

WHO IS IN THE  
MIRROR?

---

MUFTI DR SAJID SIDDIQUE  
BELIM (FALAH)

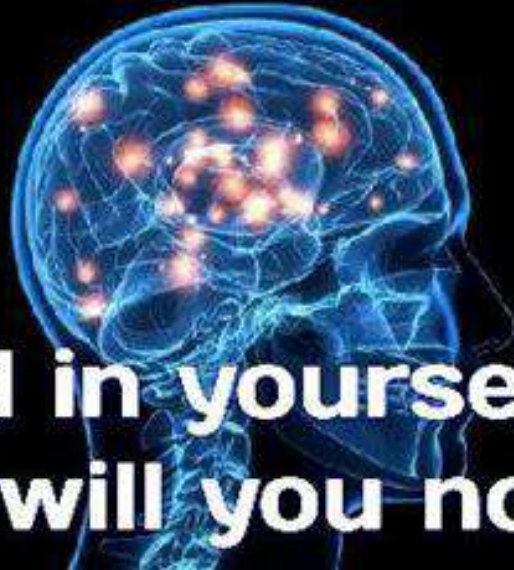


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

سُورَةُ الْأَنْزِيلِ

وَفِي الْأَرْضِ آيَاتٌ لِلْمُوقِنِينَ ﴿٢٠﴾

وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ ﴿٢١﴾



**And in yourselves.  
Then will you not see?**

# M-S-R – MIRROR SELF-RECOGNITION TEST

- AN AMERICAN PSYCHOLOGIST, GORDON GALLUP DEVELOPED MSR IN 1970 AS AN ATTEMPT TO DETERMINE WHETHER AN ANIMAL POSSESSES THE ABILITY OF VISUAL SELF-RECOGNITION.



THE ANIMALS WHO PASSED MSR ARE  
1] GREAT APES 2] ASIATIC ELEPHANT 3]  
DOLPHINS 4] MAGPIE 5] RAYS 6] ORCA

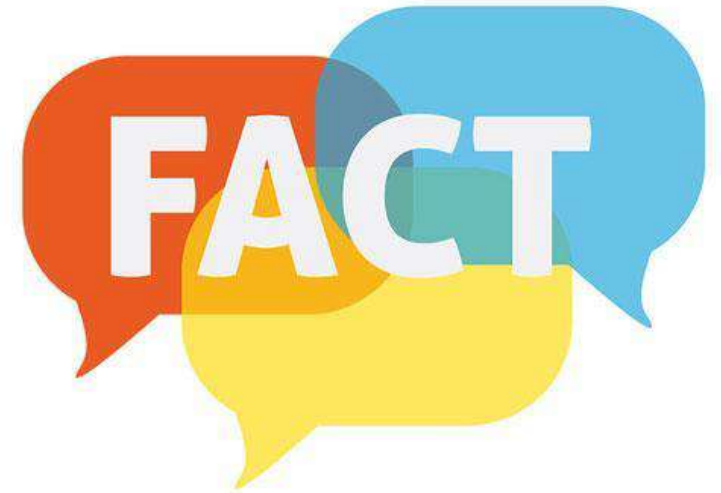


DO WE  
RECOGNISE  
OURSELVES ?



# THE REAL FACT

- IN THIS FAST, DISRUPTIVE WORLD WE LIVE IN, IT IS TOO EASY TO LOSE OUR CENTRE AND BECOME VULNERABLE TO THE ACCELERATIONS AROUND US. IF WE DON'T KNOW WHAT IS THE CORE WITHIN US, IT IS EASY TO BE BLOWN AROUND BY THE WINDS OF CHANGE. TAKE A LOOK IN THAT MIRROR, WHAT DO YOU SEE ?
- IF ALL YOU SEE IS FLAWS, YOU WON'T BE ABLE TO SEE YOUR OWN POTENTIAL. IF ALL YOU SEE IS GOOD, YOU WILL NEVER BE ABLE TO IMPROVE YOURSELF
- FOR YOUR WHOLE STORY TO EMERGE, YOU NEED TO LOOK DEEP IN THE MIRROR AND BECOME SELF-AWARE



# MIRROR DON'T ALWAYS TELL THE TRUTH

---

- WHEN WE SEE OURSELVES IN THE MIRROR WHAT DO WE SEE
- SOME OF US ONLY SEE WHAT WE DON'T WANT TO SEE. IMPERFECTIONS, INSECURITIES, WEAKNESSES
- OTHERS OF US LOOK AND ONLY SEE OUR OWN IDEALIZED VERSIONS OF OURSELVES
- NEITHER PERSPECTIVE TAKES YOU TO THE WHOLE TRUTH

