

aa⁺plus

BEATING PROCRASTIN ATION

WITH TIPS FROM
THE QURAN
& SUNNAH





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WHAT DOES THE QURAN SAY?

There are many
Quranic verses on
procrastination
but let's take a
look at these
verses from
Ali 'Imran...





وَكَايِنٌ مِّنْ نَّبِيٍّ قَتَلَ مَعَهُ رِيشُونَ كَثِيرٌ فَمَا وَهَنُوا لِمَا
أَصَابَهُمْ فِي سَبِيلِ اللَّهِ وَمَا ضَعُفُوا وَمَا اسْتَكَانُوا وَاللَّهُ
يُحِبُّ الصَّابِرِينَ

'Imagine' how many devotees fought along with their prophets and never faltered despite whatever 'losses' they suffered in the cause of Allah, nor did they weaken or give in! **Allah loves those who persevere.**

وَمَا كَانَ قَوْلُهُمْ إِلَّا أَنْ قَالُوا رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا
فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

And all they said was, "Our Lord! **Forgive our sins and excesses,** make our steps firm, and grant us victory over the disbelieving people."

فَاتَّهَمُ اللَّهُ ثَوَابَ الدُّنْيَا وَحُسْنَ ثَوَابِ الْآخِرَةِ وَاللَّهُ
يُحِبُّ الْمُحْسِنِينَ

So Allah gave them the reward of this world and the excellent reward of the Hereafter. For Allah loves the good-doers.

(Ali 'Imran 3:146-148)

AN ONGOING BATTLE

*'Imagine' how many devotees fought along with their prophets and never faltered despite whatever 'losses' they suffered in the cause of Allah, nor did they weaken or give in! **Allah loves those who persevere.** (Ali 'Imran 3:146)*

- In the above verse, Allah SWT spoke about the believers who fight with their Prophets in *Jihad*. Although we may not fight in battles of wars, **we engage in daily *jihad***, with procrastination being one of our biggest *jihad*.
- **"Allah loves those who persevere"** - we have to have a high dose of patience when we go through the *jihad* of life.
- Our fight against procrastination requires daily work and perseverance, but we know that **Allah always gives us solutions and tools to help us in our battles.**



SO WHAT ARE
SOME OF
THESE TOOLS?



DU' A FIRST

And all they said was, "Our Lord! Forgive our sins and excesses, make our steps firm, and grant us victory over the disbelieving people."

(Ali 'Imran 3:147)

- If we want to win against our procrastination, **we must start by asking Allah SWT for forgiveness for our sins and excesses**, which slow us down and distract us from having focus in our lives.
- **"Make our steps firm"** - We need firmness in our focus, intentions and purpose to fight against procrastination.
- **"Grant us victory against the disbelieving people"** - We want to ask Allah to grant us victory against our Nafs, because no one else is telling us to procrastinate but ourselves. We have to admit this to ourselves first!

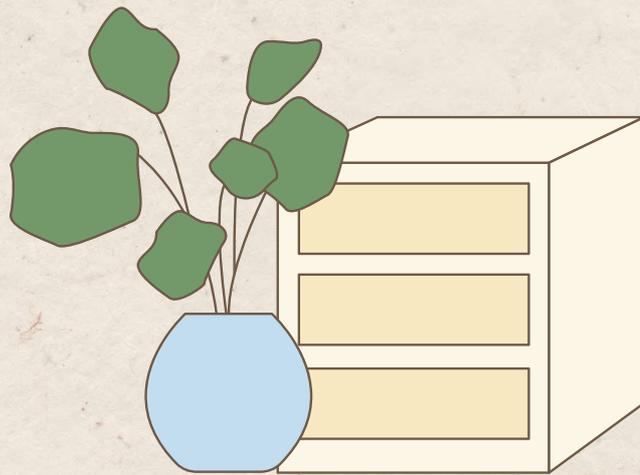
THE GOOD-DOERS

*So Allah gave them the reward of this world and the excellent reward of the Hereafter. **For Allah loves the good-doers.** (Ali 'Imran 3:148)*

