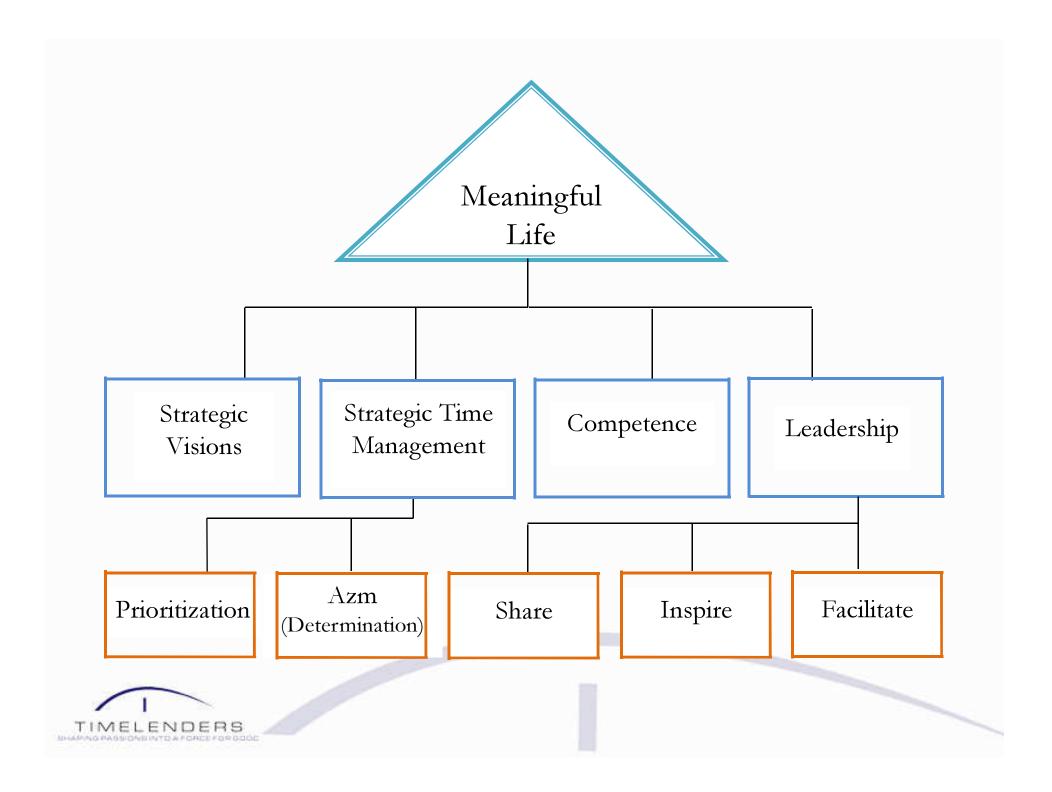




#### A Meaningful Life

- 1. Would you like to look back at your life at the time of your death and exclaim: 'It was worth it?'
- Yes
- No
- I don't care
- 2. Suppose you are mentioned after your death in a gathering of a group of people with knowledge and wisdom. What would you like them to say about you?
- This person's (your) life was really worth it
- This person's life was not worthwhile





#### The Elements of Meaningful Life

Meaningful life has the following four elements:

- 1. Strategic Visions: A long term sound vision in our life. A sound vision is defined as a vision which has clarity and correctness.
- 2. Strategic Time Management: Strategic Time Management is defined as our ability to prioritize our lives in light of a long term vision and then to drive these priorities with Azm (determination).