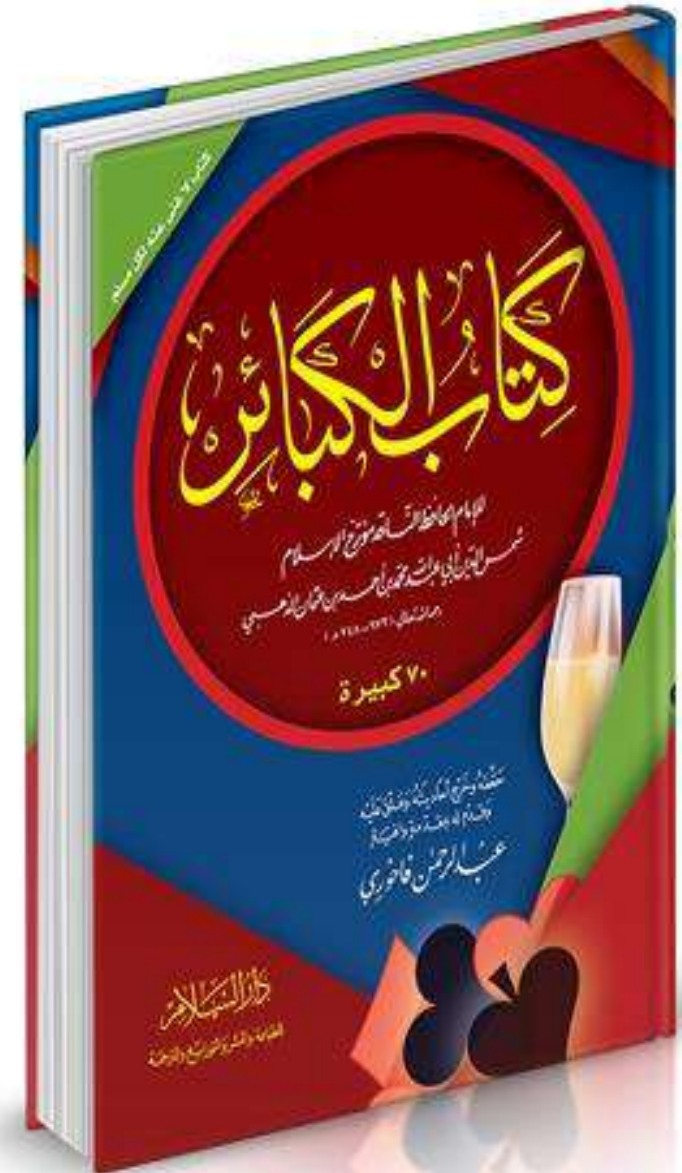






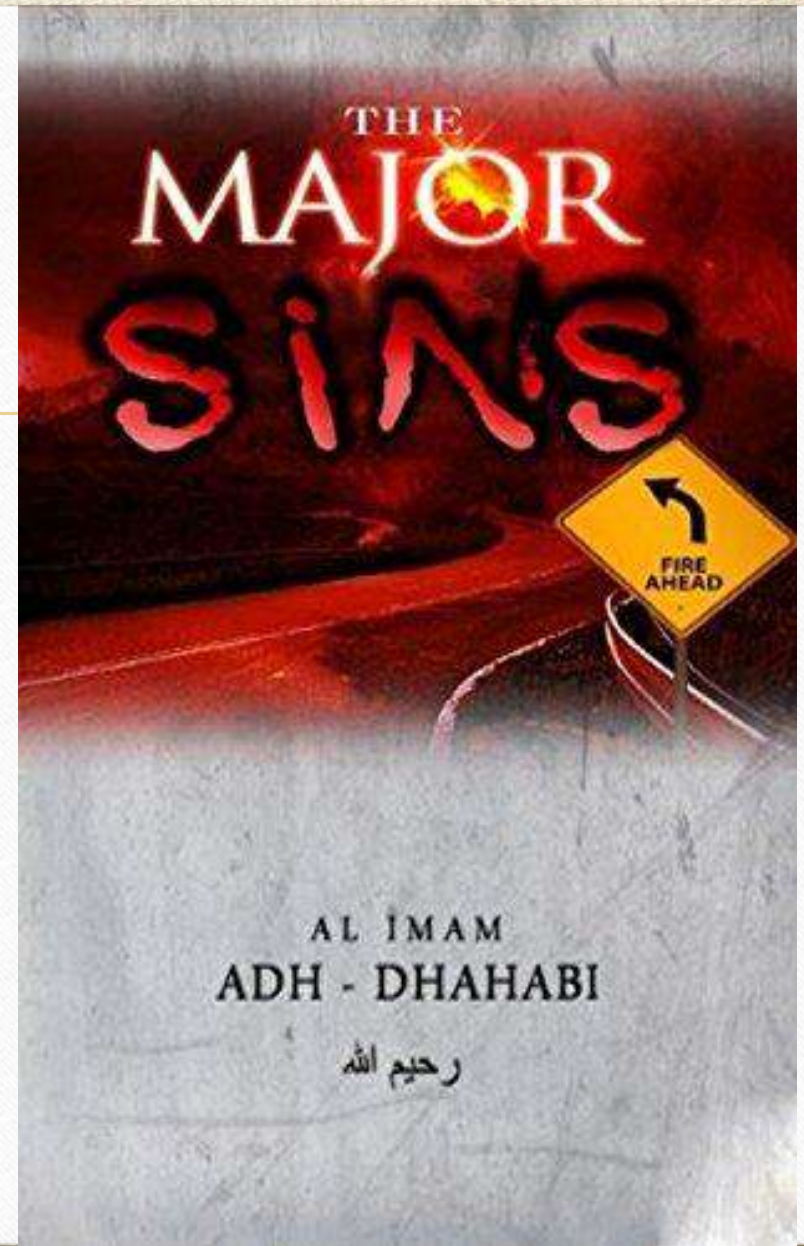
# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 1] ASSOCIATION OTHERS WITH ALLAH
- 2] MURDER
- 3] SORCERY
- 4] NEGLIGENCE OF PRAYER
- 5] REFUSING TO PAY ZAKAT
- 6] NOT FASTING IN RAMADAN WITHOUT A VALID REASON
- 7] NOT PERFORMING HAJ WHEN ABLE TO DO SO
- 8] DISRESPECT TO PARENTS
- 9] SHUNNING RELATIVES
- 10] FORNICATION



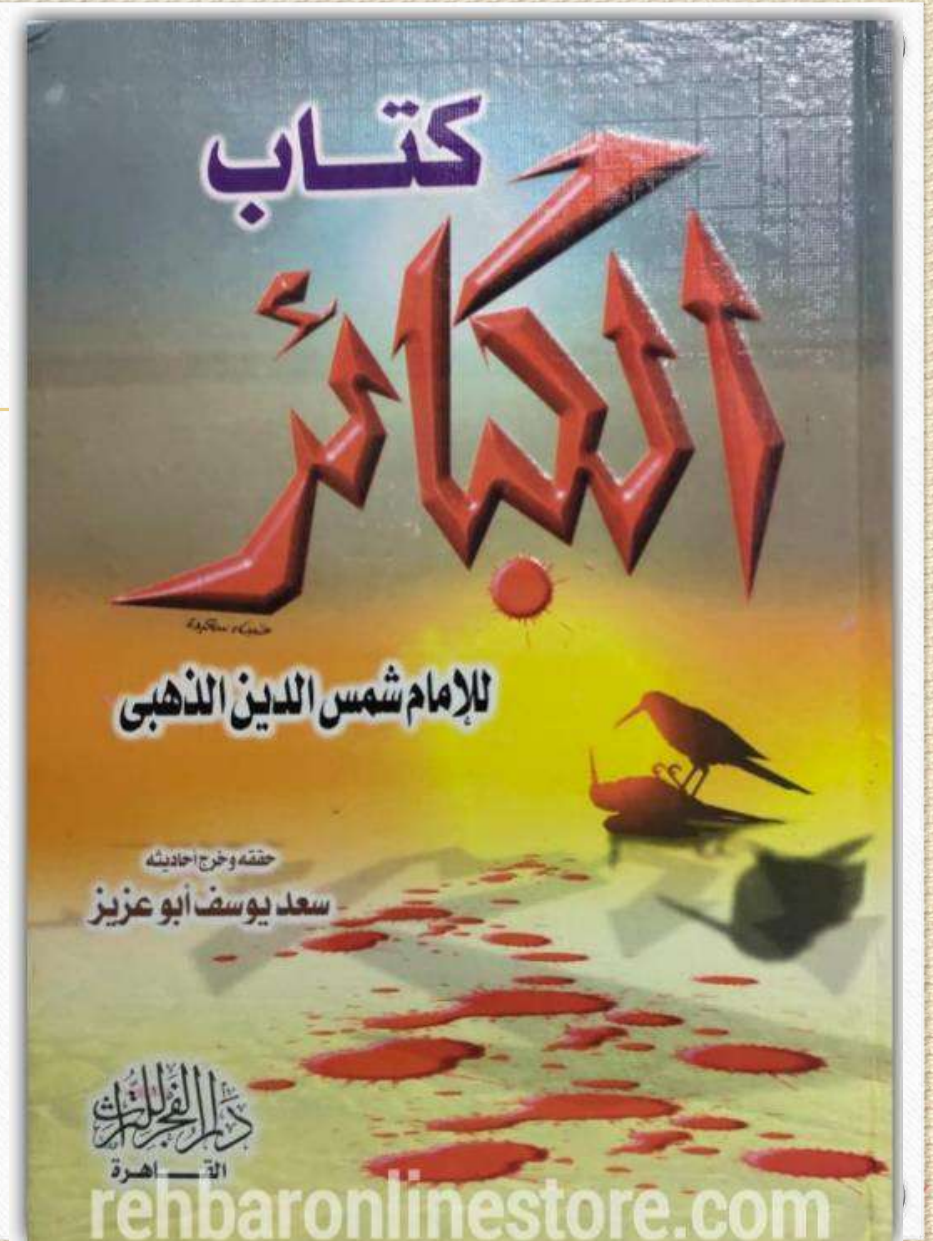
# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 11] SODOMY
- 12] USURY
- 13] CONSUMING THE PROPERTY OF ORPHANS
- 14] LYING ABOUT ALLAH AND HIS MESSENGER
- 15] FLEEING FROM BATTLE
- 16] A LEADER DUPING HIS FOLLOWERS AND TREATING THEM UNJUSTLY
- 17] PRIDE
- 18] PERJURY
- 19] DRINKING ALCOHOL
- 20] GAMBLING