- We may see the immediate reward of overcoming our laziness and procrastination, but can you imagine the reward in the Hereafter as a result of us beating our Nafs and Syaitan?
- Interestingly, Allah SWT placed the du'a of forgiveness between the two verses on two types of people that He loves - the الصَّابِرِينَ (those who persevere) and the الْمُحْسِنِينَ (those who do good).
- If we have these two characteristics (perseverance & doing good) in ourselves, In Sha Allah we **CAN beat procrastination!**



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PROCRASTINATION
VIA THE LENS OF
A BELIEVER

BUT FIRST,
WHAT IS A
BELIEVER?



HERE ARE SOME OF OUR CHAMPS' DEFINITIONS

A believer is someone who does his best.

A believer is someone who has faith and trust in Allah.

A believer is someone who is conscious of Allah and does what pleases Him.

A believer is someone with Iman.

A believer is someone who struggles for excellence.

A believer is someone who believes in Allah.

A believer is someone who always tries to make Allah proud.





The priority of a believer is

ALLAH
FIRST.
ALLAH
ALWAYS

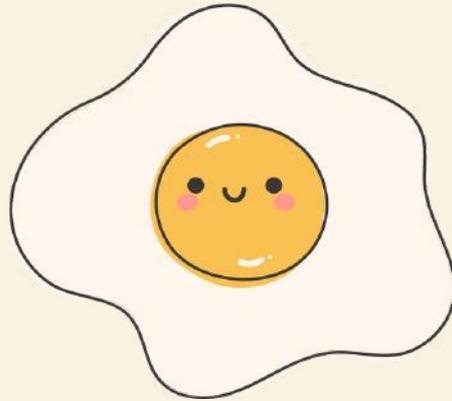
WHAT HAS PROCRASTINATION GOT TO DO WITH IHSAN?

Jibril asked, "*Inform me about Ihsan.*"

Rasulullah ﷺ answered, "***It is that you should serve Allah as though you could see Him, for though you cannot see Him yet He sees you.***" (Muslim)

- Procrastination is the **barrier between moving from the state of Iman and Islam to the higher level of Ihsan**, which is what we should all strive for.
- We should be in a state of Ihsan in our worship towards Allah and in our daily work. We do them knowing that even if we can't see Allah, He indeed sees us.

