

GOAL SETTING FOR A BETTER 2021

IMPROVING YOUR NEW YEAR AND MAKING IT MORE PRODUCTIVE SHEIKH NURU MOHAMMED

In an excellent talk, Sheikh Nuru Mohammed guided the youth in Africa on how to set goals and targets the Islamic way, using references from the Holy Quran and the teachings of the Ahlulbayt.

He emphasized on three main points through which the youth can successfully set goals and ensure a better future.

1. POINT OF DEPARTURE:

- Ensure that the goals are in line with the will of Allah(swt).
- To be foresighted and be conscious about where one is headed.
- Obtain knowledge about the goal. It is crucial for one of have sufficient knowledge prior to setting a goal.

2. CHARACTERISTICS OF A PERSON WHO HAS GOALS.

- Good akhlaq
- Well planned and organized
- Willing to share

3. THE 4 MAIN PARAMETERS OF GOAL SETTING.

A. SOCIAL

- Limit the excessive use of Social Media to avoid wasting time.
- Serve the community
- Set the number of target hours to spend per task

B. INTELLECTUAL

- Goals have to be realistic.
- Knowledge is growth. Seek mentors if you need guidance
- Read books and broaden your intellect. Not having intellectual goals inhibits the intellect

C. PHYSICAL

- Focus on your sustenance in life
- Aspire to reach further in your life
- Picture where you wish to be a year from now

D. SPIRITUAL

- Fulfill the Wajib acts with punctuality
- Increase your religious knowledge
- Get involved in community events

SUCCESS



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During his talk, Sheikh Nuru gave the youth many powerful messages which will help us develop our personalities and make it easier to achieve our targets. Some of these messages are life changing and I urge all youth to follow them closely.

- **CONSTRUCTIVE SELF EVALUATION:**

Every few days one should sit and ponder on the good deeds and bad deeds one performs. One should audit himself to see where his weaknesses and then seek help to improve on himself.

- **GOALS ARE MERELY DREAMS IN ONES MIND:**

When the goals are in your mind they are merely dreams, to effectively work towards your goal one should write them down to bring them into reality.

- **TIME MANAGEMENT:**

Each person should account for the number of hours he/she spends on a certain activity. One should not let himself burn out only performing one task, he should distribute his available time to all aspects of his life.

- **SELF CARE (RELAXATION):**

When one manages his time well, he should also remove time for himself to relax and rejuvenate. Keeping a healthy mind and body makes one more productive, creative and efficient.

- **PASSION:**

The goals you choose should be related to your passions, doing something you find boring will have you stranded and make you feel purposeless.

- **REWARD YOURSELF:**

At the point of every small achievement, one should reward himself to keep himself motivated and determined. This will keep you going further for bigger targets.

- **SET PRIORITIES:**

We all have certain aspects in our lives that we consider more important than the others. To set your priorities right will help you stay on track with what needs to be given more time and attention.

And to conclude with the strongest message in his talk;

- **STRONG WILL POWER:**

One of the most important factor that contributes to achieving your goals is having strong will power. To decide what you want to achieve and work towards it tirelessly. He also advised that too much anger kills ones will power.

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