

ilmwithamau

semester

AMAU WORKBOOK

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيمِ

In the name of Allah, The Most Merciful, The Most Gracious

This Workbook belongs to:



Purpose of This Workbook

This workbook is not meant to be read once and put aside. This is not a summary of what is being taught. This is your personal journal. Print it and begin completing it as you progress through each week of Semester Zero.

For each topic:

- Reflect honestly
- Write, even if briefly
- Set realistic goals
- Revisit your answers over time

Knowledge only benefits when it **changes behaviour**.

How Each Section Is Structured

Each topic includes **three core reflection areas**:

1. **Key Points of Benefit**

What stood out to you? What principles were emphasised?

2. **New Understanding**

What did you learn that you did not know before, or did not fully realise?

3. **Personal Action & Goal Setting**

How will this topic change you in practice?

Be honest. Allah sees sincerity, not perfection.

Maximum Motivation

Key Points of Benefit

Write the main lessons that increased your motivation to seek knowledge.

New Understanding

What did you realise about motivation, intention, or purpose that you had not considered before?

Personal Action & Goals

Based on this topic, set clear and realistic goals.

My goals:

How I will measure it:

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Notes:

Battling Sincerity

Key Points of Benefit

What were the dangers of insincerity mentioned? What protects sincerity?

New Understanding

What signs of insincerity did you recognise in yourself?

Personal Action & Goals

How will you actively protect your sincerity while studying?

My goals:

Daily or weekly reminder I will use:

Notes:

The Correct Method

Key Points of Benefit

What defines the correct methodology in seeking knowledge?

New Understanding

What habits or approaches do you need to leave behind?

Personal Action & Goals

What will you do differently in how you study from now on?

My goals:

How I will measure it:

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Notes:

A Culture of Hard Work

Key Points of Benefit

What does serious effort look like in seeking knowledge?

New Understanding

Where have you been inconsistent or complacent?

Personal Action & Goals

What daily or weekly effort will you commit to?

My goals:

Daily or weekly reminder I will use:

Notes:

Repentance & Remembrance

Key Points of Benefit

How do sins affect knowledge? How does dhikr support it?

New Understanding

What habits might be blocking barakah in your studies?

Personal Action & Goals

What act of repentance or remembrance will you prioritise?

My goals:

How I will measure it:

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Notes:

Consistency

Key Points of Benefit

Why is consistency more important than intensity?

New Understanding

Where have you previously failed due to inconsistency?

Personal Action & Goals

What is your minimum non-negotiable study commitment?

My goals:

Daily or weekly reminder I will use:

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Notes:

Effective Time Management

Key Points of Benefit

What principles were shared about time, priorities, and discipline?

New Understanding

Where is your time currently leaking?

Personal Action & Goals

What change will you make to protect your study time?

My goals:

How I will measure it:

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Notes:

The Best of Manners

Key Points of Benefit

What manners are required with knowledge, teachers, and fellow students?

New Understanding

What adab do you need to improve immediately?

Personal Action & Goals

What specific behaviour will you work on?

My goals:

Daily or weekly reminder I will use:

Notes:

Connection to the Scholars

Key Points of Benefit

Why is connection to scholars important, even when studying online?

New Understanding

What does healthy attachment look like, and what does it not?

Personal Action & Goals

How will you strengthen your respect and connection to people of knowledge?

My goals:

How I will measure it:

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Notes:

Attachment to Books

Key Points of Benefit

What role do books play in preserving and grounding knowledge?

New Understanding

How do you currently treat books and study materials?

Personal Action & Goals

How will you improve your relationship with books?

My goals:

Daily or weekly reminder I will use:

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Notes:

Overcoming Obstacles

Key Points of Benefit

What obstacles were discussed, internal and external?

New Understanding

What are your personal obstacles to seeking knowledge?

Personal Action & Goals

What is your plan when motivation drops or life gets busy?

My goals:

Daily or weekly reminder I will use:

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Notes:

Applying Your Knowledge

Key Points of Benefit

Why is action the true measure of beneficial knowledge?

New Understanding

Where do you need to start applying what you already know?

Personal Action & Goals

What is one change you will implement immediately?

My goals:

How I will measure it:

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Notes:

Final Reflection

Why are you committing to this path of knowledge?

Mention what you want to achieve by the end of the 5 year Ilm with AMAU program.



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