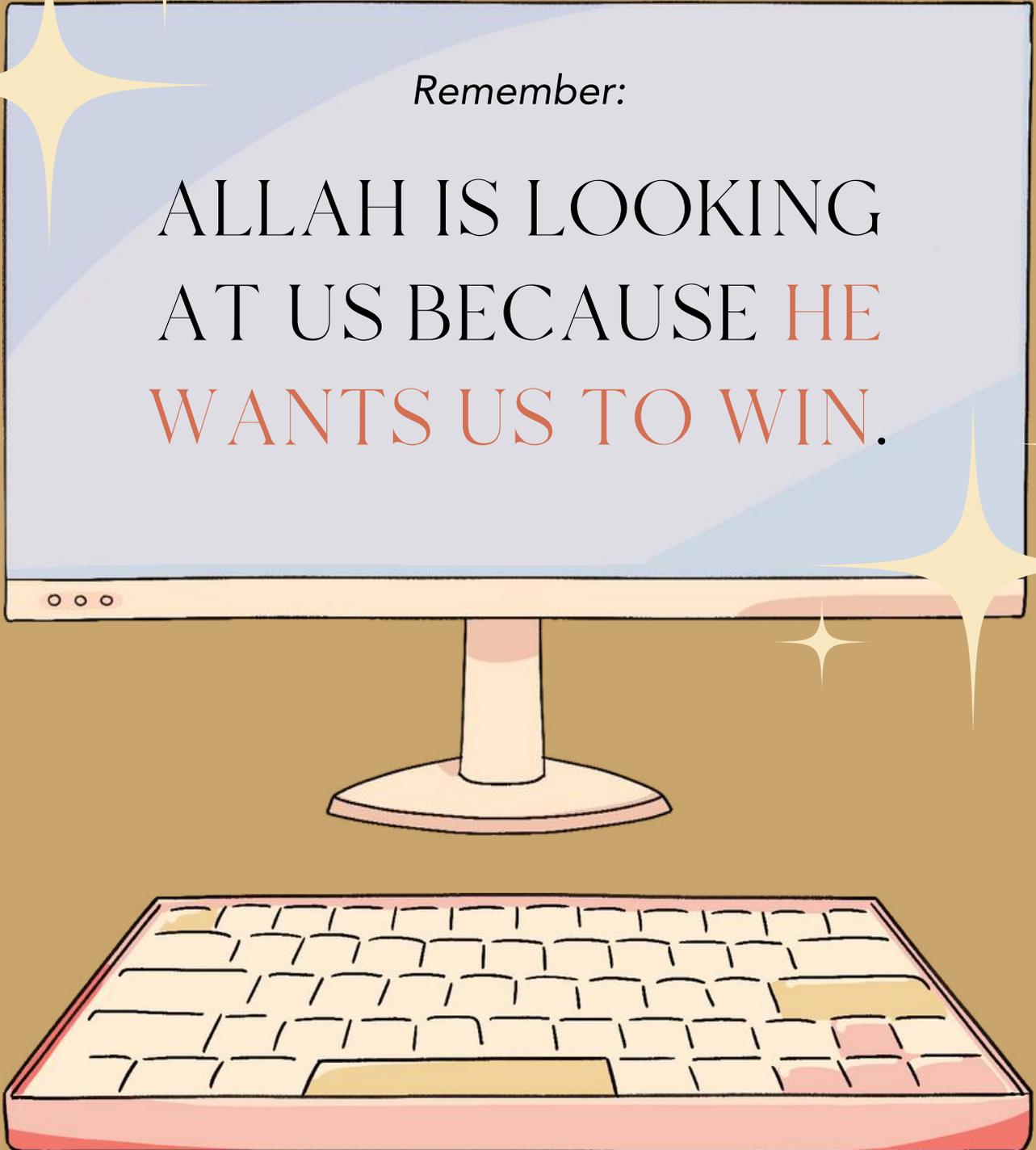
DO WE HAVE IHSAN?



- When we are asked by our mother to grab some eggs in the fridge and put them on the table, do we do them as instructed and without thought or do we do them with Ihsan - we select the best eggs, wash them and put them in the centre of the table so that they won't roll off?
- **Do we want to live our lives barely satisfying the five prayers, making it just in time, or do we want to be careful and conscious, and beautify our state of worship?**
- When we choose to repeatedly procrastinate, we are arrogantly acting as if Allah doesn't see us, and we foolishly think we won't have to face Him on the Day of Judgement.

Remember:

ALLAH IS LOOKING
AT US BECAUSE HE
WANTS US TO WIN.



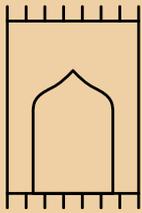


Champs, as
believers
we cannot
make light of
Procrastination.



WHAT DO WE PROCRASTINATE?

We typically procrastinate in the following:



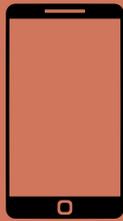
Prayers



Projects



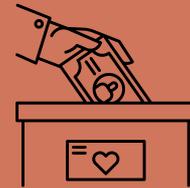
Chores



Replying
messages



Work / Tasks



Good deeds

BUT WHAT DO YOU THINK
IS OUR **BIGGEST**
PROCRASTINATION?



