



AL MA'RIFAH  
FOUNDATION

# VISIONING WORKSHOP



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This Workbook belongs to:

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Date:

*"Make your vision so clear, that your  
fears become irrelevant"  
(Anonymous)*

# Introduction



**WHY ARE WE HERE?**

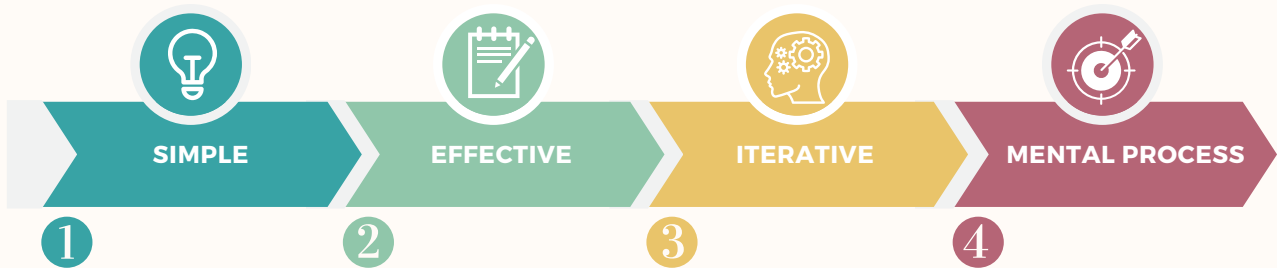


**IMPORTANCE OF A  
VISION**



**ABOUT ME: AM I HAPPY?**

# 1. The Approach



## Why NOT here?

*Without silence, you will not be able to get to the depths of your heart.*



## 2. Pre-requisites

1

Environment should be free from distraction

### System 1

**Fast**

95%

Automatic  
Quick  
Little/ no effort  
No sense of voluntary  
control



### System 2

**Slow**

5%

Deliberate  
Conscious  
Effortful  
Rational thinking

*The automatic operations of System 1 generate surprisingly complex patterns of ideas, but only the slower System 2 can construct thoughts in an orderly series of steps.*

*Daniel Kahneman: Thinking, fast and slow,  
pg. 21*

2

You will need a magic white board paper, cellotape and a pack of multi coloured board markers

3

You will need a minimum of 3-4 hours



# 3. Mental Preparation

***Here are some questions for you to think about***

## A) Religious

Question 1:

Question 2:

## B) Vocational





## C) Passion



## D) Other

5 things I have already accomplished or am proud of?

If there was no limit:  
i) What would I choose to have?  
ii) What would I choose to do?

Additional Questions

What do I not like to do?

What am I good at?



# 4. Goal Setting

## 1 What you want to accomplish

Write down 50 goals you want to accomplish in the next 10 years.

1. *What do I like*
2. *What do I not like*
3. *Ideas park argumentation*
4. *Draft list*
5. *Final list (Clean)*



## 2 How many years?

How many years will you need for each goal?

## 3 Grouping

Put these goals into 5-8 groups.



