



GET THOSE GOALS

*A Quick Guide to Help You Achieve
Your Goals and Do More in Life*



There is a lot that you want in life.

Financial stability, a nice career, better health, strong physique.

You have set goals so many times to get all of that... but the problem is... you haven't been able to do anything about them yet.

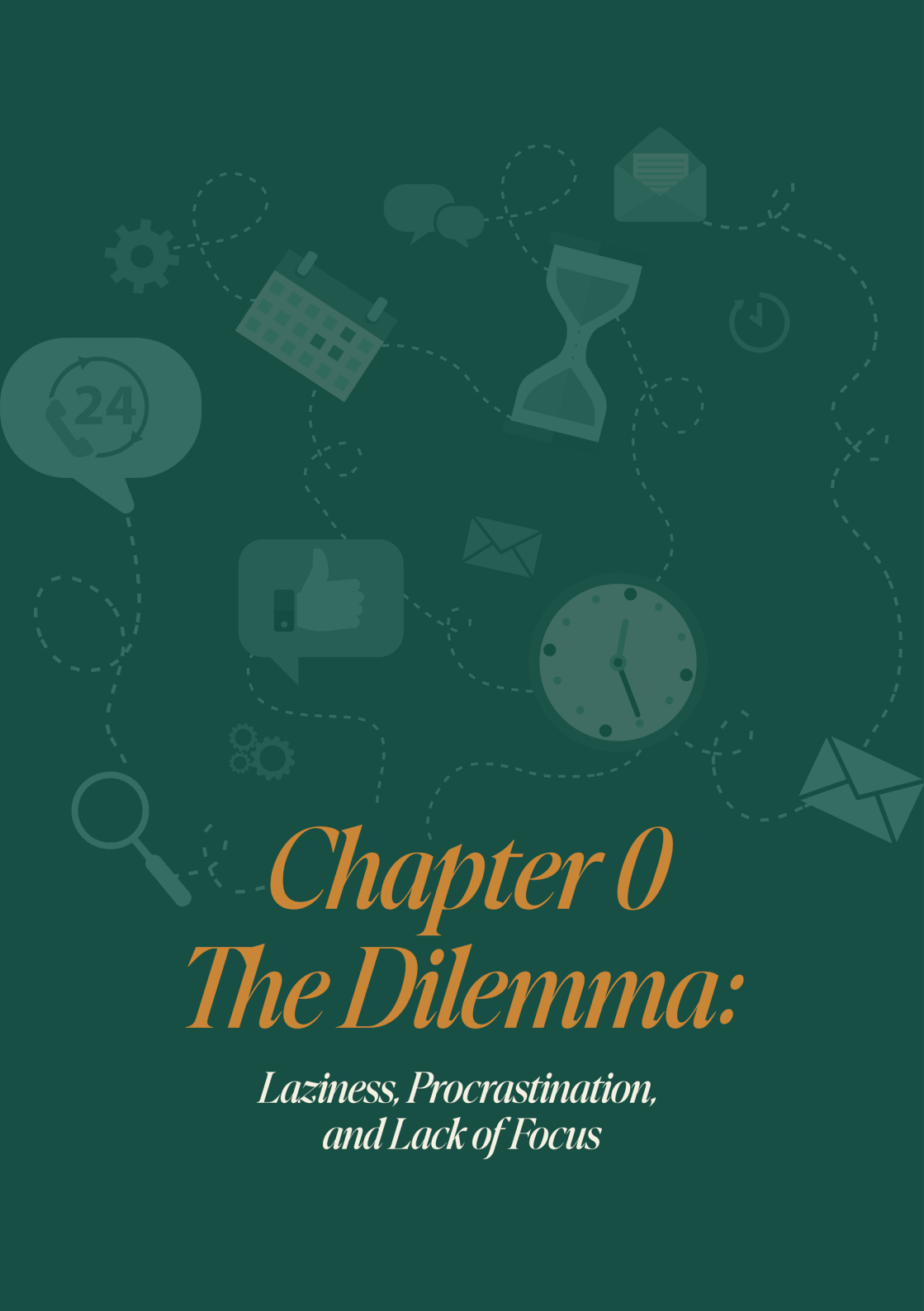
And it's not that you don't have time.