OUR BIGGEST
PROCRASTINATION
IS ON THE
PREPARATION
OF OUR HEREAFTER

- We procrastinate in preparing for our Hereafter when it is guaranteed. **Our meeting with Allah is guaranteed!**
- When we choose to procrastinate as a believer, we are not merely delaying a task, we are delaying our success in the Hereafter.
- We don't want to regret procrastinating when death comes upon us:

حَتَّىٰ إِذَا جَاءَ أَحَدَهُمُ الْمَوْتُ قَالَ رَبِّ ارْجِعُونِ

*When death approaches any of them, they cry,
"My Lord! Let me go back,*

لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ كَلَّا إِنَّهَا كَلِمَةٌ هُوَ
 قَائِلُهَا وَمِنْ وَرَائِهِمْ بَرْزَخٌ إِلَىٰ يَوْمِ يُبْعَثُونَ

so I may do good in what I left behind." Never! It is only a 'useless' appeal they make. And there is a barrier behind them until the Day they are resurrected.

(Al-Mu'minun 23:99-100)

Rasulullah ﷺ said:

"The wise man is one who holds himself accountable and performs good deeds to prepare for what comes after death. The foolish man is one who gives into his lowly desires and seeks their indulgence from Allah."

(SUNAN AL-TIRMIDHI 2459)



SO WHICH ONE ARE YOU?

*Are you a wise
servant of Allah?*

*Or are you a foolish
servant of your desires
/ distractions /
procrastination /
laziness?*





WHY DO WE PROCRASTINATE?

1) PROCRASTINATION IS AN EMOTION- REGULATION PROBLEM



- Contrary to popular belief, procrastination is an **emotion-regulation problem** and not a time-management problem.
- When we are unable to regulate our emotions when starting a task, we won't be able to do it. There is an emotional barrier that is preventing us from starting on the task.
- We engage in this irrational cycle of chronic procrastination because of our **inability to manage negative moods around a task**.

WHICH EMOTION DO YOU FEEL MOST WHEN DELAYING A TASK?

Boredom

Fear

Stressed

Anxious

Distracted

AFFIRMATIONS TO ARM YOU:

When you feel..

You should remember..

Boredom

"Allah's immense Generosity and imagine the mountain of reward Allah has for me should I take the first step to just start."

Fear

"Allah's Help is Near, and that He is all-Powerful. Nothing is too difficult / complicated for Him."

Stressed

"Only in the Remembrance of Allah do hearts find rest. I take things one breath at a time."

Anxious

"Allah is al-Wadud, that He loves me and only wants ease for me, and that He doesn't test me beyond my means."

Distracted

"Quickly make Istighfar, ask for His Help, take Wudhu if possible, play the Quran, and begin with a Bismillah!"



NOW CREATE
YOUR OWN
AFFIRMATIONS!





When I feel..

I should remember..

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Blank space for writing in a light green background.

Blank space for writing in a light pink background.

Blank space for writing in a light yellow background.

Blank space for writing in a light purple background.



A REMINDER TO
ALWAYS SEEK
HIS HELP IN
YOUR 1-ON-1
CONVERSATION
WITH ALLAH
SWT.



2) PROCRASTINATION IS A SPIRITUAL DISEASE OF THE HEART.

يَا أَيُّهَا الَّذِينَ ءَامَنُوا مَا لَكُمْ إِذَا قِيلَ لَكُمْ أَنفِرُوا فِي سَبِيلِ
اللَّهِ أَتَأْتَلْتُمْ إِلَى الْأَرْضِ ۚ أَرْضَيْتُمْ بِالْحَيَاةِ الدُّنْيَا مِنَ
الْآخِرَةِ ۚ فَمَا مَتَّعَ الْحَيَاةِ الدُّنْيَا فِي الْآخِرَةِ إِلَّا قَلِيلٌ

*O believers! What is the matter with you that when you are asked to march forth in the cause of Allah, you cling firmly to 'your' land? **Do you prefer the life of this world over the Hereafter?** The enjoyment of this worldly life is insignificant compared to that of the Hereafter.*

(At-Tawbah 9:38)

- Anything that we **choose** to do instead of worship, is us preferring life of this world over Allah.
- We are at constant war with ourselves and our love for Dunya.

