

Task 8 IMS

**Deadline
(10 weeks)**

Understanding self esteem and the role of a Muslim

GOALS

- Realize the true self esteem of a muslim.
- Study how the Sahaba were a people of high self esteem.
- Understand the definition of success in Islam and the role of a muslim as an individual and in the society.
- Discuss high and low self esteem in your clusters.

Group Guidelines

STEP 1 Study and reflect on the lives of the Sahaba to obtain the following answers.

1. What is the true self esteem of a muslim ?
 2. What are the differences between a person with a high self esteem and one with a low self esteem?
 3. Why did the Sahaba have high self esteem and how did it manifest itself ?
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STEP 2 Find the answers to the following questions from the Quran and the seerah.

1. How is success of a human being defined in the Quran?
 2. What is the role of a muslim as an individual ?
 3. What is the role of a muslim in the community?
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STEP 3 Discuss in your group regarding high self esteem and it's need to fulfil the above mentioned roles. Give examples where having low self esteem causes a muslim to fall short of his obligations. What are the barriers to developing high self esteem and how can you overcome them ? Make presentations on the above and include your cluster's input and opinion.