You have time. Sometimes a lot of it.

But you always end up wasting all of it.

But why?

What stands between you and your goals?



Chapter 0

The Dilemma:

*Laziness, Procrastination,
and Lack of Focus*

Laziness, Procrastination, and Lack of Focus

The world that we live in is designed to support laziness and procrastination.

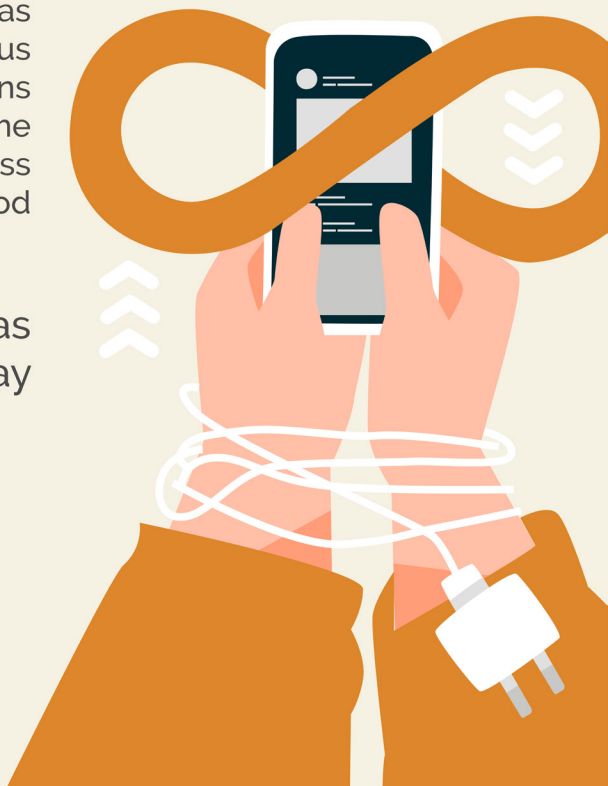
This device in your hands. Our moms are not always wrong when they say,

*“Is phone ko aag laga do tou
sab kuch theek hojayega”*

[burn this phone down and everything
will be okay]

The smartphone has introduced numerous unnecessary distractions into our lives. Our free time is spent scrolling mindless reels on Instagram or (God Forbid) TikTok.

Doom scrolling has become an everyday habit.



Our phone is the first thing we check in the morning, and scrolling is the last thing we do when we get to bed.

We lie down to relax for

5 minutes

and before we know it,

20 minutes

have passed.

And by the time we are done scrolling, we are drowsy, exhausted, and perfectly ready to lie down some more, for perhaps a bit more scrolling.

Laziness has become a lifestyle.

“Netflix and chill”

feels like an obligation to the extent that sometimes we do nothing and just that the whole day.

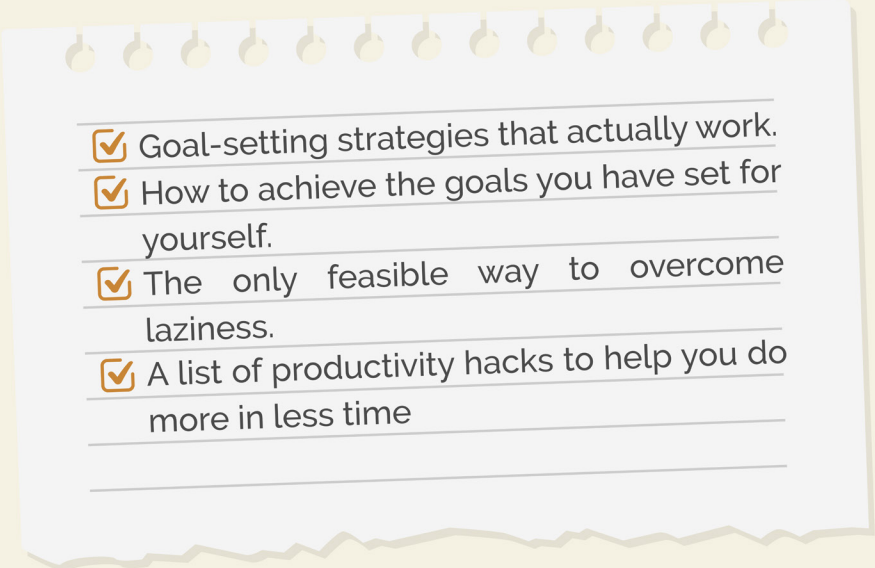
Sometimes, even when we're not being lazy and committed, there are far too many distractions. You put your phone down, determined to get things done, and your phone beeps. Your friend just shared a new reel.

