



TIME AUR FOCUS MANAGEMENT

Muhammad Ali (Teacher, Trainer, Educator)



WAAZIH TARJEEHAAT AUR MAQAASID
KA HONA AUR UNHAIN SMART BANANA

MODULE 5



OUTLINE

- Islam ki roshni main ehdaaf/maqaasid kaisay ta'ayyun kia jaye?
- SMART maqaasid kia hain?



ISLAM KI ROSHNI MAIN MAQAASID KA TA'AYYUN

‘An Abi Hurairata radhi Allahu ‘anhu qaala: qaala Rasoolullahi sallallahu ‘alaihi wasallam

(عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَ سَلِمَ)

“Min ‘husni islami-l mar’I tarkuhu ma la ya’nihi”

”مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ“

[حديث حسن، رواه الترمذي (رقم: 2317)]

Hazrat Abu Hurairah رضى الله عنه riwayat kartay hain ke Rasool Allah ﷺ ne farmaaya:

“Kisi shakhs ke Islam ki khoobi ye hai ke wo la-ma’ani aur fuzool baton ko chorh de.”

[Jami’ at-Tirmidhi, hadith: 2317]



ASBAAQ AZ HADITH

- Aisay maqaasid na rakhein jo aap ke liye mufeed na hon ya aap ko roohani, jismaani, aur zehni taur hai bethari ki taraf na le kar jayein.
- Zindagi main hikmat walay/ maqool aur achay faislay karain.
- Aisi zehniyat ke haamil hon ke hum sirf un cheezon par tawajjah markooz karain jo humaray liye donon jahaanon main bhalaai ka baa'is banain.
- Humari fikr ka bunyaadi nukta Allah ki raza hai.



“ALLAH KI KHUSHNOODI”: ASAL MAQSAD

- Jab aap ka asal maqsad Allah ki raza ho tou aap ki tamaam tarjeehaat Islami falsafa-e-hayat se hum ahang ho jayengi.
- Is maqsad ko zehan main rakhtay huay doosray maqaasid banayein
- Jab Allah ki khushnoodi haasil karna aap ki tawajjah ka markaz hoga tou aap ko pata chalay ga ke doosray maqaasid aap ko asal maqsad ke qareeb la rahay hain ya asal maqsad se door kar rahay hain.
- Jab Allah ko raazi karna maqsood ho tou Allah aap ke tamaam umoor ki dekh bhaal karay ga jaisa ke mandirja zel ahadith main milta hai.