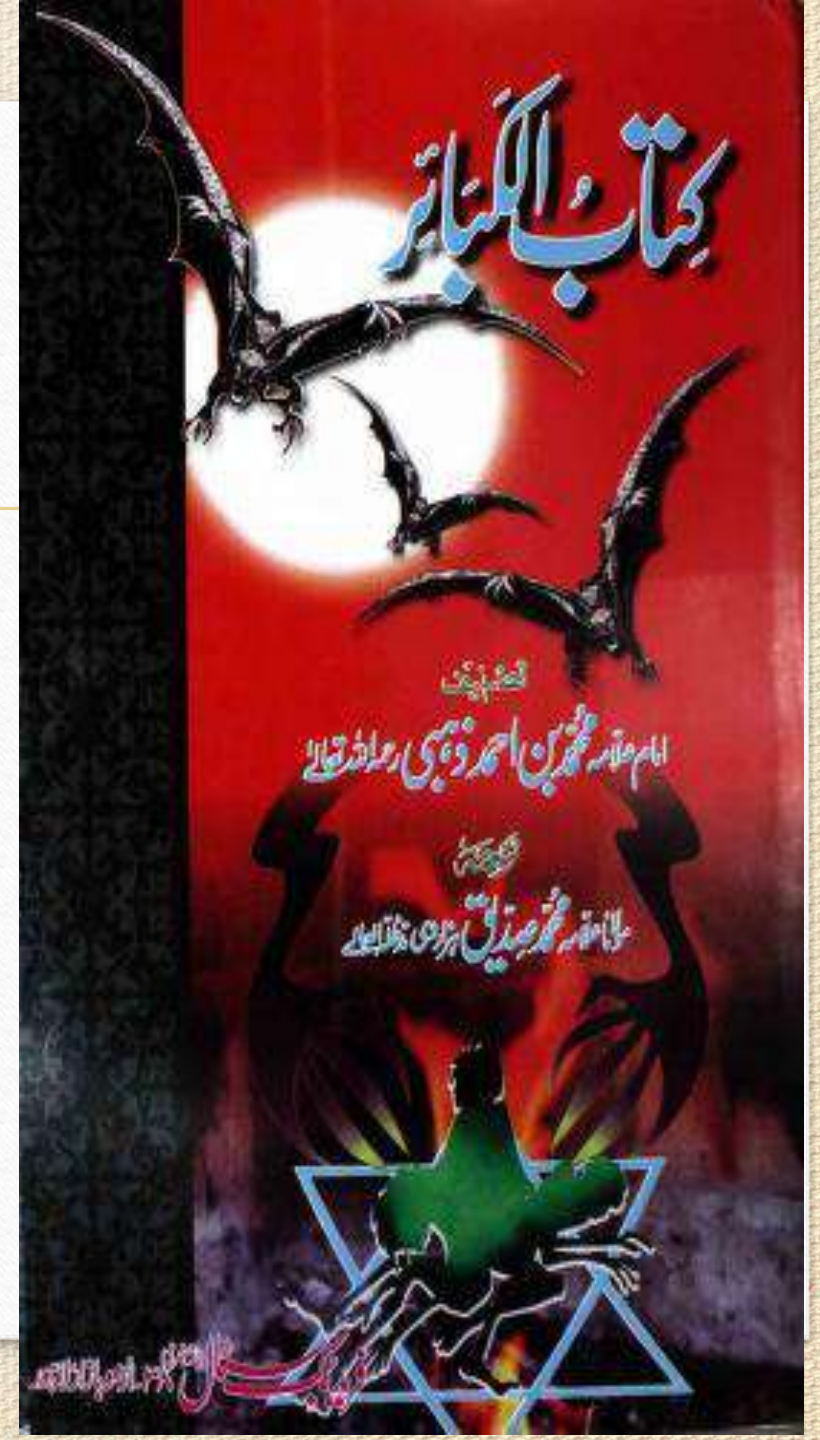
# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 21] SLANDERING CHASTE WOMEN
- 22] STEALING FROM BOOTY
- 23] THEFT
- 24] HIGHWAY ROBBERY
- 25] DELIBERATE FALSE OATHS
- 26] INJUSTICE
- 27] TAX COLLECTING
- 28] CONSUMING AND RECEIVING UNLAWFUL PROPERTY
- 29] SUICIDE
- 30] INVETERATE LYING



# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 31] BEING CORRUPT IN RENDERING JUDGEMENT
- 32] TAKING BRIBES FOR JUDGEMENT
- 33] WOMEN LOOKING LIKE MEN AND VICE VERSA
- 34] BEING A WITTOL
- 35] MARRYING A WOMAN TO ENABLE HER TO REMARRY HER FORMER HUSBAND
- 36] NOT AVOIDING URINE, SOMETHING WHICH THE CHRISTIANS ARE PRONE TO
- 37] SHOWING-OFF
- 38] TEACHING FOR THE SAKE OF THIS WORLD AND CONCEALING KNOWLEDGE
- 39] TREACHERY
- 40] REMINDING PEOPLE OF ONES CHARITY



# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 41] DENIAL OF THE DIVINE DECREE
- 42] EAVESDROPPING ON PEOPLE AND SEEKING OUT THEIR SECRETS
- 43] CARRYING TALES
- 44] CURSING
- 45] PERFIDY AND NOT FULFILLING A PROMISE
- 46] BELIEVING SOOTHSAYERS AND ASTROLOGERS
- 47] A WIFE DISOBEYING HER HUSBAND
- 48] MAKING IMAGES
- 49] SLAPPING, WAILING, TEARING GARMENTS, SHAVING THE HEAD, PULLING OUT HAIR, LAMENTING LOUDLY IN A TIME OF AFFLICTION
- 50] TRASGRESSION



# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 51] BEING OVERBEARING TOWARDS THE WEAK, SLAVES, GIRLS, WIVES AND ANIMALS
- 52] HARMING ONES NEIGHBOURS
- 53] ABUSING AND INSULTING OTHER MUSLIMS
- 54] HARMING PEOPLE AND BEING OVERBEAIRNG TOWARDS THEM
- 55] WEARING WAIST-WRAPPER, ROBE, CLOTHING AND TROUSERS LONG OUT OF ARROGANCE, PRIDE AND BOASTFULNESS
- 56] MEN WEARING SILK AND GOLD
- 57] ABSCONDING BY SLAVES
- 58] SLANDERING TO OTHERS THAN ALLAH ALMIGHTY
- 59] KNOWINGLY ASCRIBING ONESELF FALSELY SOMEONE TO OTHER THAN ONES REAL FATHER
- 60] ARGUMENT, QUARELLING AND DISPUTATION