THE NAFS

- Shaitan can only whisper, but our Nafs is the one that needs taming and control.
- We control our Nafs by being consistent with our acts of worship such as reading the Quran, fixing our prayers, and making Dhikr frequently and consistently.
- **We are not seasonal Muslims** so we need to always be in a steady rhythm of worship after Ramadan.
- **We have to be protective of our consistent spirituality.**

ADMIT OUR WRONGS

وَمَا أُبْرِي نَفْسِي إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا
رَحِمَ رَبِّي إِنَّ رَبِّي غَفُورٌ رَحِيمٌ

*And I do not seek to free myself from blame,
for indeed the soul is ever inclined to evil,
except those shown mercy by my Lord. Surely
my Lord is All-Forgiving, Most Merciful."*

(Yusuf 12:53)

- First, we need to admit our mistakes. We need to take accountability for ourselves. We can't just blame everything on Syaitan because the fact is, we **chose** to procrastinate.
- Second, we need to ask Allah for His Mercy and constantly seek repentance. **We are powerless without His Help and Mercy.**



TREAT YOUR NAFS LIKE A CHILD

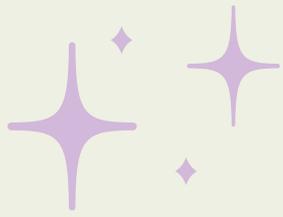
- Habib Ali al-Jifri likens the Nafs to a **crying child** in a toy shop who insists on getting what they want, when they want and how they want. It is attention-seeking and annoying. We have to be smart when dealing with our Nafs.
- **We can only capture the attention of our Nafs when it is quiet** because fighting with a crying child i.e. our Nafs would be pointless.
- When is the Nafs quiet? **When we are in remembrance of Allah.** When we are in an environment that is practising Dhikr, such as in nature or gatherings of Ilm, the Nafs are quieter and we tend to reason better with it.
- Similar to the crying child in the toy shop, we have to **forcefully drag our Nafs out of the temptation, or put ourselves in moments of silence** when we can listen to our reasonings.



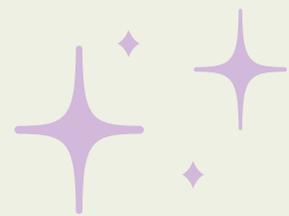


Champs, when we procrastinate, we have essentially chosen to be a servant of our lowly Nafs.

But remember!



THE NAFS
IS ALSO A
SERVANT OF
ALLAH, SO
GO BACK TO
ALLAH.





3) WE PROCRASTINATE BECAUSE OF OUR EXCESSES

- We procrastinate because we have too many things on our plate - we engage in too many things, subscribe to too many newsletters etc.
- While the Future Self can set goals and make decisions, the Present Self is the only one who can take action. **Procrastination happens when the Future Self is not in agreement with the Present Self.**
- Researchers have discovered that the Present Self likes instant gratification, not long-term payoff. That's why they are always at odds with each other.



SIMPLIFY BY:

#1

Don't rush when making decisions. Hastiness leads to regret, which leads to dread, which leads to procrastination.

#2

Disengage from social media, from things that does not concern you, from idle talk and entertainment. They take space in your heart and will burden you.

#3

Being mindful of your eating, spending and sleeping habits



Self-help books
don't teach us
about relying on
Allah, which
should always
come first.

PROCRASTINATION MAKES EASY THINGS HARD



- Solah is easy - it takes only a few minutes - but when we procrastinate, **we only make it harder for ourselves to pray.**
- **It's all in our conversations with Allah. Are we talking to Allah about our problems?**
- Everything is about Allah - if He wills for us to wake up at 3 AM for Tahajjud, then THAT is the time He wants us to do Tahajjud, not necessarily at that time we set our alarm.



THE PROPHET'S POWERFUL DU'A

The Prophet ﷺ
understood the
severity of this
problem, and
frequently made
the following
Du'a...





اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،
وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ،
وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرِّجَالِ

**O Allah, I seek refuge in You from worry and grief,
from weakness and from laziness, from miserliness
and from cowardice, from being overcome by
debt and overpowered by men (i.e. others).**

(Al-Bukhari 7/158)



LET'S BREAK
DOWN THIS
POWERFUL DU'A





AL-HAMM (WORRY / ANXIETY)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ

- Hamm leaves a person preoccupied with one's thoughts, going over them repeatedly in the mind, because it is an anxiety one has regarding something that may or may not even happen.
- It is the type of distress that affects the mind, heart, and body. It decapitates you.

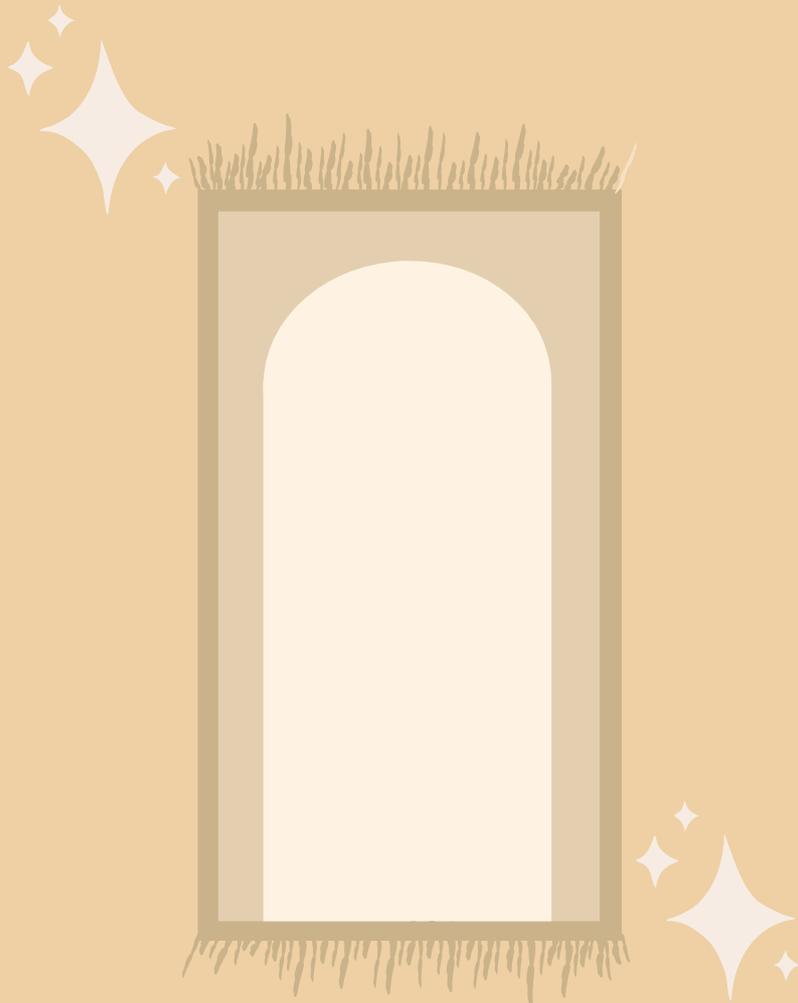


AL-HAZAN (GRIEF)

وَالْحَزَنُ

- Huzn means 'to be full of sorrow, mourning, grief, and sadness'. It is grief arising on account of an unpleasant event that has happened, such as the death of a loved one or a distressing situation.
- In the Seerah, the year that Abu Talib and Sayyidatina Khadija RA died is known as 'Aam al Huzn (the Year of Grief). But it is also during this Year of Grief, that the commandment for Solah was given to Rasulullah ﷺ.
- **When we commit to protecting our Solah, procrastination will In Sha Allah be gone from us because we have protected the pillar that helps in making our day more productive.**

TO COMBAT
OUR GRIEF,
WE NEED
SOLAH





AL-‘AJAZ
(WEAKNESS /
INCAPACITY /
INABILITY)

وَالْعَجْزُ

- It means ‘to become weak, to lack strength, and to be incapable. But this is not just restricted to physical inability.
- It can also be mental or spiritual inability where a person does not have the strength to get up for Solah, or to fast, or to stop with their addiction; which is why we always have to seek refuge in Allah from all forms of inability.