‘An Anas bin Malik qaala, qaala Rasoolullahi ‘sallallahu ‘alaihi
wasallama

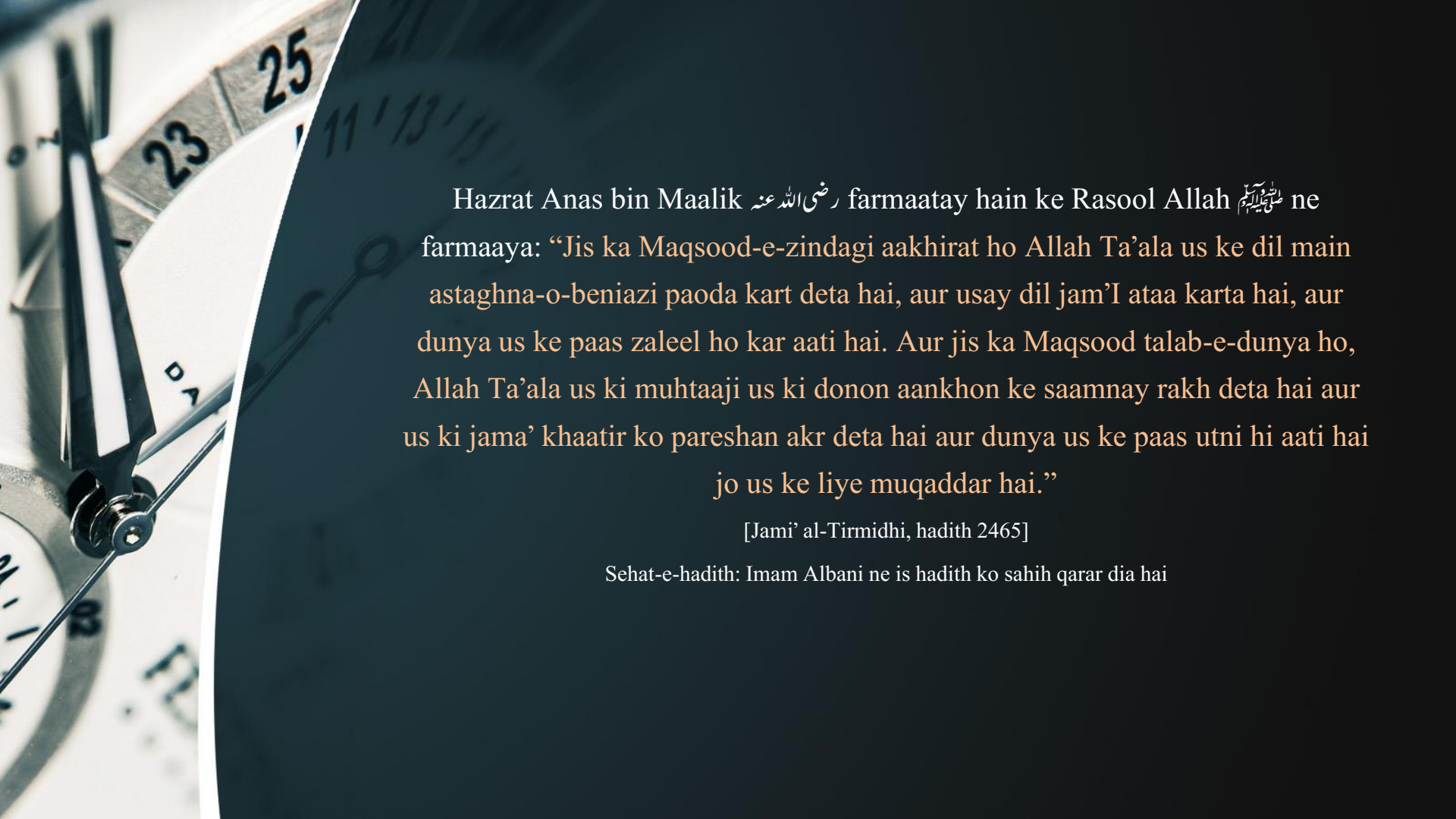
(عَنْ أَنَسِ بْنِ مَالِكٍ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ)

Man kaanat alaakhiratu hammatu ja'alalahu ghinahu fi qalbihi wa jama'ahu
shamlahu wa atathu-d dunya wahiya zaghimatun wa man kaanatu-d dunya
hammatu ja'ala-llahu faqrahu baina 'ainaihi wa farraq 'alihi shamlahu walam
ya'tihi mina-d dunya illa ma quddira lahu

(مَنْ كَانَتْ الْآخِرَةُ هَمَّهُ جَعَلَ اللَّهُ عِناهُ فِي قَلْبِهِ وَجَمَعَ لَهُ شَمْلَهُ وَأَنْتَهُ الدُّنْيَا وَهِيَ رَاغِمَةٌ وَمَنْ كَانَتْ الدُّنْيَا هَمَّهُ جَعَلَ اللَّهُ فَمْرَهُ بَيْنَ عَيْنَيْهِ وَفَرَّقَ
عَلَيْهِ شَمْلَهُ وَلَمْ يَأْتِهِ مِنَ الدُّنْيَا إِلَّا مَا قُدِّرَ لَهُ)

(2465 سنن الترمذي كتاب صفة القيامة والرقائق والورع باب منه)


(2465 المحدث الألباني خلاصة حكم المحدث صحيح في صحيح الترمذي)



Hazrat Anas bin Maalik رضى الله عنه farmaatay hain ke Rasool Allah ﷺ ne farmaaya: “Jis ka Maqsood-e-zindagi aakhirat ho Allah Ta’ala us ke dil main astaghna-o-beniazi paoda kart deta hai, aur usay dil jam’I ataa karta hai, aur dunya us ke paas zaleel ho kar aati hai. Aur jis ka Maqsood talab-e-dunya ho, Allah Ta’ala us ki muhtaaji us ki donon aankhon ke saamnay rakh deta hai aur us ki jama’ khaatir ko pareshan akr deta hai aur dunya us ke paas utni hi aati hai jo us ke liye muqaddar hai.”