كتاب  
الكفاية

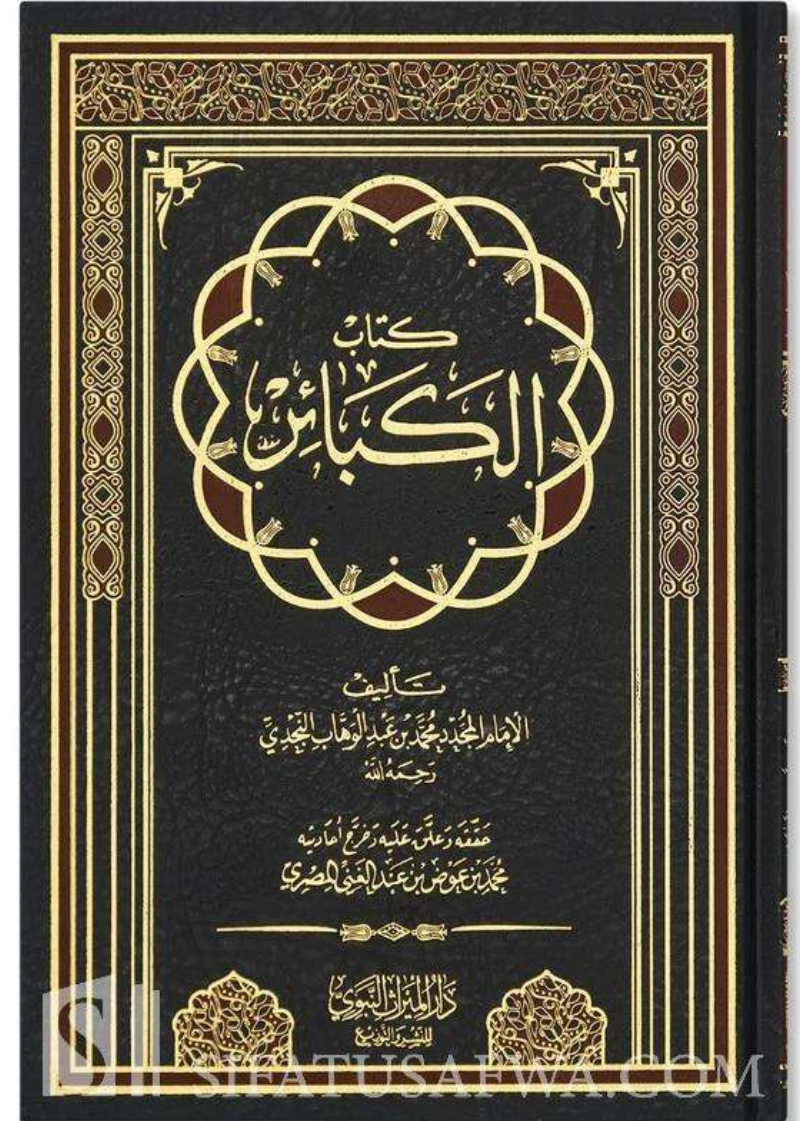
تأليف  
الحافظ أبي عبد الله محمد بن أحمد بن عثمان الذهبي  
٦٧٣ - ٧٤٨ هـ

دار ابن خزيمة

SifatuSafwa.com

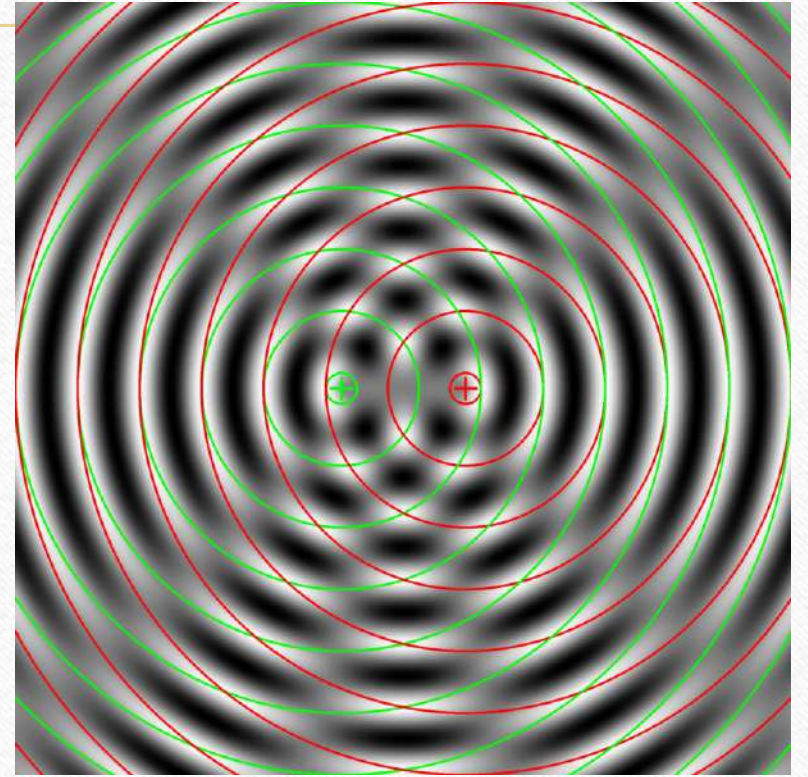
# SHAMSUDDIN ABU ABDULLAH MUHAMMAD IBN AHMED ZAHABI

- 61] DENYING SPARE WATER TO OTHERS
- 62] GIVING SHORT WEIGHT AND MEASURE
- 63] FEELING SECURE FROM ALLAH'S DEIVING
- 64] DESPAIRING OF THE MERCY OF ALLAH AND LOSING HOPE
- 65] ABANDONING THE GROUP PRAYER AND PRAYING ALONE WITHOUT A VALID EXCUSE
- 66] PERSISTING IN ABANDONING THE JUMAS AND GROUP PRAYER WITHOUT A VALID EXCUSE
- 67] CAUSING HARM IN BEQUESTS
- 68] DECEIT AND TREACHERY
- 69] SPYING ON MUSLIMS AND POINTING OUT THEIR WEAK POINTS
- 70] INSULTING ONE OF THE COMPANIONS



# INTERFERENCES

- **IMPERFECTIONS** – ARROGANT, CRUELTY, EGOISTIC, HYPOCRISY, UNFAIR, UNRELIABLE, NARROW-MINDED
- **INSECURITIES** – SELFISHNESS, JEALOUSY, SHYNESS, MEAN, GREEDY, REBELLIOUS, SHORT-TEMPERED
- **WEAKNESSES** – CARELESS, FORGETFUL, IMPATIENT, LAZINESS, FOOLISH, GULLIBLE, IGNORANT





# How to stay away from interferences

---

- Take time to reflect (am I on track) know yourself to improve
- Take time to plan (are my goals clear) know your ambitions
- Don't try to be perfect (am I getting stuck) aim progression not perfection
- Don't doubt yourself (am I valuing myself) only “you” are responsible for your growth
- Stop comparing yourself (am I controlling my feelings) develop a thick skin
- Have a growth mindset (am I learning and trying new things) always be curious
- Overcome your fears (fears reflects areas where you can grow) build courage