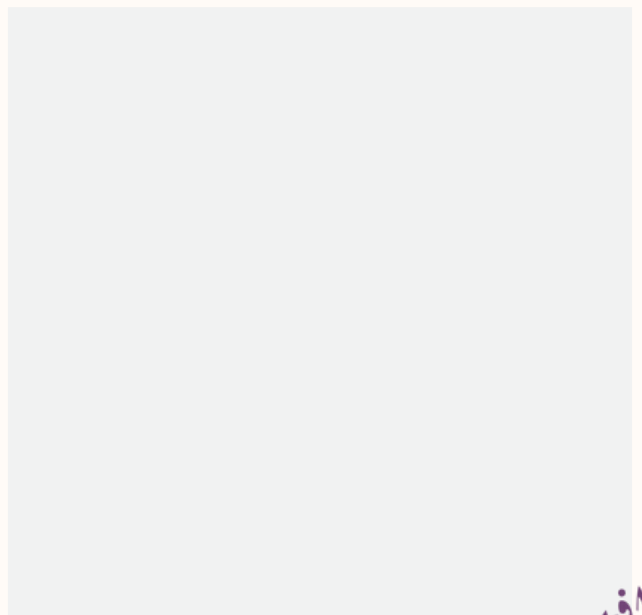
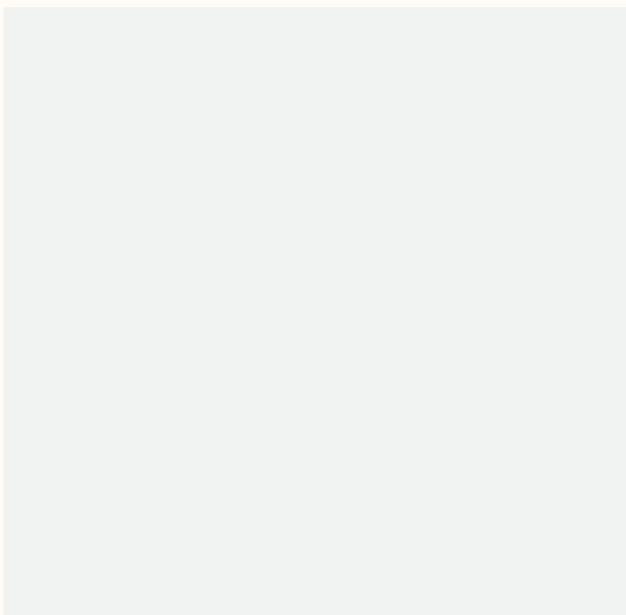
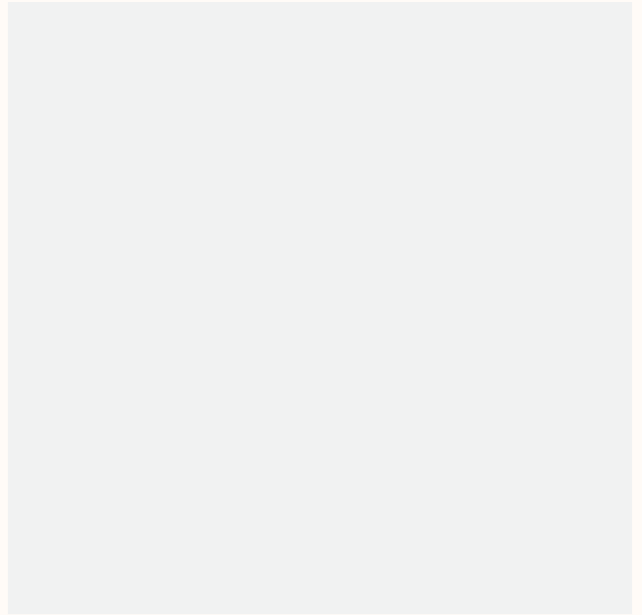
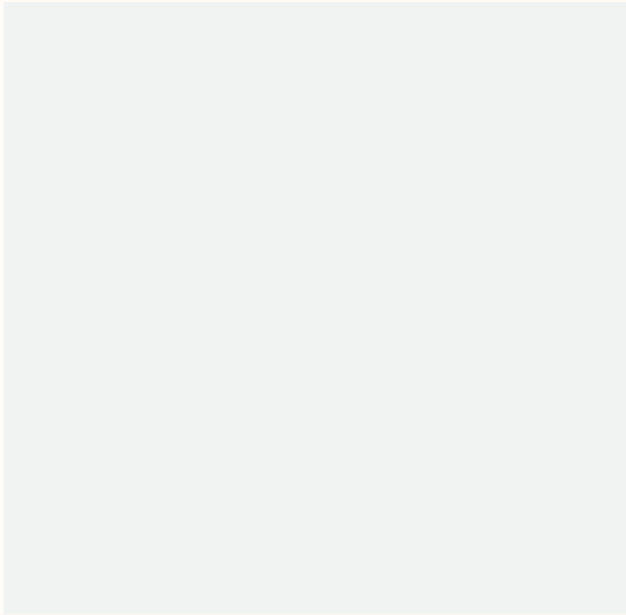
# Word Cloud