And BOOM!

Back to square one.

Now the question is,

How do we actually take control of our lives back again?
In this ebook, you will learn:

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- ☑ Goal-setting strategies that actually work.
 - ☑ How to achieve the goals you have set for yourself.
 - ☑ The only feasible way to overcome laziness.
 - ☑ A list of productivity hacks to help you do more in less time

At the end is a small takeaway for you to begin your productivity journey right away and actually get things done.

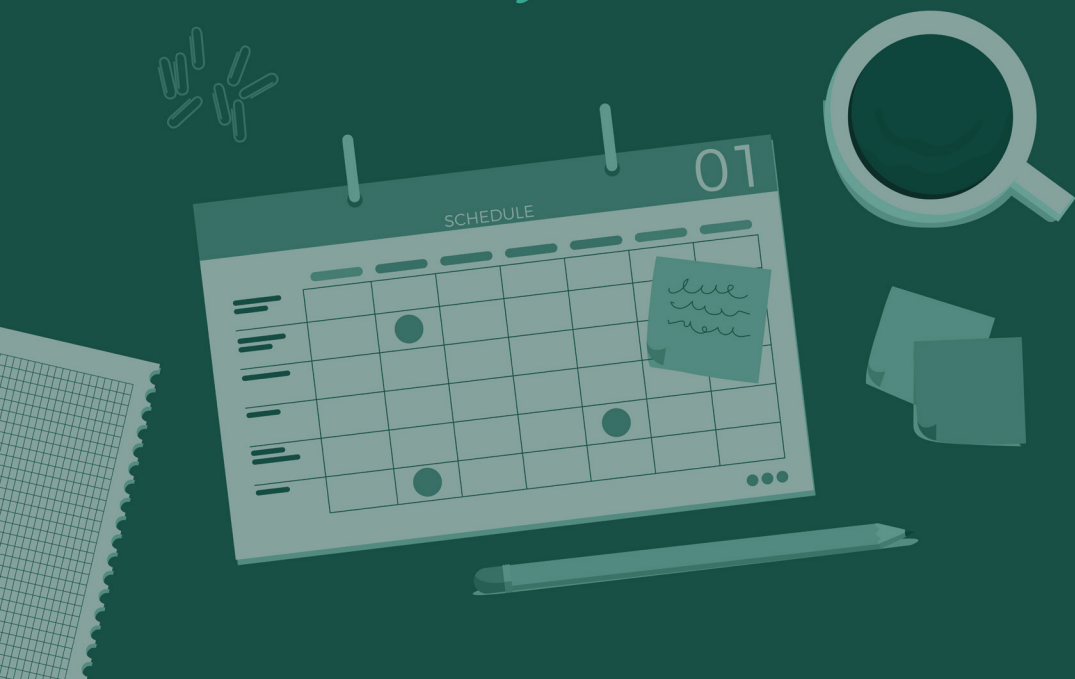
Ready to start?
Maybe tomorrow?
Nope. Let's go!

Chapter 1

Goal Setting

Sometimes you *procrastinate*.
But it's not because you don't have a *vision*. *You do*.
You know exactly where you want to be in life. What
you don't know is *how*.

This is where goals come in.
So, how do you set goals that you can
actually achieve?



The secret is in setting
SMART goals.



S – Specific

Reduce daily screen time by limiting social media use and applying app-blockers during work hours.