AL-KASALI (LAZINESS)

وَالْكَسَلِ

- It means 'to be lazy, idle, sluggish, negligent and inactive'.
- **Laziness deprives a person from immense good**, as one prioritises idleness over worshipping Allah and serving His creation.
- In this Du'a, we are asking Allah to make us energetic and productive, and to save us from delaying our tasks, aka, procrastination.

Notice how
Rasulullah ﷺ
started the du'a
asking for help from
Allah in terms of our
mental and
emotional states
first?



AL-JUBNI (COWARDICE)

وَالْجُبْنِ

- Jubn literally means 'to shrink'.
- Cowardice stops one from fulfilling one's obligations, from speaking the truth, defending the Deen and the oppressed, and enjoining the good and forbidding the evil.
- **It also stops one from doing good deeds in front of others** (e.g. avoiding praying in a public place due to fear of embarrassment).



DALA' A AD-DAYN (OVERCOME BY DEBT)

وَضَلَعَ الدَّيْنِ

- Debt can weigh down upon a person and can lead him to do unlawful things.
- It may also cause him a lot of anxiety, and prevent him from worshipping Allah as he ought to.

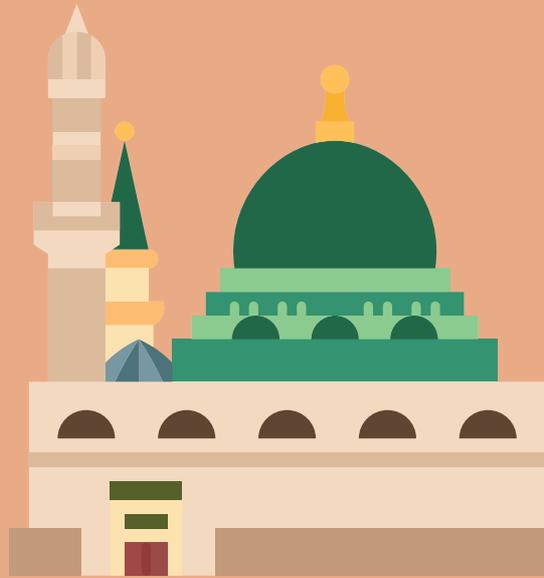


GHALABAHTIR-RIJAL (OVERPOWERED BY MEN)

وَعَلَبَةُ الرِّجَالِ

- Ghalabah means 'to be overtaken, subdued or overpowered'.
- When a person feels he has no control over his situation.
- Being overpowered by others could make one feel weak, humiliated and sad, and this can definitely negatively impact one's Ibadah.

This particular du'a is one that the Prophet ﷺ recited in the mornings and evenings because the desire to not do anything isn't something that we feel once in a while.



SO WHAT DOES
ISLAM TEACHES US
TO DO?

#1

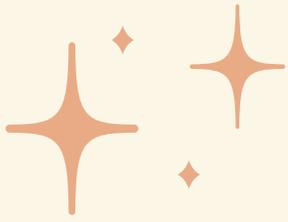
INTENTION TO LEAVE PROCRASTINATION

RASULULLAH ﷺ SAID:

*“Verily, you will never
leave anything for the sake
of Allah Almighty but that
Allah will replace it with
something better for you””*

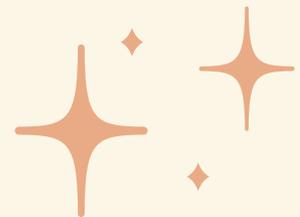
(MUSNAD AHMAD 23074)





AWARENESS IS
NOT ENOUGH.

ACTION HAS
TO BE TAKEN
AS WELL.