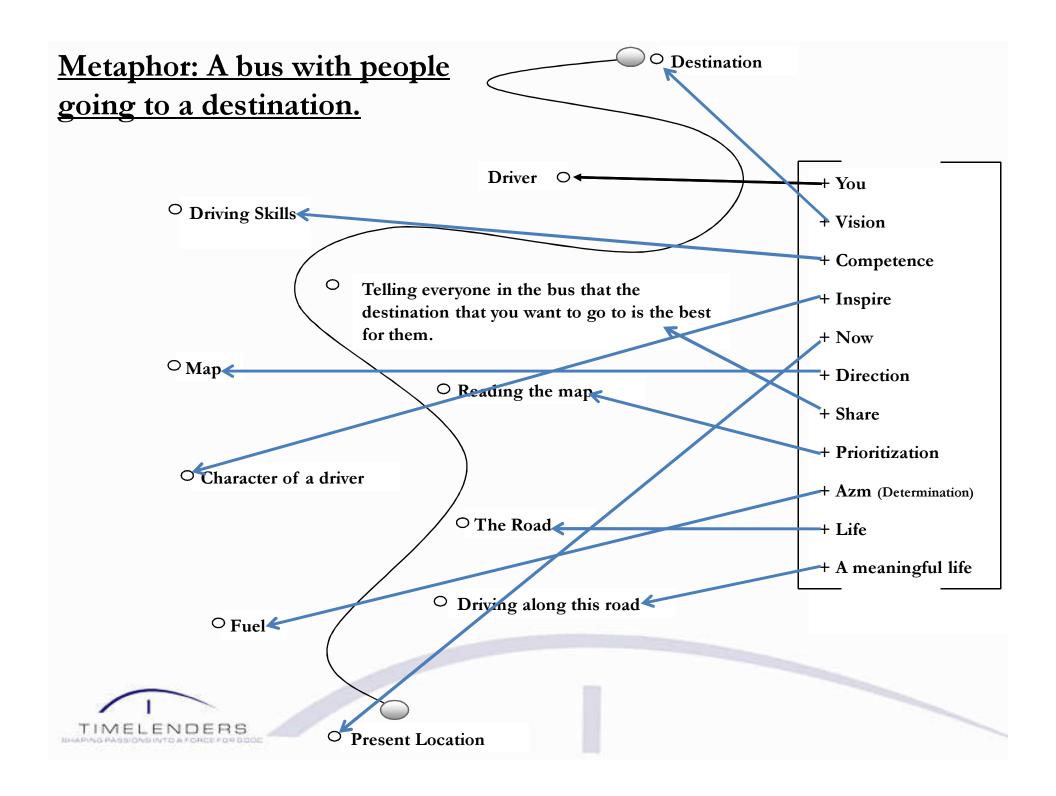


#### The Elements of Meaningful Life

Meaningful life has the following four elements:

- **3. Competence:** Competence is the knowledge, skills and abilities (KSAs) that are required for our visions. For example, our vision of scaling Mount Everest requires a minimum set of knowledge, skills and abilities.
- 4. Leadership: Leadership is defined as the ability to share our vision with others and to inspire and facilitate others in pursuing the shared vision. The key element behind the ability to inspire others to pursue the shared vision is a character worthy of the vision.





#### The definition of a 'Meaningful Life'

A meaningful life is a life that a <u>sound ideology</u> defines as meaningful.



Meanings	Words	Word list
Select a word from the list which best depicts the following meaning: "The picture of the future that one wants to see."		Aim, Objectives, Mission, Vision, Goal, Purpose, Dream, Aspiration, Strategy, Reason, Planning, Goal setting, Long range planning, Hope, Wish.
Select a word from the list which best depicts the following meaning: "The reason for seeing this picture of the future."		
Select a word from the list which best depicts the following meaning: "How will this future be achieved?"		

Chishti (Category C)	Babar (Category B)	Ahmed (Category A)
Good health	Good health 1.Weight: 75-80 kg 2.Waist: 32-34 3.Pulse: 82-88 4.Cholesterol: 180- 190	Good health  1. Weight: 75 kg  2. Waist: 32  3. Pulse: 80  4. Cholesterol: 185  5. Body-Fat Ratio: 8%  6. Endurance: Can jog 5 km, brisk walk of 8 km

## Worksheet - Impact on individual choices based upon the differences in clarity levels

	Chishti	Babar	Ahmed
	(Category C)	(Category B)	(Category A)
Diet			
Exercise			
Regularity in lifestyle e.g. sleeping etc.			

TIMELENDERS

Question 1: Who amongst the three has more directions in his life in regards to what to eat, when and what to exercise and how much to sleep?  Chishti Babar Ahmed
Question 2: Even if they don't quite reach their targets, who has a better chance of having good health over the next five years?  Chishti Babar Ahmed
Question 3: What percentage of people do you think fall in the three categories that these three individuals represent:
The percentage of people who belong to Chishti's (Category C):
The percentage of people who belong to Babar's category (Category B): $\%$
The percentage of people who belong to Ahmed's category (Category A): $\%$

TIMELENDERS

Question 4: In your view which category of people do you belong	to?
□ Category A	
□ Category B	
□ Category C	
Question 5: which category would you like to belong to?  □ Category A  □ Category B  □ Category C	

Question 6: Why would you like to be in the category that you have chosen above?