M – Measurable

Limit social media to 20 minutes per day; track usage with a screen-time app.



A – Attainable

Use app blockers (e.g., Forest, Freedom, Screen Time) and set notifications off during work hours.



R – Relevant

Reducing screen distractions will improve focus, reduce procrastination, and boost productivity.



T – Time-Bound

Follow this routine for 30 days, reviewing progress weekly.

The secret is in setting SMART goals.

Goal: Improve Physical Health

S – Specific

Exercise daily for at least 30 minutes, focusing on a mix of walking, stretching, and light strength training.

M – Measurable

Track workouts using a fitness app or journal; aim for 7 sessions per week, 30 minutes each.

A – Attainable

Choose workouts that can be done at home with no equipment (e.g., walking, YouTube workouts, bodyweight exercises).

R – Relevant

Daily exercise will improve energy, productivity, mood, sleep, and overall health.

T – Time-Bound

Follow this routine for 8 weeks, reviewing progress at the end of every 2 weeks.

It is always a good idea to write your goals and intentions down. This will help you revisit your goals and reorient yourself in case you lose direction or motivation along the way.

You may have to prioritise and reprioritise your goals every day because, let's face it, this is real life. Other "more important" things may come up and throw you off track.

Once your goals are set. You're good to go.

***But how do you
start working on
those goals***



And most importantly, where do you get that unwavering consistency from?

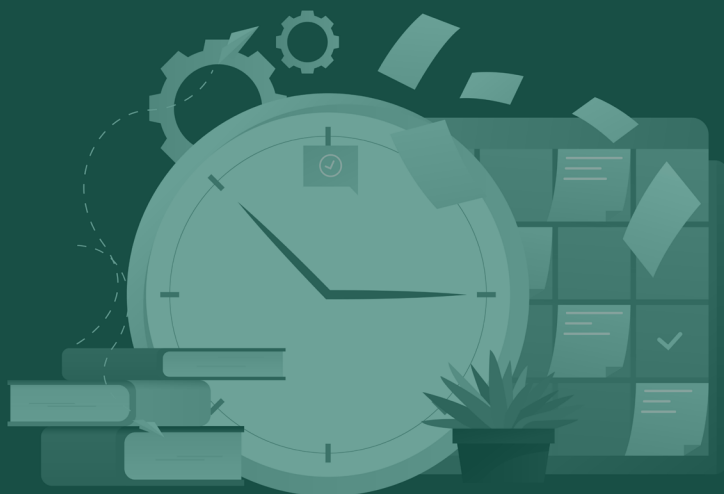
Chapter 2

Goal Achieving

Setting goals is the easy part.

The real challenge is actually achieving those goals.

Since this ebook is about helping you be more productive, we have put together a few strategies that will help you not just have goals but also a proper blueprint for how you are going to achieve them.



Make Dua, Seek Allah (SWT)'s Help

Remember the day of Badr,

When the odds were most definitely stacked against the Muslims, he ﷺ pleaded to Allah (SWT) with such hope and humility that even his companions were shaken. And that brought Allah (SWT)'s miraculous help.

**No matter how daunting the task is,
it can be made achievable with the help
of Allah (SWT).**

Before you start working towards your goal, and then every time you falter after that, turn to Allah (SWT). Seek strength from the Owner of All Things and continue doing your best.

Break the Goal Down Into Small Steps

Never underestimate the power of small actions.

Allah (SWT) loves good deeds that may be small but are done consistently.

- ✓ If you want to finish the Arabic lesson by the end of the week, consider listening to the lecture for 10 minutes every day. Doable, right?
- ✓ If you want to be consistent at working out, try starting with 5 minutes of strength training every day until you build a strong, unshakeable habit. Then scale up.
- ✓ If you want to build a habit of praying Tahajjud regularly, try showing up at least once every week. And when praying tahajjud once every week becomes a habit, scale up!

Align with Your Strengths

Some people work better when a massive, daunting task is broken down into smaller steps. For others, breaking the task down may disrupt their momentum. Some people work with bursts of energy. They do a lot of work in a short span of time. Others prefer working fewer but longer hours. Some people work well under pressure, while others thrive when they are working alongside someone else.