# SOME MORE POINTS

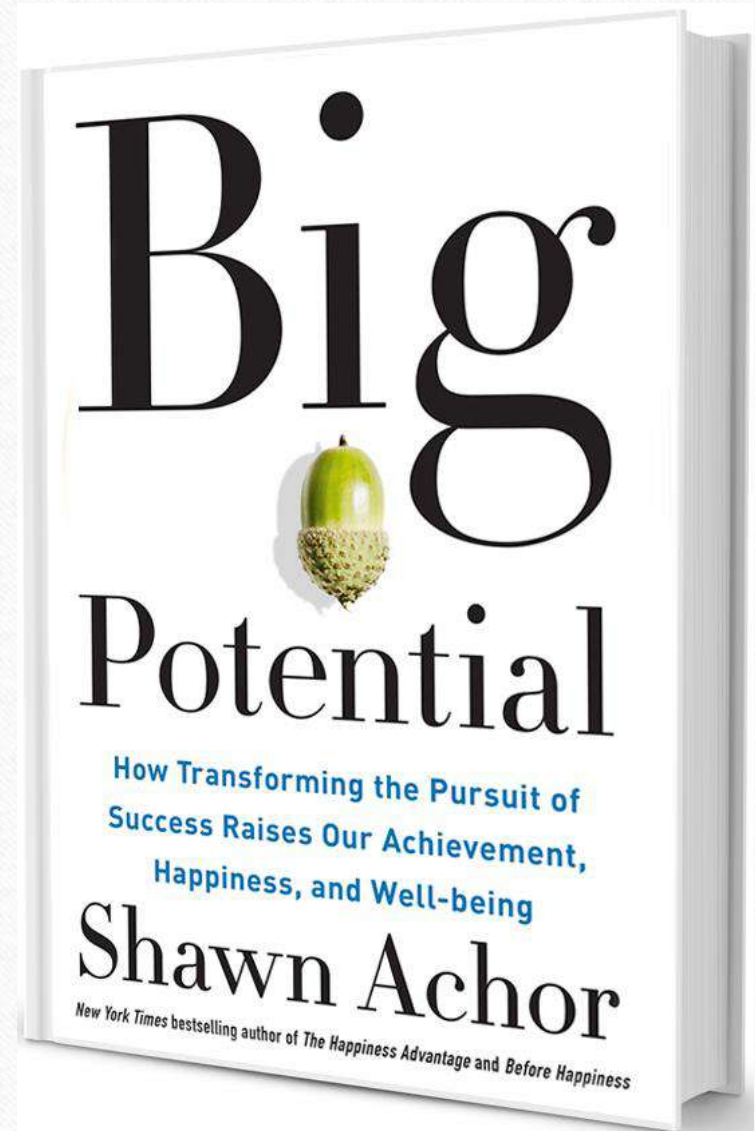
---

- COMBINE REFLECTION AND ACTION
- FOCUS ON BIG PICTURE
- CHECK YOUR MICRO HABITS
- DON'T REINVENT THE WHEEL
- ACCEPT FAILURE WITH COMPASSION
- TAKE TIME TO RECHARGE YOURSELF
- DON'T AFRAID TO BE DIFFERENT

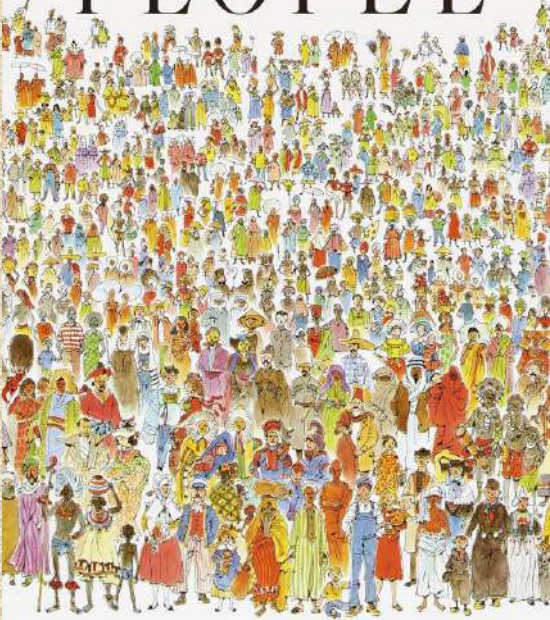


Each one of us is like butterfly  
‘The butterfly effect’. And  
each tiny move toward a more  
positive mindset can send  
ripples of positivity through  
our organisations our families  
and our communities

Shawn Achor



PEOPLE



# SEEDS

- **S** – SURROUND YOURSELF WITH THE BEST PEOPLE
- **E** – EXPAND YOUR TEAMS OPPORTUNITIES TO LEAD
- **E** – ENHANCE THE TEAM BY FOCUSING ON SYSTEMS
- **D** – DEFEND YOUR SYSTEM
- **S** – SUSTAIN IT THROUGH **VIRTUOUS CYCLE**