[Jami’ al-Tirmidhi, hadith 2465]

Sehat-e-hadith: Imam Albani ne is hadith ko sahih qarar dia hai

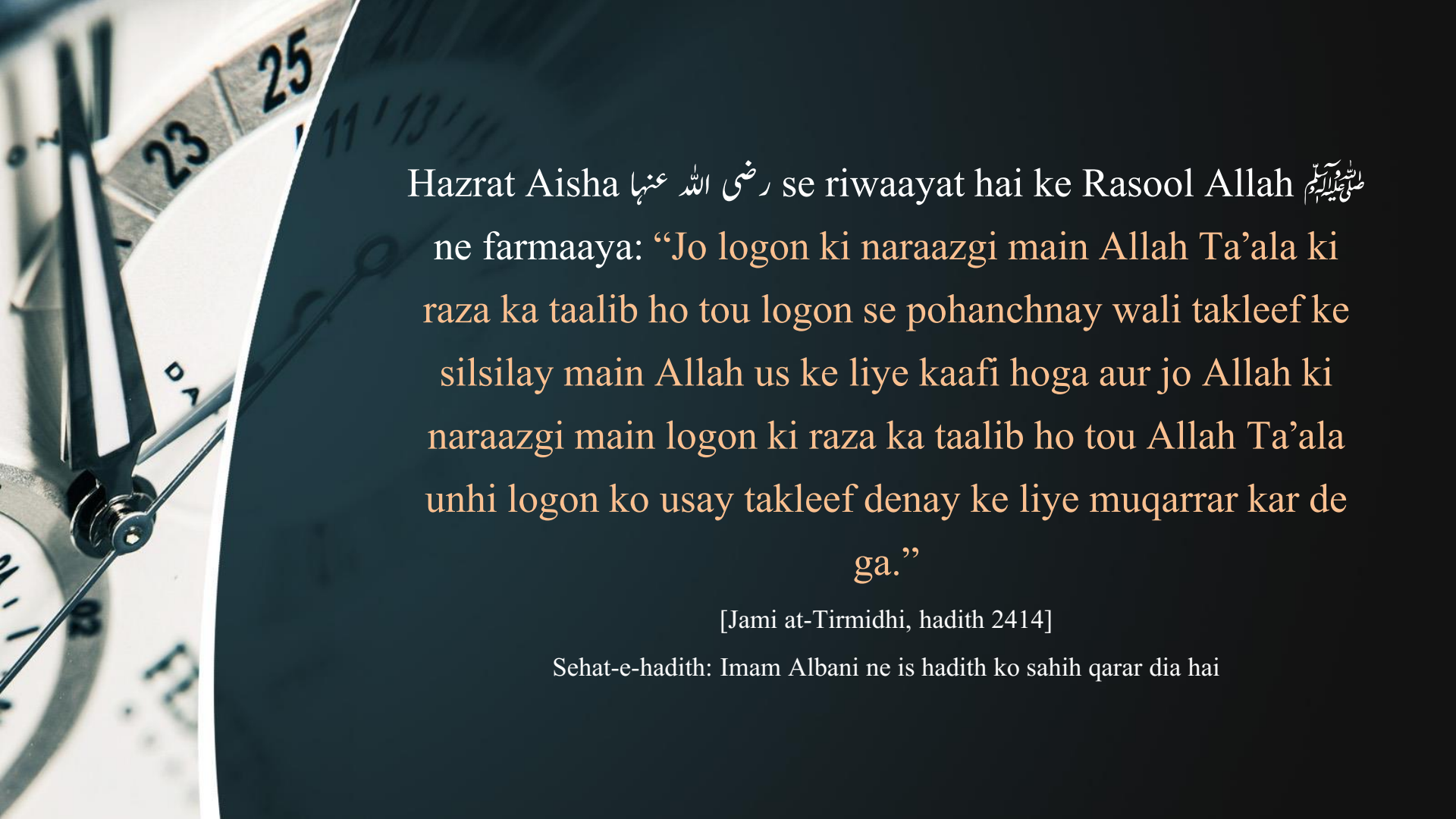


‘An ‘Aishata qaalat, qaala Rasoolullahi ‘sallalahu ‘alaihi
wasallama man altamasa ridha-llahi bisakha’ti-n naasi
kafaahu-llahu m’unata-n naasi waman altamasa ridha-n
naasi bisakha’ti-llahi wakalahu-llahu ila-n naas

