

PILLAR 1 - INTENTION

Week 1	Introduction of Excellence	The Story of Creation	Every Story has an Antagonist	Mistakes Happen - How to Repent	Tawbah
Week 2	Muslim Identity	How to Connect with Allah	Quran and our Heart	Understanding Fitrah	Consciousness
Week 3	Knowing our Purpose	Importance of Intention	Ultimate Success	Practicing H.O.M.E	Yaqeen
Week 4	Shukr vs Kufr	Wants vs Needs	Dunya vs Akhirah	Winners vs Losers	Taqwah
Week 5	What's the Dream?	Goal Setting	Understanding Vision	What's a Vision Board	Make a Vision Board
Week 6	MEP Vision Board	MEP Vision Board	MEP Vision Board	MEP Vision Board	MEP Vision Board
Week 7	Aql	Listening Heart	Self Awareness	Self Management 1	Self Management 2
Week 8	Social Awareness	Relationship Skills	Mindful Decision Making	Seeking Guidance	Islam - A Way of Life
Week 9	Embody RULER	Being Responsible	Being an Empath	Being Consistent	Heart over Mind
Week 10	Success Requires a System	People of Intention	People of Sabr	People of Shukr	People of Knowledge
Week 11	People of Taqwah	People of Repentance	People of Faith	People of Wisdom	People of Integrity
Week 12	Growing in Islam	Growing in Tawakkul	Growing in Humility	Growing in Positivity	The Whole Person

PILLAR 2 - ISLAM

Week 13	Journey from Muslim to Momin to Mohsin	Eeman Billah	Eemaan bil Ghaib	Submitting to Allah	Growing in Eeman
Week 14	Loving Allah	Asma ul Husna 1	Asma ul Husna 2	Referring to Al Wahi	Review and Reflections
Week 15	The Purpose of Life	Islam the True Path of Success	People of Siraat al Mustaqeem	Tazkiyah	Review and Reflections
Week 16	Being a Knowledge Seeker	Attitude of a Knowledge Seeker	Grow in Knowledge	Knowledge	Review and Reflections
Week 17	Quran: A Love Letter from Allah	Purpose of the Quran	Warnings from the Quran	The Beauty of The Quran	Review and Reflections
Week 18	Lessons from The Prophets 1	Lessons from The Prophets 2	Lessons from The Prophets 3	Lessons from The Prophets 4	Review and Reflections
Week 19	Lessons from Quran 1	Lessons from Quran 2	Lessons from Quran 3	Quran and Sunnah Habits:	Review and Reflect Hold on to the Rope of Allah
Week 20	The Honest & Trustworthy Youth	Patience, Perseverance & Mercy in Dawah	Wisdom in Peace, Mercy in Victory	Examples of Emotional Intelligence through the Interactions of Prophet Muhammad ﷺ	Review and Reflect Learning from the Seerah
Week 21	Why Study the Seerah	Life os Rasulallah ﷺ The Quran Explained	Life os Rasulallah ﷺ The Quran Lived	The Importance of Prophetic Character	Review and Reflect Rasulallah ﷺ : A Timeless Model for All Humanity
Week 22	Prophetic Characteristic: Forbearance (Hilm)	Prophetic Characteristic: Good Opinion of Others (Husn As Zann)	Prophetic Characteristic: Justice (A'dalah)	Prophetic Characteristic: Modesty (Haya)	Review and Reflect Embodying Prophetic Characteristics
Week 23	Call to Prayer	Haya Ala' Salah	Haya Alal Falah	Khushu	Review and Reflections
Week 24	Tilawah	Dhikr	Dua	Sadaqah	Review and Reflections

PILLAR 3 - IHSAN

Week 25	What is Ihsan? living as if you see Allah	Excellence as a Muslim Identity	Why Habits Shape Our Life	From Average to Excellent: A Growth Mindset	Review & Reflect The Call to Excellence
Week 26	The Power of Self-Control	Building Willpower Muscles	Overcoming Laziness & Procrastination	The Discipline of Salah & Daily Routines	Review & Reflect Self-Discipline: The Root of Success
Week 27	Time Management in Islam	Time Management in Islam	Beating Distractions & Wasting Time	Creating Daily & Weekly Routines	Review & Reflections Time is Life
Week 28	Understanding My Emotions	Controlling Anger – Prophetic Habits	Patience in Practice (Sabr in Challenges)	Gratitude as Emotional Strength	Review & Reflections Practicing Emotional Intelligence
Week 29	Dealing with Stress & Overwhelm	Building Optimism & Positive Thinking	Forgiveness & Letting Go	Emotional Resilience: Bouncing Back from Setbacks	Review & Reflections Strengthening Emotional Intelligence
Week 30	Respecting Parents – True Obedience	Being a Responsible Sibling/Friend	Kindness in Words & Actions	Conflict Resolution the Prophetic Way	Review & Reflections Excellence in Relationships
Week 31	Fixed Mindset vs. Growth Mindset	Embracing Challenges Instead of Avoiding Them	Learning from Mistakes & Failure	The Habit of Continuous Learning	Review & Reflections Understanding Growth MIndset
Week 32	Curiosity: Asking the Right Questions	Effort Over Talent – What Really Counts	Perseverance & Grit	Celebrating Small Wins	Review & Reflections Practicing Growth Mindset
Week 33	Atomic Habits in Islam – Small but Powerful	The 1% Rule: Daily Improvement	Building Good Habits that Stick	Breaking Bad Habits with Taqwa	Review & Reflections Building Habits of Success
Week 34	The Morning Routine of the Successful Believer	Night Habits of the Prophet ﷺ	Balancing Deen, Studies & Personal Life	Accountability & Having a Growth Partner	Review & Reflections Being CONSistent with Habits of Success
Week 35	Excellence in Speech	Excellence in Actions	Excellence in Worship	Ihsaan in School, Work & Service	Review and Reflection Character of a Mohsin
Week 36	Discipline + Growth = Ihsaan Lifestyle	Inspiring Others Through Your Habits	Legacy of the People of Ihsaan	My Personal Growth Plan	Review & Reflection Becoming a Mohsin