## A Virtuous Cycle



Sustain



## THE 15 LAWS OF GROWTH



### 1. The Law of Intentionality



*Growth doesn't just happen.*

### 2. The Law of Awareness



*Know yourself to grow yourself.*

### 3. The Law of the Mirror



*See value in yourself to grow yourself.*

### 4. The Law of Reflection



*Pause to let growth catch up.*

### 5. The Law of Consistency



*Consistency keeps you growing.*

### 6. The Law of Environment



*You need a conducive space to grow.*

### 7. The Law of Design



*Maximize growth with strategies.*

### 8. The Law of Pain



*Setbacks are growth opportunities.*

### 9. The Law of the Ladder



*Character drives personal growth.*

### 10. The Law of the Rubber Band



*Growth stops if you stop stretching.*

### 11. The Law of Trade-Offs



*Give up to grow further.*

### 12. The Law of Curiosity



*Stimulate growth by asking "why".*

### 13. The Law of Modeling



*Great mentors speed up your growth.*

### 14. The Law of Expansion

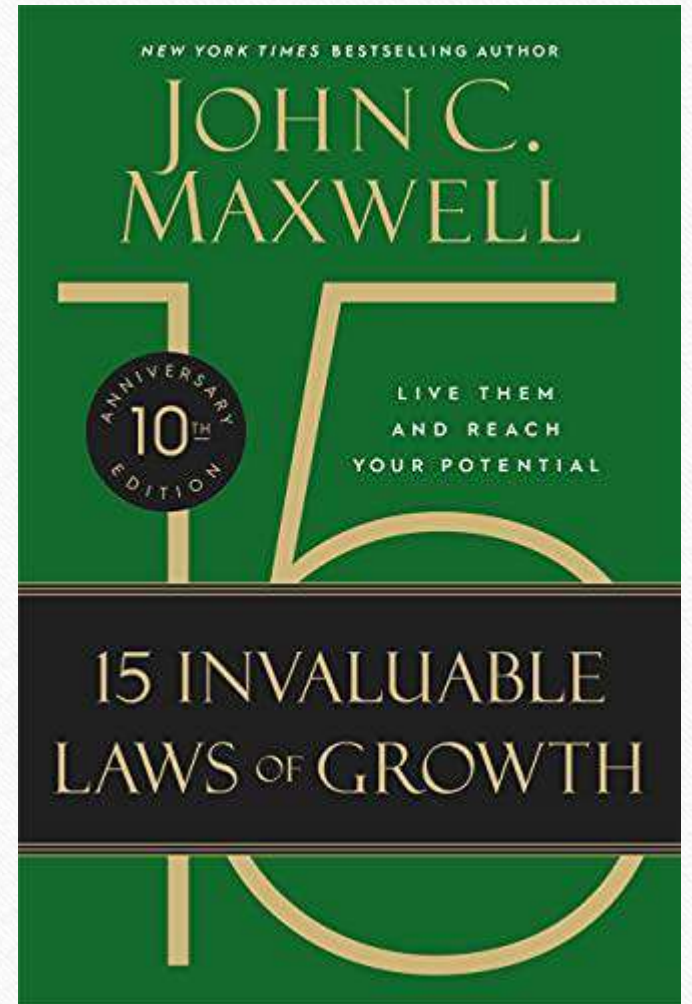


*As you grow, so will your capacity.*

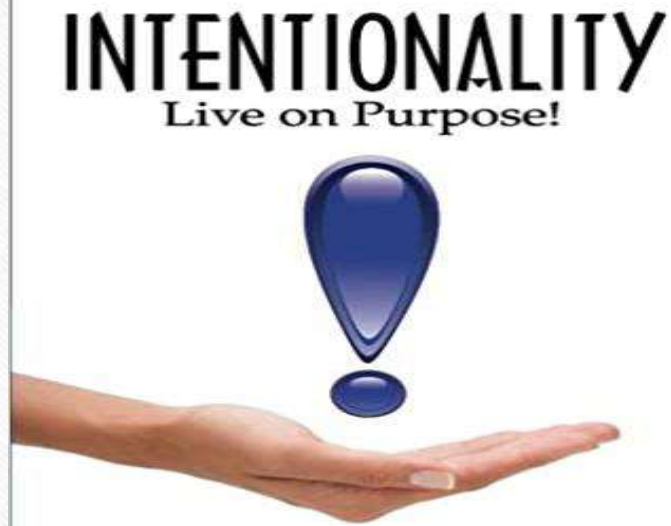
### 15. The Law of Contribution



*As you grow, you can grow others.*



## THE LAW OF INTENTIONALITY



- GROWTH DOESN'T HAPPEN BY CHANCE. YOU MUST MAKE IT HAPPEN
- CHANGE FROM ACCIDENTAL TO INTENTIONAL GROWTH
- INTENTIONAL PERSONAL GROWTH, THINK ABOUT 'HOW FAR CAN YOU GO, NOT 'HOW LONG THIS WILL TAKE

## THE LAW OF AWARENESS

---



- KNOW YOURSELF TO GROW YOURSELF. STRENGTHS, WEAKNESSES, PASSIONS ETC
- THE FIRST STEP TOWARDS CHANGE IS AWARENESS THAN ACCEPTANCE
- IF YOU KNOW YOUR PASSION, YOU CAN FULFILL YOUR POTENTIAL

## THE LAW OF CURIOSITY

---



- GROWTH IS STIMULATED BY ASKING 'WHY' – CURIOSITY OPENS OPTIONS
- ALWAYS KEEP A BEGINNERS MINDSET NO MATTER HOW EXPERT YOU GET
- BE AN ABUNDANT THINKER. STOP LOOKING FOR THE RIGHT ANSWERS. ALWAYS HAVE MORE THAN ONE SOLUTION TO THE PROBLEM



## THE LAW OF CONSISTENCY

---

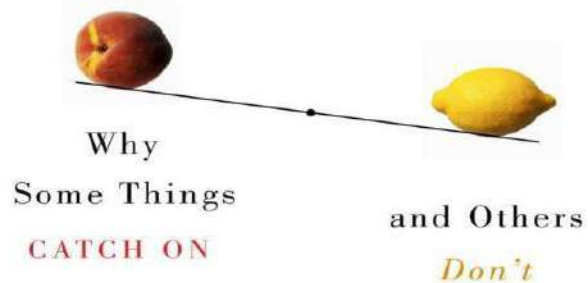


- CONSISTENCY NEEDS PATIENCE. IMPATIENCE STEMS UNREALISTIC EXPECTATIONS. DON'T GIVE UP TOO SOON
- MOTIVATION GETS YOU GOING, DISCIPLINE KEEPS YOU GROWING
- BE CONSISTENTLY PRODUCTIVE DEVELOP THE HABITS OF SUCCESS BECAUSE HABITS LEADS TO DESTINY

## LAW OF TRADEOFFS

---

### Trade-Off



- NEED TO GIVE UP SOME THINGS YOU VALUE TO GROW UP
- WE DON'T ALWAYS GET WHAT WE WANT BUT WE ALWAYS GET WHAT WE CHOOSE
- TRADEOFFS ARE NOT IRREVERSIBLE. MAKE A U-TURN. YOU CANNOT ALWAYS MAKE A NEW START BUT YOU CAN MAKE A NEW END

## LAW OF CONTRIBUTION

---



- CULTIVATE AN ATTITUDE OF CONTRIBUTION. GROWING YOURSELF ENABLES YOU TO GROW OTHERS
- ALWAYS GIVE MORE THAN YOU RECEIVE AND DON'T KEEP SCORE
- THERE IS TIME TO ACQUIRE AND TIME TO GIVE IT AWAY. GIVE AWAY VALUABLE TO FIGHT WITH YOUR GREED

## LAW OF MODELLING

---



- NEED TO FIND MODELS OF PEOPLE WHO ARE AHEAD OF YOU TO FOLLOW
- BE SELECTIVE IN CHOOSING A ROLE MODEL BECAUSE WE BECAUSE WE BECOME LIKE THE PEOPLE WE FOLLOW
- DON'T SHOOT TOO HIGH TOO SOON BECAUSE YOU NEED TO FIND PEOPLE AVAILABLE, EXPERIENCED AND WILLING.

