

Leading with Love Journal Activity

Pre-Module: How would you apply the following Hadith in your marriage just by reflecting on it by yourself? The Prophet Muhammad (saw) said; *“None of you [truly] believes until he loves for his brother that which he loves for himself.”* (Bukhari)

Mindset #1:

If you internalized Mindset #1 what would you do differently in your relationship? Think about a few small specific actions you could take to display this mindset.

Mindset #2:

Be honest with yourself. Do you feel that you already live by Mindset #2 or you tend to focus on your wants and needs more than your spouse? How well do you work as a team in making decisions?

Mindset #3:

Have you ever thought of “how you love” as being connected to your identity of a person? With Mindset #3 in mind, what would change if you became more conscientious about setting the bar on how you show up because of how you want to measure yourself?

THE GEM I WANT TO REMEMBER THE MOST