Week 37	Be Proactive: Choosing My Response, Not My Excuses (“I am responsible for my choices” mindset)	Begin with the End in Mind: Designing My Best Self (Identity-based goals & values clarity)	Put First Things First: Managing Time & Energy (Urgent vs. important, priorities over pressure)	Win-Win Thinking: Success Without Stepping on Others (Healthy relationships, empathy, collaboration)	Review & Reflection: Am I Leading My Life or Reacting to It?
Week 38	Small Actions, Big Results: The Power of Tiny Habits (Why consistency beats motivation)	Habit Stacking: Attaching Good Habits to Daily Routines (After salah, before bed, after school systems)	Environment Shapes Behavior: Design Your Space for Success (Remove friction, add cues for good habits)	Tracking Progress: What Gets Measured Gets Improved (Simple habit trackers & accountability tools)	Review & Reflection: Which Small Habit Is Changing Me Most?
Week 39	The 1% Rule: How Small Choices Compound Over Time (Daily choices → future outcomes)	Identity First: Becoming the Person Who Does the Habit (“I am a disciplined believer” vs “I try”)	Bouncing Back Fast: Failing Forward Without Quitting (Never miss twice, resilience mindset)	Personal Growth Plan: My Daily, Weekly & Monthly Systems (Faith, school, character, health)	Final Review & Reflection: My Ihsan Growth Blueprint

PILLAR 4 - INFLUENCE

Week 40	What is Islamic Leadership?	Leadership as Responsibility, Not Power	Influence Through Character	Leading by Example – Prophetic Model ﷺ	Review & Reflect The Call to Leadership
Week 41	Building Self-Confidence the Islamic Way	Overcoming Fear of Speaking	The Power of Voice & Body Language	Listening as a Leadership Skill	Review & Reflect Confidence & Communication
Week 42	Communicating with Wisdom (Hikmah)	Truthfulness in Speech	Speaking with Kindness & Respect	Balancing Assertiveness & Humility	Review & Reflect Art of Islamic Communication
Week 43	Thinking Before Speaking	Questioning with Curiosity, Not Doubt	Spotting Media & Peer Pressure Influences	Decision-Making with Wisdom & Justice	Review & Critical Thinking & Wisdom
Week 44	What Makes Someone Influential?	Inspiring Others Without Forcing Them	Peer Pressure vs. Peer Leadership	Becoming a Role Model Among Friends	Review & Reflect Building Positive Influence
Week 45	Servant Leadership in Islam	Teamwork & Delegation	Accountability in Leadership	Handling Criticism & Feedback	Review & Reflect Leadership in Action
Week 46	Conflict Resolution as a Leader	Courage to Stand for Truth	Fairness & Justice in Leadership	Balancing Strength & Compassion	Review & Reflect Leadership in Motion
Week 47	The Impact of Social Media on Leadership	Using Technology for Da'wah & Good	Navigating Negative Influences in Culture	Digital Footprint & Responsibility Online	Review & Reflect Media & Modern Influence
Week 48	Prophets as Leaders – Core Lessons	Leaders from Islamic History	Leadership in Modern Times	Lessons from Young Muslim Leaders	Review & Reflect Global Leaders & Lessons
Week 49	Contributing to Family & School Life	Building Trust in Your Community	Service as a Path to Influence	Leadership in Small Daily Actions	Review & Reflect Community Leadership
Week 50	Attracting Others Through Ihsaan	Courage to Be Different	The Leader's Legacy – Thinking Long Term	Inspiring the Next Generation	Review & Reflect Becoming a Beacon of Excellence
Week 51	Balancing Deen & Dunya in Leadership	My Strengths & Areas to Grow	My Personal Leadership Vision	Commitment to Lifelong Leadership	Review & Reflect Muslim Nation Builder