# FIVE SIGNS THAT YOU ARE WORKING AT YOUR FULL POTENTIAL

---

- YOU FEEL FULFILLED – YOUR WORK BECOMES MEANINGFUL
- YOU FEEL ENGAGED – YOU HAVE MORE STAMINA AT WORK
- YOU FEEL HAPPY – YOU COME TO WORK WITH A SPRING IN YOUR STEP
- YOU FEEL EXCITED – ABOUT ALL YOUR FUTURE GOALS
- YOU FEEL GREATFUL – FOR ALL THE BLESSINGS IN LIFE

## كلام آخر

- اب آدمى كچه اور ہمارى نظر ميں ہے
- جب سے سنا ہے يار لباس بشر ميں ہے



جزاكم الله

**MUFTI.DR.SAJID**

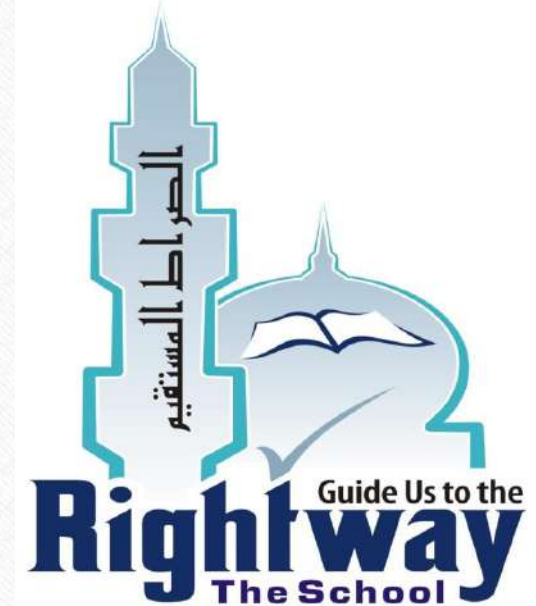
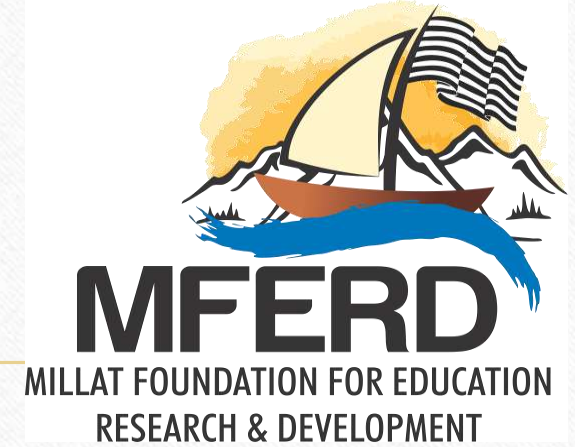
**FALAH**

**BHAVNAGAR**

**GUJARAT**

**9825205132**

**MUFTISAJIDFALAH@YAHOO.COM**



- 
- LAW OF MODELLING : NEED TO FIND MODELS OF PEOPLE WHO ARE AHEAD OF YOU TO FOLLOW
  - LAW OF CONTRIBUTION : CULTIVATE AN ATTITUDE OF CONTRIBUTION. GROWING YOURSELF ENABLES YOU TO GROW OTHERS
  - LAW OF TRADEOFFS : NEED TO GIVE UP SOME THINGS YOU VALUE TO GROW UP

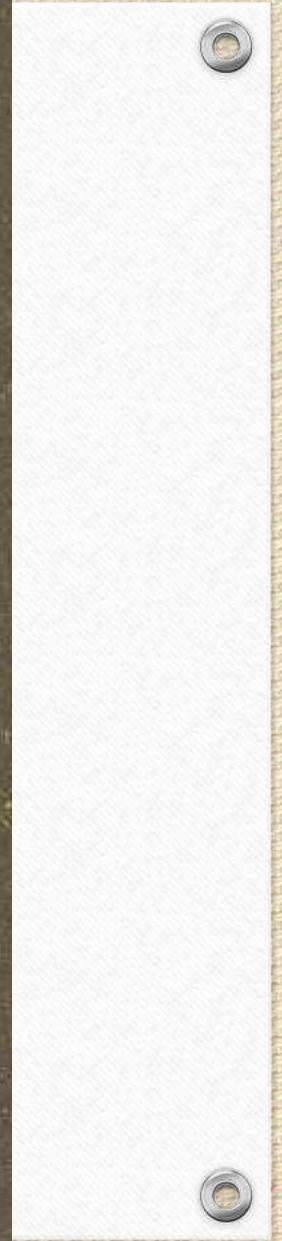
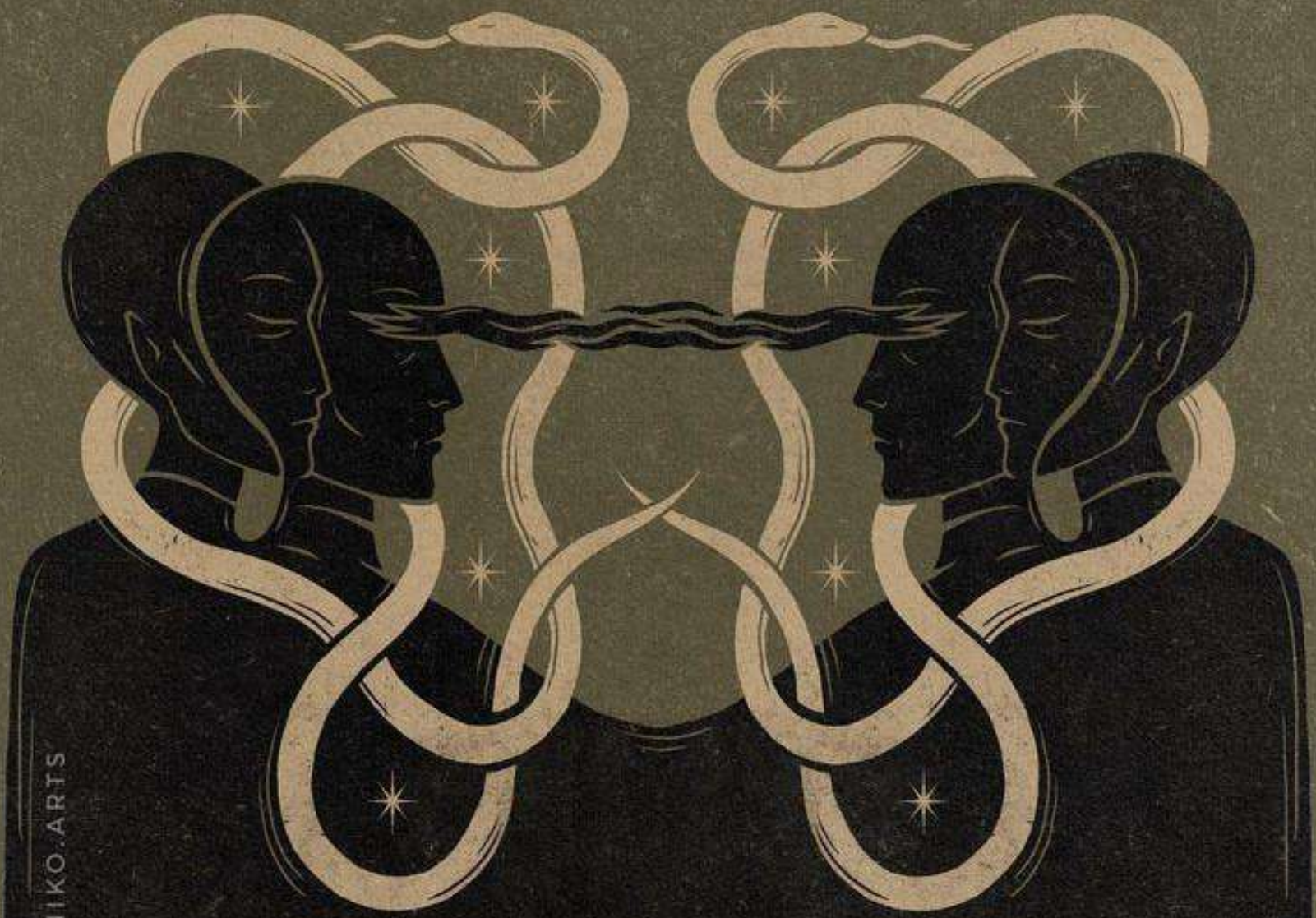


