

## STRATEGIC ACTION PLAN: LEAVING A SIN\*

Based on the Advice of Mufti Abu 'Umar (Student of Mufti Ebrahim Desai D.B.)

### MISSION STATEMENT

State the sin you are leaving.

I turn to Allah ta'ala in tawbah from the following sin:

### 1. IDENTIFY & INTROSPECT

Carry out a thorough self-assessment and identify the areas you need to work on. Identify what triggers the sin. Is it the company you have? Is it your phone? Do you have too much 'free time'?

### 2. REMOVE THE TRIGGERS

Strategize a plan against future slip-ups. Remove the triggers you have control over and stay away from those triggers you don't have control over. If it's friends, make a new group of friends. If it's the internet, limit your access to the internet or move your device to a place where others can see what you're doing.

### 3. CHANGE & REPLACE

Make an active effort to change your habit so it doesn't crave for haram. This is done by (1) building better Islamic habits and (2) exchanging haram activities with halal alternatives. Think of halal alternatives for the sin you are giving up.

### 4 & 5. MENTOR & DUAA'

Build a relationship with a pious learned person and contact them for guidance and mentorship. Take time out daily to make dua'a' to Allah ta'ala.

\* Leaving a sin and making a firm commitment to stay away from that sin are two of the three conditions of tawbah. One must also have remorse over it in order to complete all three conditions. Note: If one took the right or property of another, it must be returned or made up for.