(عَنْ عَائِشَةَ قَالَتْ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ التَّمَسَ رِضَا اللَّهِ بِسَخَطِ
النَّاسِ كَفَاهُ اللَّهُ مُؤَنَّةَ النَّاسِ وَمَنْ التَّمَسَ رِضَا النَّاسِ بِسَخَطِ اللَّهِ وَكَلَهُ اللَّهُ إِلَى النَّاسِ)

[2414 سنن الترمذي كتاب الزهد باب منه]

[2414 المحدث الألباني خلاصة حكم المحدث صحيح في صحيح الترمذي]



Hazrat Aisha رضي الله عنها se riwaayat hai ke Rasool Allah ﷺ
ne farmaaya: “Jo logon ki naraazgi main Allah Ta’ala ki
raza ka taalib ho tou logon se pohanchnay wali takleef ke
silsilay main Allah us ke liye kaafi hoga aur jo Allah ki
naraazgi main logon ki raza ka taalib ho tou Allah Ta’ala
unhi logon ko usay takleef denay ke liye muqarrar kar de
ga.”

[Jami at-Tirmidhi, hadith 2414]

Sehat-e-hadith: Imam Albani ne is hadith ko sahih qarar dia hai

'ITADAAL KA RAASTA APNANA

Hazrat Abu Hurairah رضي الله عنه se riwaayat hai ke Nabi Akram ﷺ ne farmaaya: “Hat cheez ki aik (1) hirs-o-nishaat hoti hai, aur har hirs-o-nishaat ki aik (1) kamzoru hoti hai, tou agar us ka apnanay wala mu’tadil munaasib raftaar chala aur haq ke qareeb hota raha tou us ki behtari ki umeed rakho, aur agar us ki taraf ungliyon se ishara kia jaye tou usay kuch shumaar main na laao”

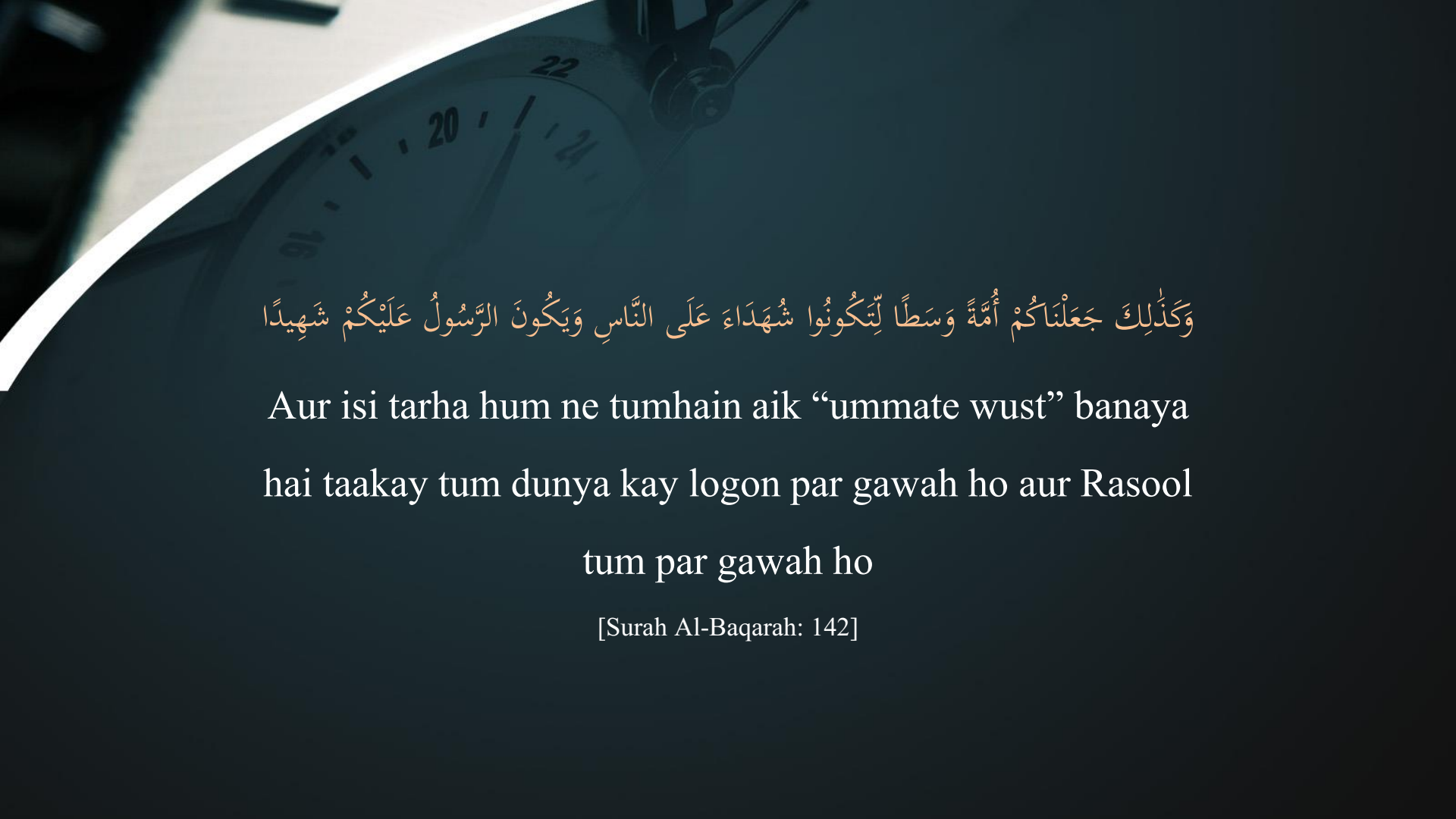
[Jami’ at-Tirmidhi, hadith 2453]