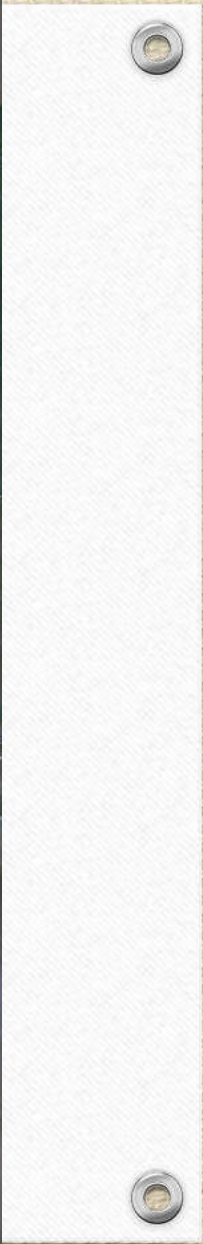
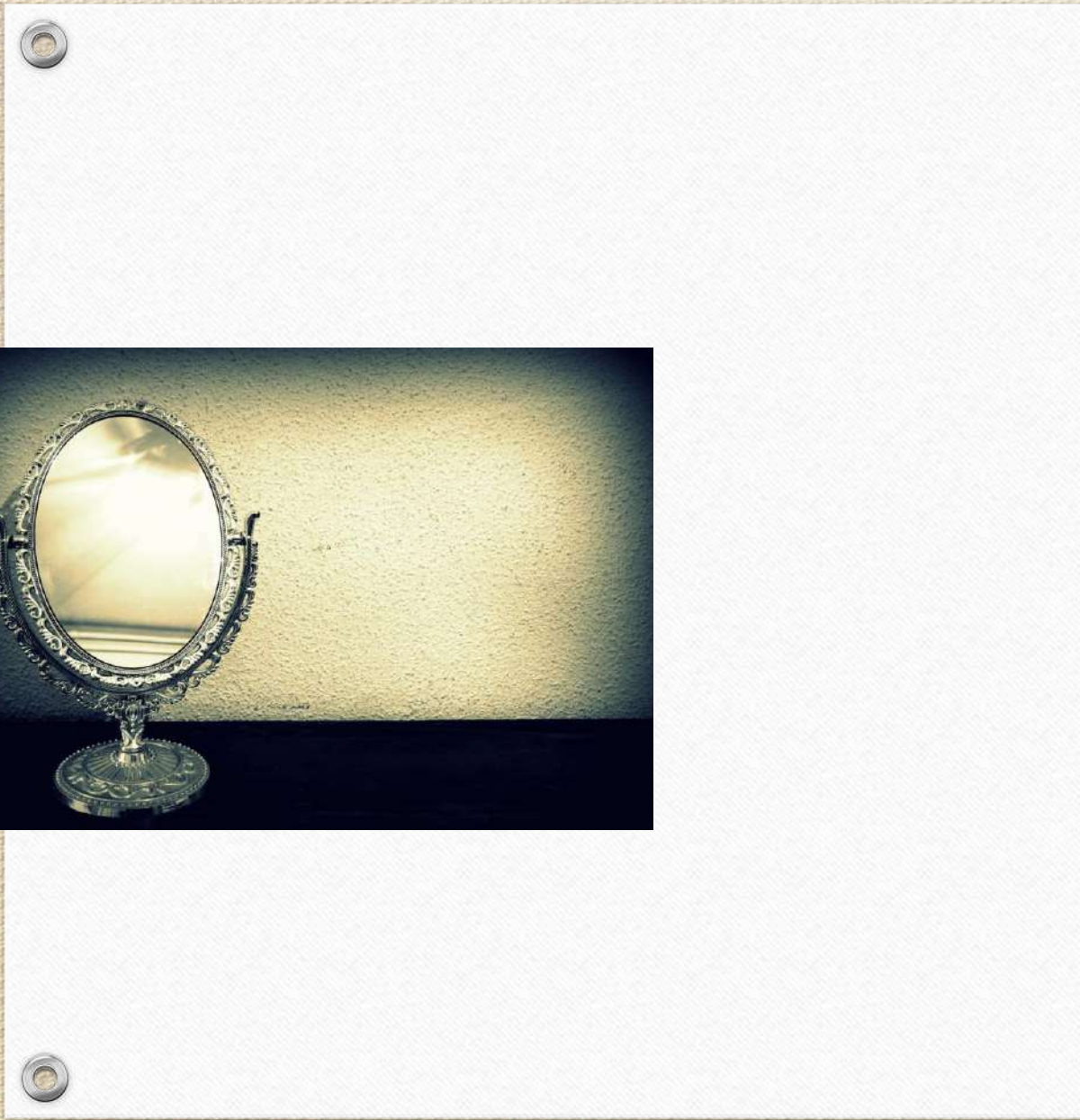
I'm perfect!



@iizcat

ANIKO.ARTS





- 
- THE LAW OF INTENTIONALITY : GROWTH DOESN'T HAPPEN BY CHANCE. YOU MUST MAKE IT HAPPEN
  - THE LAW OF AWARENESS : KNOW YOURSELF TO GROW YOURSELF. STRENGTHS, WEAKNESSES, PASSIONS
  - THE LAW OF CONSISTENCY : MOTIVATION GETS YOU GOING, DISCIPLINE KEEPS YOU GROWING
  - THE LAW OF CURIOSITY : GROWTH IS STIMULATED BY ASKING 'WHY' – CURIOSITY OPENS OPTIONS

# Man in the mirror – Michael Jackson

---

- 
- ROGER BANNISTER (LONE WOLF)
  - BIG POTENTIAL (SEAN ACHOR)

- 
- AND IN THE END, ITS NOT THE YEARS IN YOUR LIFE THAT COUNT. IT'S THE LIFE IN YOUR YEARS – ABRAHAM LINCOLN

## HOW TO CREATE A VIRTUOUS CYCLE



### **STEP 1: SURROUND YOURSELF WITH POSITIVE PEOPLE.**

Find people who are different from you, who give you energy, and who believe their behavior matters and increase your time with them.



### **STEP 2: EXPAND YOUR POWER.**

You can lead from any seat. Students can help teachers have a better day with a kind word. Younger students can do random kind acts for older students, which decreases bullying. Older students can become mentors which makes both more successful.



### **STEP 3: ENHANCE OTHERS WITHOUT COMPARING THEM.**

Praise those who support the win as much as the winner. When something good happens, scan for more people to thank who contributed. And don't use comparison praise. Tell someone they are funny or smart, but don't say they are funnier or smarter than others. Comparison steals our happiness and disconnects us.



### **STEP 4: DEFEND THE GAINS.**

Create a stronger emotional immune system by practicing gratitude every day and identifying a meaningful moment each day.



### **STEP 5: SUSTAIN THE SUCCESSES.**

The greatest key to momentum is celebrating the wins. Every time something good happens, stop to celebrate with others instead of just alone, even just sharing a smile.

Discover your **BIG POTENTIAL** at [shawnachor.com](http://shawnachor.com)