Align your plan with the way you work best.

This way, you will be able to move towards your goal without fighting your natural disposition and inclinations.

Tune Out Distractions



We live in a world full of distractions. You will have to actively and consciously tune your distractions out when you are trying to do something meaningful.

*The best way to do that is to specify
a time for everything.*

When it is time to pray, it is time to pray. Your phone needs to stay in its place.

Block a focus time in your day where you are not bothered by anyone and anything, and you can give 100% of your time and focus to the task at hand.

This way, you will be able to put in actual, meaningful work towards your goal.

Find A Support Group

You cannot be a lone warrior all the time. Sometimes it is great to involve someone from your family or friends. Prophet Musa (AS) did the same. He asked Allah (SWT) to support him with his brother Harun (AS).

But remember: Share your goals and plans only with someone whom you trust and know would support you 100%.

Communicate why this goal is important to you and how you want them to support you. Having someone in on the plan will help you stay motivated and accountable, and you will be able to go farther than you would have gone alone.



Reflect and Adjust



*Make room for mistakes.
You are a human after all.*

Be flexible with your blueprint and don't beat yourself up for failing to give your 100% on difficult days. As long as you keep showing up and doing your best, you will stay well on track.

But don't forget to reflect on the mistakes or on the reasons why you fell short.

- ☒ If you missed one Arabic lesson last week, reflect if you had scheduled it too late at night, and you were too sleepy by the time you got to it?
- ☒ If you are having a hard time showing up for workouts, is it because your workout plan has exercises that you find too hard?
- ☒ If you can't wake up for Tahajjud, do you need to readjust your bedtime? Or perhaps have a different wake-up strategy?

Not being able to take a step towards your goal does not mean you are unable to do it. It just means you need to reflect on why you are struggling and tweak your strategy to accommodate the challenge you are struggling with.

But no matter how hard you try, there are times when you really, really, want to do something, but you just can't find the energy to get up and get going.

*Laziness is the enemy of productivity,
it pulls you down and forces you to
procrastinate, delay, and eventually give up.
For some people, the only thing that's holding
them back from conquering the world.*

Next, we share how you can get over laziness and bounce back with the energy you need to do all those meaningful things in life.

Chapter 3

Breaking the Shackles: Overcoming Laziness



Laziness has different origins.

Sometimes, that intense exhaustion and lack of motivation could be a sign you need to rest. Other times, your laziness could have more spiritual roots. It could be coming from the shaitan, as we learn from the hadith that.

When any one of you goes to sleep, the devil ties three knots at the back of his neck, sealing every knot with: 'You have a long night, so sleep.' So if one awakes and mentions Allah, a knot will be loosened; if he performs ablution, two knots are loosened; and if he prays, all knots will be loosened, and in the morning he will be active and in good spirits; otherwise he will be in bad spirits and sluggish in the morning.

[Sahih Muslim - 776]

This second form of laziness usually hits the hardest when you are about to do something meaningful. As soon as you even think about picking up the Quran to read a few verses, the laziness strikes, you feel drained, as if you have zero energy.

The good news is that getting over laziness isn't as hard, regardless of where the laziness is coming from. Below are a few ways you can overcome laziness to get your energy back and start working towards your goal:



Take a
Break

If you are genuinely pushing a little too hard, day after day, it could be that you are actually exhausted.

And if you are genuinely exhausted,
it is best to take a break.

Make Dua

There is nothing that a sincere dua can't fix. Prophet Muhammad ﷺ sought refuge from laziness every day. Morning and evening.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ
الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ،
وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

IO Allah, I seek Your protection from anxiety and grief. I seek Your protection from inability and laziness. I seek Your protection from cowardice and miserliness, and I seek Your protection from being overcome by debt and being overpowered by men.]

*But remember,
don't just recite it mechanically.*

The dua will work if you say it with sincerity and humility.

Pair the dua with an effort to show up for whatever the task is at hand, and you'll see how the laziness goes away, and you'll be your most productive self.

