The background of the image features several stylized leaves. On the left side, there are leaves in green, orange, and blue. On the right side, there are leaves in orange, blue, and green. The leaves are drawn with simple outlines and internal vein patterns. The text is centered in the middle of the image.

UNSCHOOLSTORY
The Learning Mom

A bit about me...

- A Mom on a learning journey
- Doctor by profession
- On an unschooling journey as a family
- On a break from career but not from learning



Why talk about learning for moms?

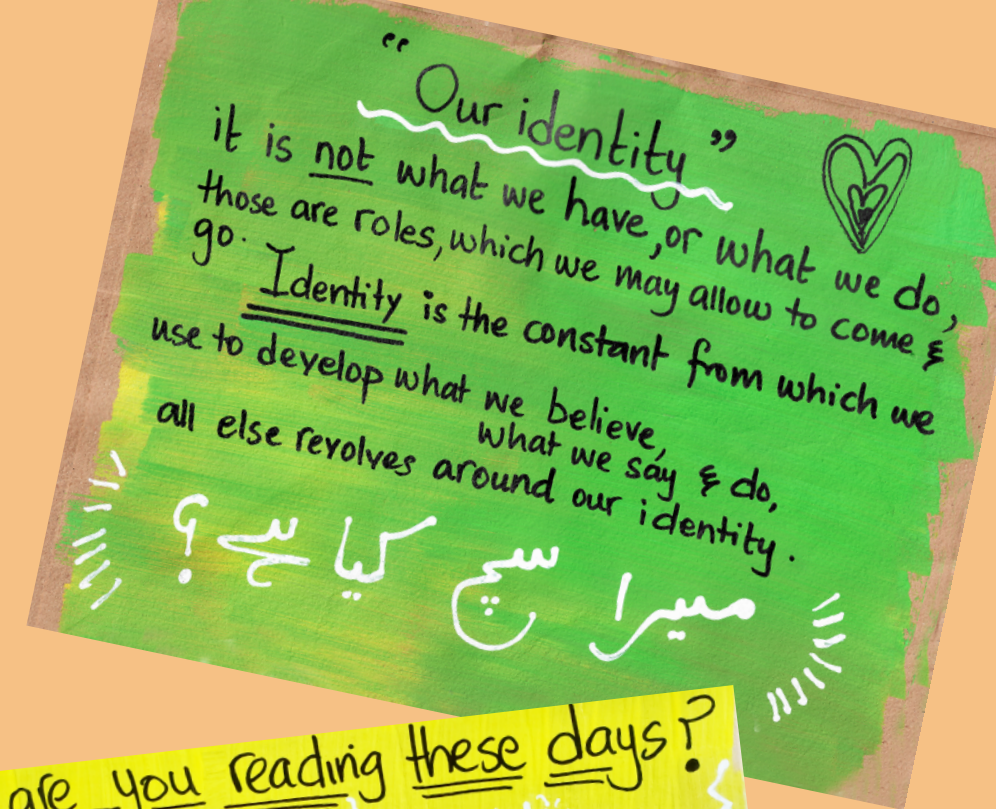
- Walking the talk
- You are the key ingredient in your home learning environment
- Showing up for your own self before you help others
- Not forgetting your own self amidst all the roles that you play in life

Questions

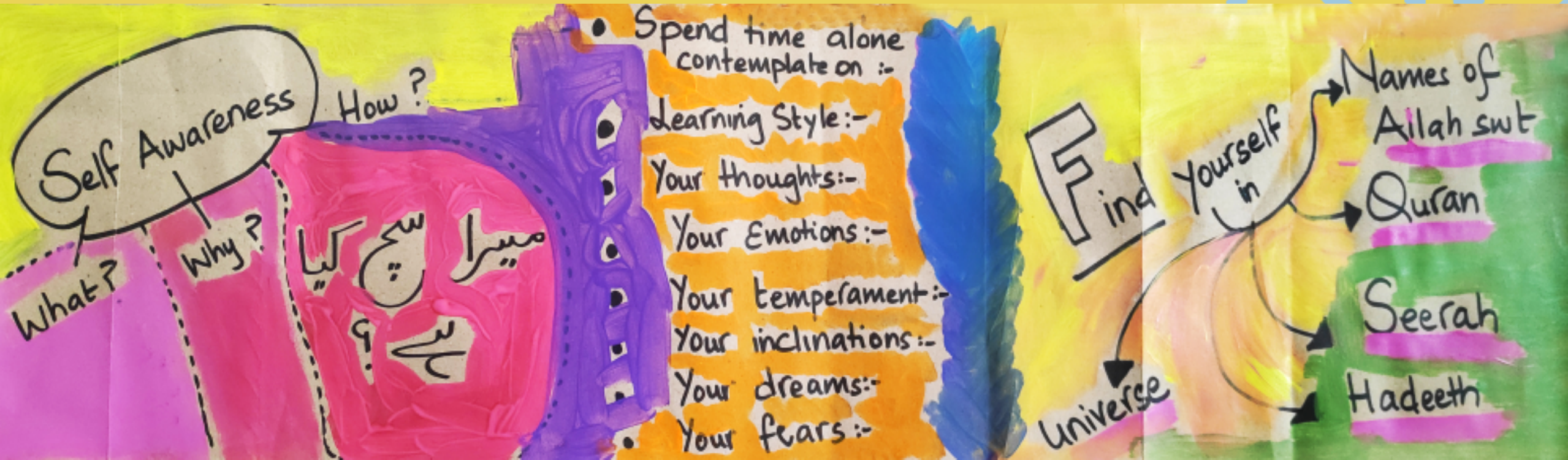
My journey started with 2 questions:

1. He is not my son he is your son, why should I take his responsibility?
2. What is your truth?

A **shift in my perspective** from finding the best teachers, the best curriculum, books & co-ops to starting my own journey of self awareness and personal development.



Where does one start?



Step# 1

Who am I?

Self Awareness



How?

Al-Quran

Seerah

Universe

Your Source:

Find yourself
by delving
deeply into the
Asma al Husna

an indepth
analysis of our
psyche as
humans.

the best
human.

The Role
Model

Study all other
created beings
to know
yourself
better.

"creational"
Ayaat

Some practical tools

- Where are you in life?
- What are your roles?
- The essential role and those roles that emanate from that one role
- What are your limitations?
- Redefining the concept of limitations
- Limitations lead you to new doors and opportunities



Working on Ourselves

different Paradigms

(western)

- Skill
- development expertise
- material gain

Imani Perspective

→ معرفت النفس
(Maarifa - W- Nafs)

→ Tazkiya, self purification

↓ ↓ ↓ ↓
intentions thoughts Actions Desires



Examine
your
habbits



What is the
Story running
in your head



inner self
talk



What is the
background
script??

Own Your Narrative

Where do you
want to be?
(vision)



Focus
what is in
your control!



Personal
Development
Plan

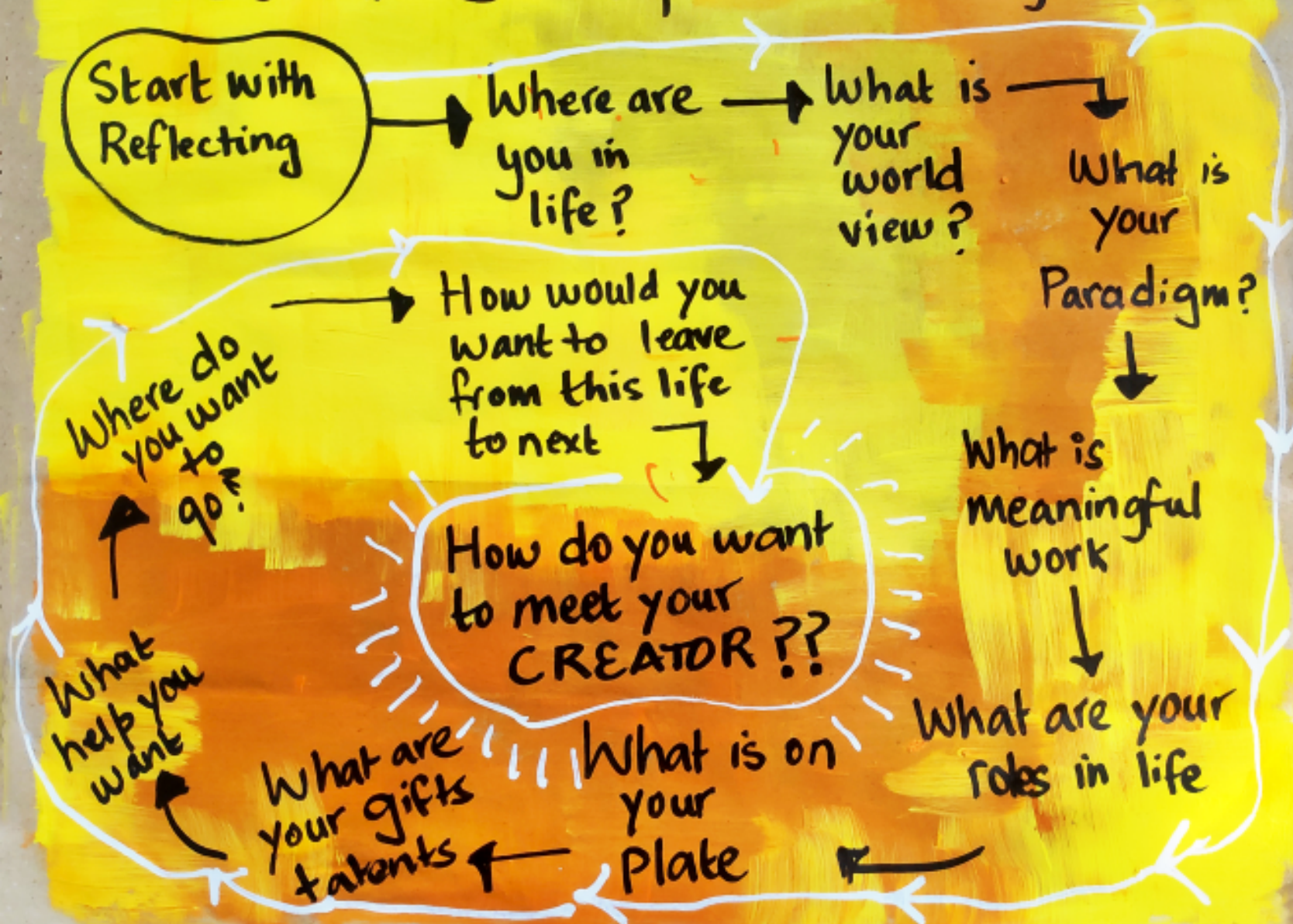


Learn, unlearn