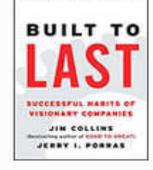
Question 7: Based on the workings that you have done in this exercise, would it be safe to say that majority of the people don't have very clear visions, especially in the long term? (True/False)

Question 8: Again based on the workings that you have done, would it be safe to say that the higher the clarity in one's vision in a particular area of one's life, the higher the chances of success in that area? (True/False)



"For one thing, the term "vision" had been tossed around by so many people and used in so many different ways that it created more confusion than clarification. Some viewed vision as about having a crystal-ball picture of the future marketplace. Others thought in terms of a technology or product vision, such as the Macintosh computer. Still others emphasized a vision of the organization-values, purpose, mission, goals, images of an idealized workplace. Talk about a muddled mess! No wonder so many hardnosed practical businesspeople were highly skeptical of the whole notion of vision; it just seemed so well--fuzzy, unclear and impractical."





MANY TAKES AND WILLIAMS ASSESSED THE



-Jim Collins

#### **Functions vs Dimensions**

Functions	Dimensions
¬ Traction	¬ Big engine
¬ Clearance	¬ 4WD
¬ Power	- Larger tires
	¬ Lower center
	of gravity



#### Functions of a vision

- 1. It gives us direction.
- 2. A vision greatly reduces the risk of realizing the worst case scenarios in life.
- 3. It gives us motivation.
- 4. It helps us fight adversity.
- 5. If we don't have a clear vision, we risk becoming the instruments of an undesired vision.
- 6. It helps us select some of our roles.



#### Dimensions of a vision

- 1. Attainability: What is the possibility of achieving your vision within available resources?
- 2. Lucidity: An articulation of the vision which explains the main idea in clear and unambiguous terms.
- 3. Concreteness: The number of quantifiable elements and degree of quantification in those elements.
- 4. Clarity: Clarity is defined as a vision having high lucidity and appropriate concreteness.



#### Dimensions of a vision

- **5. Complexity:** How complex or simple is the main concept behind the vision.
- 6. Scale: The scale of your vision in terms of geography, time and depth.
- 7. Nobility: The degree to which your vision touches lives other than yourself for a greater good.
- **8.** Loftiness: The minimum cost required for the success of the vision.
- Correctness: The correctness of your vision is directly proportional to the soundness of your ideology



#### **Ultimate Vision (UV)**

A vision which, if not accomplished, remains relevant with any passage of time is called an ultimate vision. An ultimate vision has high lucidity but very low concreteness.



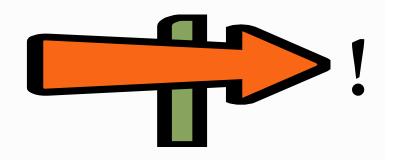
#### Intermediate Vision (IV)

A vision derived from the ultimate vision for a particular instance of time is called an intermediate vision (IV). IVs are highly lucid but their concreteness increases with decreasing time.



Without a direction, we are at severe risk!
Without a clear vision, we don't have a direction!

So, if a=b=c, then, a=c,
Which means, without a
clear vision, we are at
a severe risk!







#### Different types of roles

Mandated Roles: Those roles in life which your ideology does not allow you to directly drop under any conditions.