Hold on to Dhikr

*And whoever is blinded from
remembrance of the Most Merciful
- We appoint for him a devil, and
he is to him a companion.*

[Quran 43:36]

You're inviting shaitan to come be your friend
when you let go of dhikr.

**And when shaitan becomes
your friend,**

it is easier to feel overwhelmed by that feeling of
exhaustion and lack of energy.

Dhikr opens the doors of the blessings and barakah you
need to get to your goals and live a more productive
and successful life.

Re-evaluate Your Company

If you feel exhausted, drained, and borderline depressed, take a look at your company?

*Are you hanging out with people
who are inherently lazy and just
don't bother to ever do anything
meaningful in life?*

If that's the case then their laziness could be contagious and you may have to limit your interaction with them.

Try to hang out with highly motivated, energetic people who are doing meaningful things in life so you can catch their vibe and get going towards your goals.

Overcome Procrastination

Don't let yourself delay a task you can easily do right now rather later.

If you're unable to get up and do it,
just tell yourself,

"I'll do it for 2 minutes only".

Once you have started doing the task, it will be much easier to continue, and you'll see how you can overcome procrastination and actually do at least some of what you had planned to do.

Change Your Environment

Sometimes it's not you, but the environment you are in that is fanning the flames of your laziness.

*It is hard not to feel sleepy when you are all **cozy in your bed**, with a laptop lying next to you for the work you need to get done.*

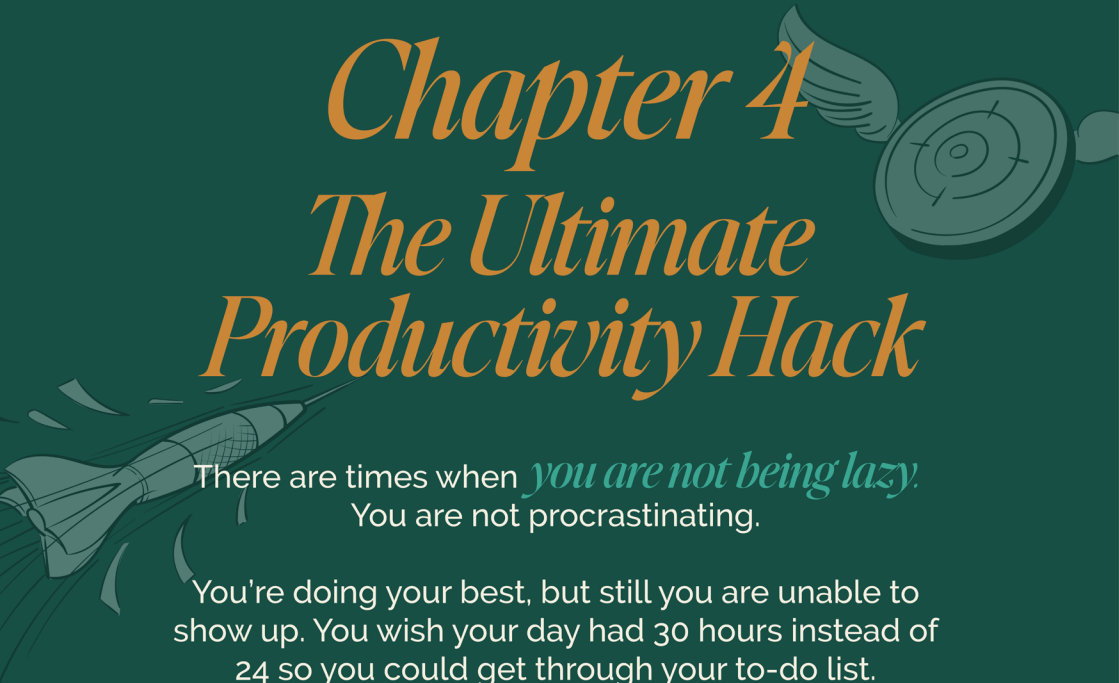
*It is hard not to procrastinate going to the gym when your **equipment is scattered** all over the house, you don't know where your shoes are, and the clothes are still in the laundry basket.*

Changing the environment and being more organised can help you get started with whatever the task at hand is more easily.