grow, move
ahead



Live intentionally
Live your unique
Life

Personal Development Journey



PERSONAL : You can only change yourself

DEVELOPMENT : Built up from where you are now to where you want to be

PLAN : Is your whole life's journey

- Somethings need to stay, somethings need to go
- Constant re-evaluations and recalibrations
- Humans are organic and not machines that will always follow your proposed plan.

BE OPEN TO CHANGE !



UNSCHOOLSTORY
— life learning —

Mindfulness

attention

- what is happening right now.
(attention → intention)
- be aware of what is in you & around you
- Filters — decide what to pay attention to!!



Acceptance

- accept the current experience.
- give grace to people & yourself.



Open Awareness

- be aware of your thoughts, labels, judgement.
- your labels create the inner narrative
- meta awareness
(knowing what your mind is paying attention to)

No identification e states

- You are not your feeling/
Current Role.
- You feel sadness vs I am a sad person.
- States come & go.

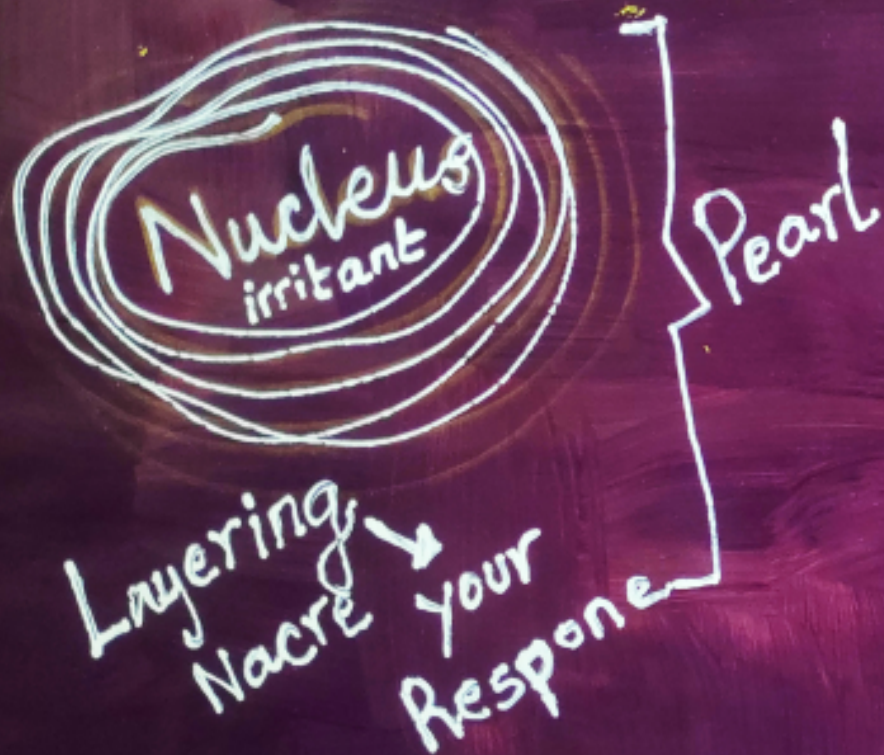
Choice

we have a choice how we respond to the present situation

Make intention to be fully present in your present moment

(احسان)

Path of the Pearl



What hurt,
irritant you experienced?



How did you Respond?



What allowed you,
Helped you move
forward?



Thank you

apologies if I confused you even more ... 😊