



# Who are



“Indeed, Allah doesn’t change the condition of a people until they change what’s in themselves” (Surah Ar-Ra’d, 13:11)

The importance of reflection and self-awareness is emphasized throughout the Qur’an, which calls believers to contemplate the signs within creation as well as their own existence. It encourages individuals to think deeply about who they are, how they act, how they seek forgiveness for their shortcomings, and how they strive toward self-improvement. Many verses highlight the transformative power of self-reflection, presenting it as a means of personal growth and spiritual development.

When we intentionally recognise and accept who we are at our core, what we truly want in this life and the next; we become more open, honest, and authentic with the people who matter most to us.

With this in mind, ask yourself: *Who are you?* For many, this is a challenging and sometimes uncomfortable question to answer truthfully.

**Complete the following prompts in whatever way feels right to you—trust your instincts and go with the first thoughts that arise.**

**I am a Muslim Father that...**

Is grateful to Allah for

Loves

Wants to

Has the goal of

Use to be afraid of

Has a fear of

Is driven by

Is inspired by

Who notices

Measures strength as

Has a habit of

Is happiest when

Gets disappointed by

Wishes I could

Believes in

Would give

Will one day

Asks Allah

When you finish writing, think about all these wonderful parts of who you are Alhamdulillah.

Firstly, praise the All-mighty, then share these things with your loved ones. Maybe ask them some of the same questions to help get to know them a little better too Insha’Allah.