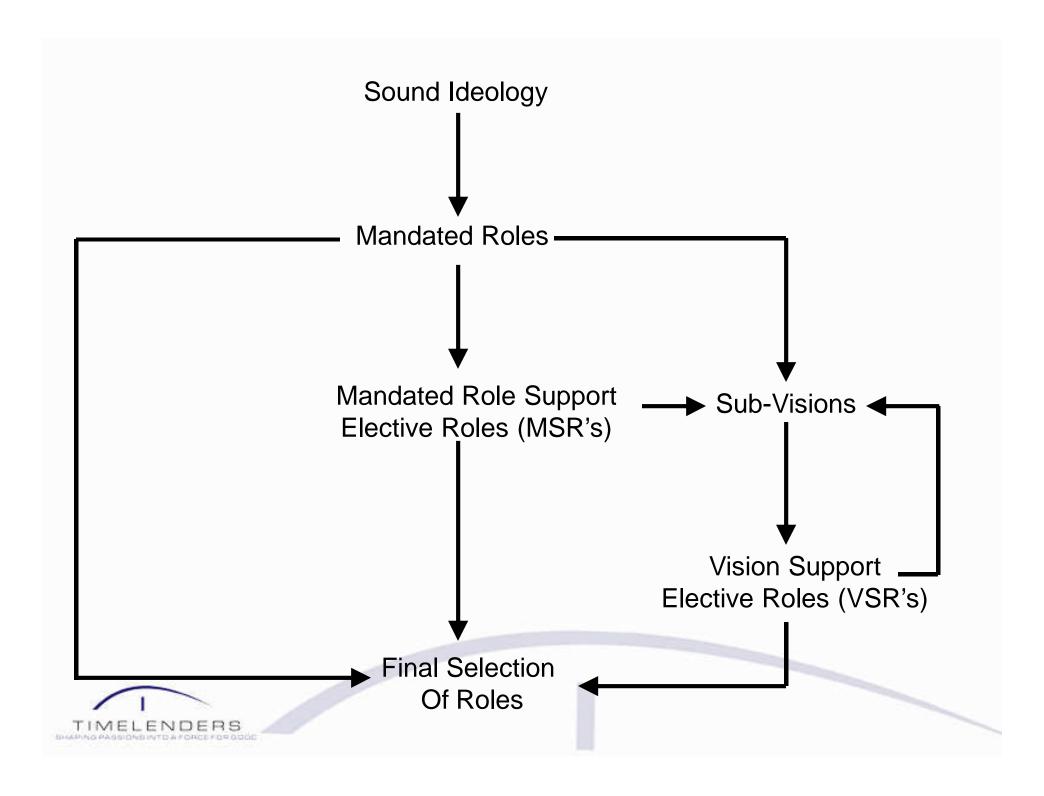
**Elective Roles:** Those roles in life which your ideology permits you to directly drop under certain conditions.



# Worksheet: List your mandated and elective roles

Mandated Roles	Elective Roles





#### Final selection of roles

Mandated Role Support Elective Roles (MSR): An Elective role which is required to keep the performance of a Mandated Role above the minimum performance level.

Vision Support Elective Roles (VSR): An elective role which is required to keep the performance of a corresponding role of a subvision above the minimum performance level.



#### Balancing roles

"Our performance in any of our roles, mandated or elective, must not fall below the 'MPLs' dictated by Islam"

-Islamic paradigm

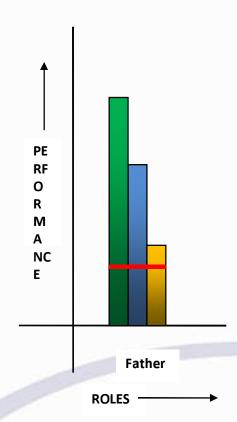


#### Functions of a "PURPOSE"

- It gives foundation to our vision.
- It gives legitimacy to our vision.
- It defends our vision.

