿١٣٥﴾

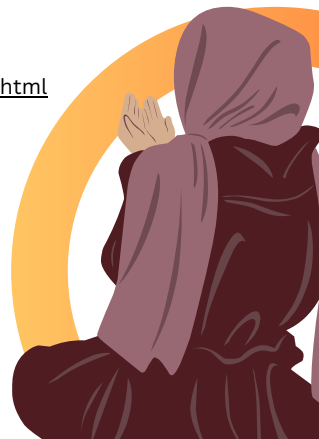
Those who spend in prosperity and adversity, and those who suppress anger and pardon men; and Allah loves those who do good; (Holy Qur'an 3:135)



His Holiness Mirza Masroor Ahmad (may Allah be his helper) gave a checklist on 6th December 2013 in the Friday Sermon called Knowledge and Will Power for Practical Reformation

**Secretaries:** Print this out for your girls and encourage them to have a weekly check in with themselves as a journal entry. It is important that this is done privately and nasirat can share anything they're trying to improve if they wish to but it is a self reflection exercise and not to be tested or asked in a group/ class setting. Maybe focusing on 2-3 points per week.

<https://www.alislam.org/friday-sermon/2013-12-06.html>





Colour in the tick marks when you achieve any goal

**Are we reading portions of the Promised Messiah's (as) books regularly? And acting upon his words?**



**Do we keep an eye on the Hereafter when we go through our worldly dealings?**



**Do we put faith over worldly matters?**



**Do we try our best to avoid every ill and every bad practice?**



**Do we avoid using others for personal gain?**



**Do we observe the five daily Prayers?**



**Do we always engage in prayer and remember God with humility?**



**Do we turn away from associates/friends whose influence is bad?**



**Do we respect and serve our parents and listen to everything good they say to us?**



**Do we serve our neighbours?**



**Do we forgive those who wrong us?**



Colour in the tick marks when you achieve any goal

**Are our hearts free of all kinds of hatred and jealousy of others?**



**Do we keep an eye on our condition in light of our pledge of Bai'at?**



**Are most of our gatherings/ get-togethers free from talking badly about others and from back-biting?**



**Is there discourse about God and His Messenger in most of our gatherings/get togethers?**



**If the answer to these questions is in the negative, then we are distant from the teachings of the Promised Messiah (on whom be peace) and should be concerned about our lifestyle. If the answer to the questions is in the affirmative then fortunate are those who are paying heed to their lifestyle and are paying the dues of their Bai'at.**

well done ★