Sehat-e-hadith: Imam Albani ne is hadith ko hasan qarar dia hai



ASBAAQ AZ HADITH

- Apnay maqaasid main 'itidaal ka raasta ikhtiyaar karna chahiye
- Humain sirf un cheezon ka ehed karna chahiye/ ko karnay ke haami bharni chahiye jin ko hum sambhaal saktay hain.
- Humain maloom hona chahiye ke zindagi main har koi high energy aur low energy maraahil se guzarta rehta hai. Lihaaza donon maraahil main humain intihaa pasandi ikhtiyaar nahi karni chahiye balkay humesha 'itidaal ka raasta apnana chahiye
- High energy ke marhalay main humain bohot se mansoobay ya bohot si cheezain fauri za'am main shuru nahi karni chahiyein jo baad main hum mukammal na kar sakain
- Low energy ke marhalay main bhi, humain ehem kaamon ko nahi chorhna chahiye aur itna mayoos nahi hona chahiye ke hum sab kuch karna chorh dain



وَكَذَلِكَ جَعَلْنَاكُمْ أُمَّةً وَسَطًا لِتَكُونُوا شُهَدَاءَ عَلَى النَّاسِ وَيَكُونَ الرَّسُولُ عَلَيْكُمْ شَهِيدًا

Aur isi tarha hum ne tumhain aik “ummate wust” banaya
hai taakay tum dunya kay logon par gawah ho aur Rasool
tum par gawah ho

[Surah Al-Baqarah: 142]

SMART MAQAASID KIA HAIN?



S

Specific



Who, what,
where, when,
why

M

Measured



You can't
improve what
you don't
measure

A

Achievable



Challenging but
not impossible

R

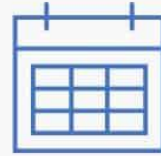
Relevant



Closely
connected to
the objective

T

Timed



A completion
date holds you
accountable

GOALS



EHEM NUKTA

Humara asal maqsad ye hai ke hum Allah
Ta'ala se madad maangtay huay kamaal haasil
karnay ki poori koshish karain



MASHQ: KARNAY KE KAAM

Apnay social media (facebook, Instagram, twitter wegheera) ka tajziya karain. Aisay pages ko unfollow karain jo faidamand na hon aur dunya-o-aakhirat main kaamyabi ka baa'is na banain. Sirf un pages aur logon ko follow karain jo aap ke liye koi faidamand saabit hon. Maslan: fitrat, science, aur technology, sayyahat, Islami muqarrareen, aqwaal-e-zarreen wegheera wegheera se mutalliq pages.



YAAD KARNAY KE LIYE DUA'A

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Ya Allah! Main aap se nafaa' denay walay ilm, pakeeza rizq aur maqbool
amal maangta hun