#2

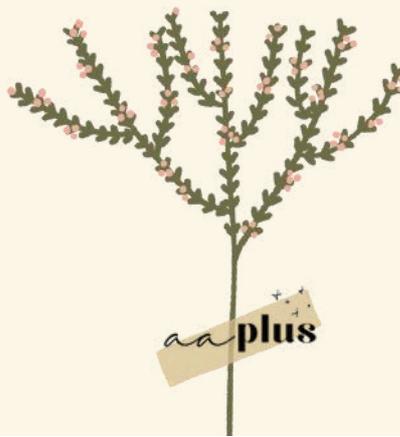
START YOUR DAY EARLY

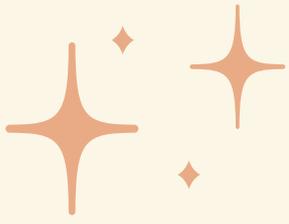
(with Tahajjud & Fajr)

RASULULLAH ﷺ SAID:

"Satan puts three knots at the back of the head of any of you if he is asleep. On every knot he reads and exhales the following words, 'The night is long, so stay asleep.' When one wakes up and remembers Allah, one knot is undone; and when one performs ablution, the second knot is undone, and when one prays the third knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart."

(SAHIH AL-BUKHARI 1142)

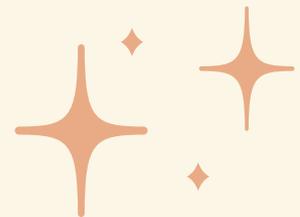




RASULULLAH ﷺ SAID:

“O ALLAH, BLESS MY
NATION **IN THEIR**
EARLY MORNINGS
(I.E., WHAT THEY DO
EARLY IN THE
MORNING).”

(SUNAN IBN MAJAH 223)



#3

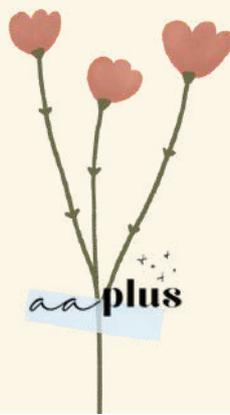
BE AKHIRAH CENTRED

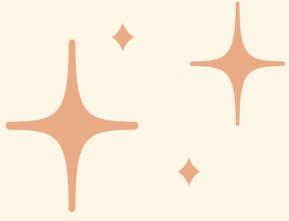
RASULULLAH ﷺ SAID:

“Whoever is focused only on this world, Allah will confound his affairs and make him fear poverty constantly, and he will not get anything of this world except that which has been decreed for him.

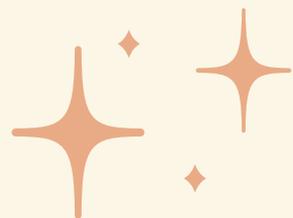
Whoever is focused on the Hereafter, Allah will settle his affairs for him and make him feel content with his lot, and his provision and worldly gains will undoubtedly come to him.”

(SUNAN IBN MAJAH 4105)





WHEN WE PRIORITISE
ALLAH SWT,
ALL OF THOSE
ENDLESS TASKS THAT
SEEMED SCATTERED
AND REQUIRED SO
MUCH TIME WILL
EFFORTLESSLY
COME TOGETHER.



#4

MINGLE WITH THE PRODUCTIVE

RASULULLAH ﷺ SAID:

"The example of a good companion (who sits with you) in comparison with a bad one, is like that of the musk seller and the blacksmith's bellows (or furnace); from the first you would either buy musk or enjoy its good smell while the bellows would either burn your clothes or your house, or you get a bad nasty smell thereof."

(SAHIH AL-BUKHARI 2101)



#5

FORM A SUSTAINABLE HABIT

RASULULLAH ﷺ SAID:

*“Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that **the most beloved deed to Allah is the most regular and constant even if it were little.**”*

(MUSNAD AHMAD 23074)





NOW IT'S YOUR TURN.

Which one of these
tips will you start
implementing
immediately?

aa plus

aa plus

PS:

Congratulations on
completing and not
procrastinating
on starting this pdf!

You are a true Champ!