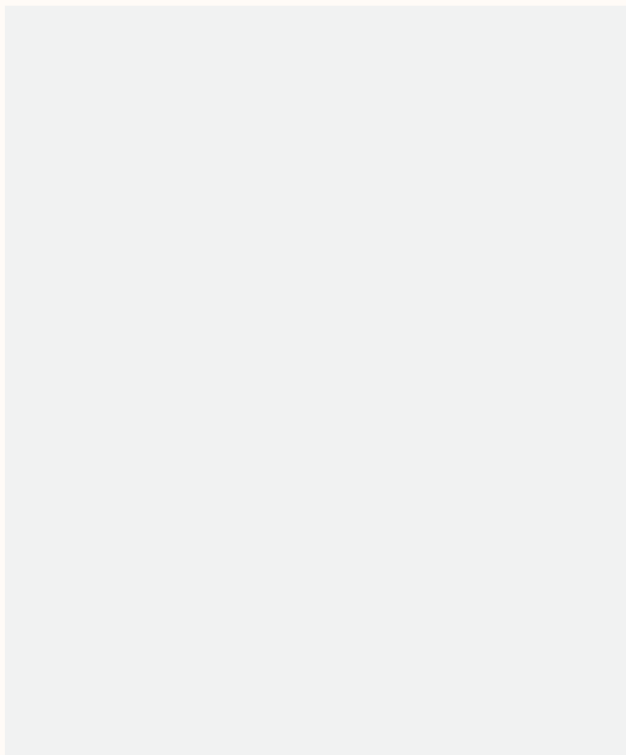
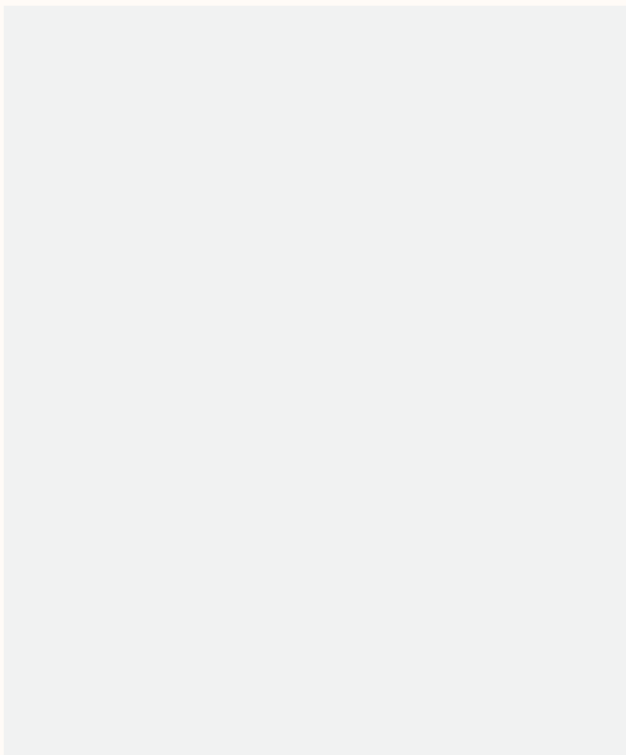
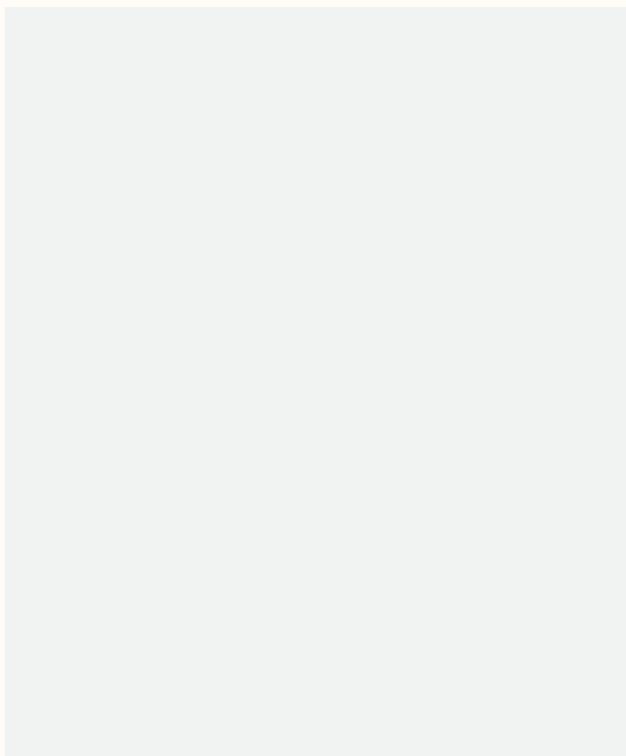
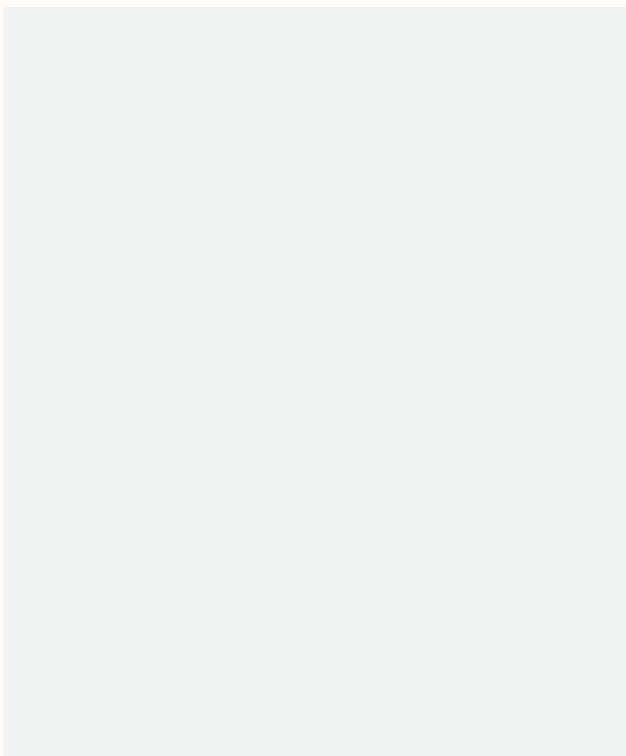
recreation  
community career  
charity volunteering leisure  
leadership **legacy** education  
goals starting/expanding travel  
physical  
service **spiritual**  
**relationships**  
places **influence** skills  
health develop parenting hobbies  
mental **technology**  
business

# GOALS

Name:

Date:





# 5. Fundamental Pillars



# Feedback Session (Optional)



# VISIONING FEEDBACK

Date:

Reviewer Name:

## Initial Feedback

## Improvements to be made



## Action Points

Now that you have presented your vision to your mentor, what next steps do you need to take to bring your vision to life?

1.

2.

3.

4.

5.

6.

A series of 25 horizontal lines for writing.



Blank page with horizontal lines for writing.



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*"Whoever knows himself, knows his Lord."*

*Yahya Ibn Mu'adh Ar- Razi*

[almarifahfoundation.org](http://almarifahfoundation.org)