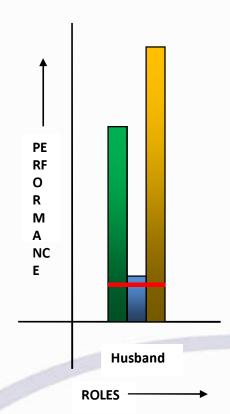






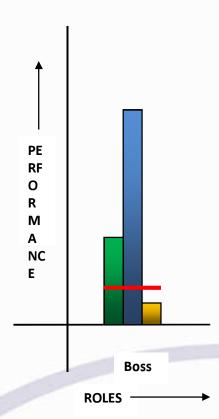






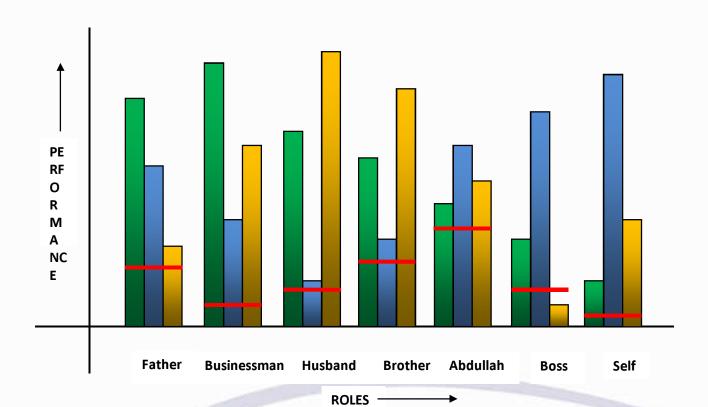




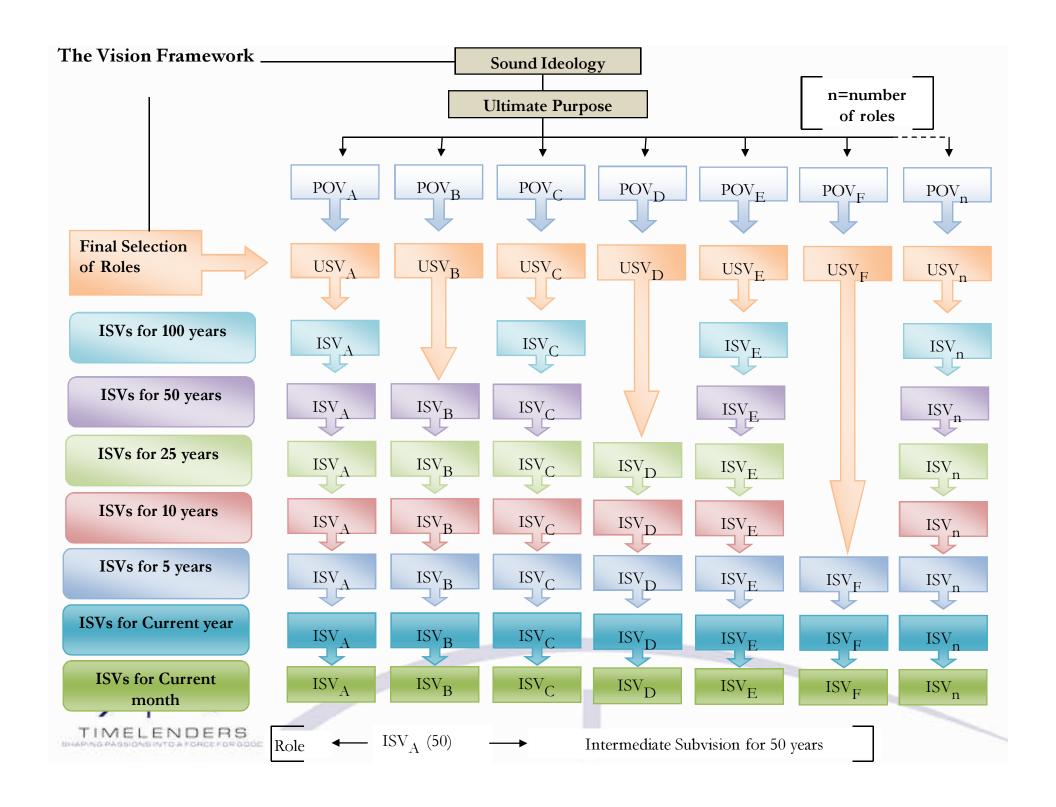












#### Excellence

"To do something in a fashion that in the available resources cannot be done better."



#### Excellence (Ihsan)

Tafseer Maariful Quran, Mufti Muhammad Shafi says about Ihsan:

The last sentence of the verse (195): (And do good. Of course, Allah loves those who do good), gives an incentive to do everything nicely. The Holy Quran calls this Ihsan. Now, doing something nicely, can take two forms. When *Ihsan* relates to *Ibadah* (worship), its meaning has been explained by the Holy Prophet himeself in the well known hadith of Jibrail where he said that 'you should worship Allah as if you are seeing him, and if you can not achieve that degree of perception, then you should, at the least, believe that Allah is seeing you'.

And the other form is, Ihsan in managing relationships and transactions with people.



'احسان'

حضرت مفتی محمد تفعی صاحب ًا پنی تفسیر معارف القرآن میں احسان کے بارے میں فرماتے ہیں کہ :

''واَحسِنُواإِن اللهُ يُحِبُ المحسنين''

اس جملے میں ہرکام کواچھی طرح کرنے کی ترغیب ہے،اور کام کواچھی طرح کرنا، جس کوقر آن میں احسان کےلفظ سے تعبیر کیا ہے، دوطرح کا ہے،ایک عبادت میں دوسرے آپس کے معاملات ومعاشرت میں۔



#### Different definitions of the word 'Ideology'

## Merriam - Webster Dictionary defines 'Ideology as:

"The basic beliefs and guiding principles of a person or group."

"A systematic body of concepts especially about human life or culture."

"A manner or the content of thinking characteristics of an individual, group or culture."