All of these tips can help you overcome laziness. And once the laziness is gone, you'll see how you can get more done and actually start moving towards your goals.

But what if you are not lazy?

What if you want to get so much done, but you just can't find the time to do anything?

An illustration of a pen and a target. The pen is on the left, angled upwards, with motion lines around its tip. The target is on the right, with a bullseye and concentric circles. The entire scene is set against a dark teal background.

Chapter 4

The Ultimate Productivity Hack

There are times when *you are not being lazy*.
You are not procrastinating.

You're doing your best, but still you are unable to show up. You wish your day had 30 hours instead of 24 so you could get through your to-do list.

But you know what?

There are actually ways you can get more done in less time. This is about tapping into the barakah hacks Islam has given us

1 Read The Quran

*This is a blessed Book
We have revealed to you [38:29]*

Try to recite your daily portion of the Quran as early in the day as possible, preferably after Fajr. This way, whatever you do throughout the day will be filled with immense barakah, and you'll be able to get more meaningful work done in the little time you have.

Work After Fajr

The Messenger of Allah (ﷺ) said:

*"O Allah bless my Ummah in what they
do early (in the day)."*

It may feel hard in the beginning. But here, you don't have to put in an hour or two right from the start. Begin with praying Fajr, doing your adhkar, reciting some Quran, and then working for just five minutes. Tell yourself that you'll work for five minutes only to make it easier for you to start. And once you have, you can continue going or stop after five minutes.

Plan Your Day Around Salah

*Prioritising the worship of Allah (SWT) is
the best way to earn His divine help.*

Don't delay your prayers or miss them completely because you have too much to do. Schedule your work around the five daily prayers, leave everything and go pray when it's time, and you'll see how your work gets done once you get to it and put in sincere effort.

Prioritise Dhikr

Blessed is He in whose hand is dominion
[Quran 67:1]

Allah (SWT) is Tabarak. And a day that starts with His name is also blessed. So, after you have prayed your Fajr, make time to do dhikr. Prioritising the remembrance of Allah (SWT) early in the morning will bring an unprecedented barakah in everything you do throughout the day.

Chapter 5

Parting Advice

You now have the tools you need to build a productive life that helps you do real, meaningful work towards achieving your goals.

But before you jump into setting your SMART goals and building a plan to achieve them, *there are a few things you should know.*



1 Success Beyond the Dunya

The real goal is to do things that not only shape this life but more importantly our afterlife as well.

You can do this by setting at least one or two goals that will help you stay connected to your spiritual side.



Read and contemplate the verses of the Quran every day.



Listen to a tafsir lecture daily.



Pray Tahajjud at least once a week.



Say Istighfar as many times as you can, morning and evening.



Share your knowledge. Teach someone something good, so it becomes a sadqa-e-jariah for you.

Choose a few goals and remember all the goal-setting and goal-achieving strategies we have shared above as you work on these akhirah-oriented goals.

You Are Not In Control

There are times when no matter how hard you try, you just can't seem to achieve your goals. In times like these, always remember that the results are not in your control. All you have to do is put in the effort.

*Once you have given something your 100%,
leave the results to Allah (SWT).*

Nuh (AS) was sent to bring his people back to Allah (SWT) after they had started worshipping the idols. He kept giving dawah to them day and night for 950 years, but only a few people accepted his advice.

But Nuh (AS) was still successful.

Remember, success is not always tied to results.
It is tied to the effort that you put in.

Bonus:
*Your Productivity
Cheat Sheet*



Start your day with Fajr, Quran recitation, and Dhikr.



Dua for ease, divine help, guidance, and protection from kasl (laziness).



Use the time after Fajr for the most important tasks.



Schedule your day around Salah. Prioritise prayers, and Allah (SWT) will take care of your tasks for you.



Don't forget to have a few akhirah-oriented goals as well.



Submit to the will of Allah (SWT). Just do your best.



Don't let the results demotivate you into giving up on your sincere efforts.



Make sure your goals are realistic and aligned with your current resources and capabilities.