

# Slow Down, You're Doing Fine

## Opening Remarks

In a world that often glorifies hustle, speed, and the race to "get there," we rarely stop to ask—where exactly are we going? And at what cost? Success has become tied to exhaustion, and the word "rest" feels almost guilty, like slowing down means being left behind. It constantly tells us to run faster, achieve more, and never stop. We often forget that growth doesn't always happen in the rush — sometimes it happens in the pause. Slowing down isn't about giving up; it's about learning to listen to ourselves, to unlearn what no longer serves us, and to give space for what truly matters to emerge.

**pause...**

Yet, if we pause for a moment, we may realize that growth doesn't always come from pushing harder. Sometimes, it comes from stepping back, unlearning, and allowing space to simply breathe.

This month's BerseMukha, "**Slow Down, You're Doing Fine**", invites us to question what it means to live meaningfully at our own pace. Together, we'll explore the delicate balance between ambition and acceptance, contentment and complacency, learning and unlearning—all while rediscovering that slowing down is not about losing time, but about finding it

## Introductions

### Name:

"Could you please introduce yourself and tell us your name?"

### Background:

"It's always interesting to know where everyone comes from. Could you share a bit about your background, such as where you're from and what you do?"

## Session 1: The Chase

1. **Dreams Revisited (Reflective):** Were there dreams you once wanted to achieve but no longer now? What changed?
2. **Borrowed Goals (Reflective):** How do you differentiate between dreams that are truly yours, and those imposed by society or family?
3. **The Hustle Illusion (Critical):** Is hustling always the best way forward, or do we sometimes confuse busyness with progress?
4. **Learning & Unlearning (Explorative):** What beliefs about success did you have to unlearn in order to find peace with yourself?
5. **The Space to Breathe (Practical):** How do you create moments of pause amidst the noise of everyday life?
6. **When to Step Back (Critical):** Have you ever achieved something only to realize it wasn't what you needed? What did stepping back teach you?
7. **Riding the Waves (Explorative):** How do you balance between hustling towards your goals and allowing life to unfold naturally?
8. **Timing & Trust (Reflective):** In Islam (and many philosophies), we're told "everything happens when it is meant to happen." How do you reconcile this with hustle culture?
9. **The Cost of the Chase (Critical):** What have you sacrificed in the pursuit of your goals, and was it worth it?
10. **Redefining the Race (Reflective):** If you slowed down today, what would you discover about yourself that rushing has hidden?

## Session 2: The Pause

1. **Content vs Complacency:** How do you balance being content with what you have and not becoming complacent?
2. **Preserving Energy:** How do you decide which pursuits are worth your energy, and which ones drain you unnecessarily?
3. **The Beauty of Enough:** When was the last time you felt like you truly had “enough,” and how did it change your perspective?
4. **The Weight of Comparison:** How does comparing yourself to others affect your ability to slow down and be present?
5. **Seasons of Growth:** Do you believe there are seasons in life where hustling is necessary, and others where slowing down is wiser?
6. **Evolving Dreams:** How have your goals evolved as you’ve grown older or gained new experiences?
7. **Letting Go:** What is one ambition or chase you had to let go of in order to truly move forward?
8. **Inner Compass:** When you slow down, what values or guiding principles rise to the surface for you?
9. **Legacy vs Lifestyle):** Are you more focused on leaving a legacy for others, or living a lifestyle that nourishes you today?
10. **Becoming, Not Arriving:** If life isn’t about rushing to an endpoint, but about becoming along the way — what are you becoming right now?