

## e-Reformation; Target of the month

### March; NO BACK BITING

- Can you rise to the challenge of never backbiting!
- Can you always walk away from a company where people are engaged in backbiting.
- For the month of March, please aspire to have zero tolerance to back-biting under all circumstances.

At the end of the month, please complete a short, anonymous survey; this may help to self-reflect.

Did we achieve our target of self-reformation?

What were the difficulties in achieving this target?

What are the benefits of achieving this target?

How can we improve ourselves even more?

<https://www.surveymonkey.com/s/BDRDLKX>

## Tools for Self-reformation

- 1. Will power- Faith; Have faith that Allah the Exalted is watching over us and will be pleased if we are polite and use good language. Speech is the first expression of our moral status.
- 2. Religious Knowledge; It is part of the commandment of the Holy Quran and Hadith that we should be respectful and polite. Aspire to seek the Quranic verses and Hadith as well as the writings of the Promised Messiah<sup>as</sup> and the Khulafa to enhance your knowledge.
- 3. Develop commitment and the power of action; We find the power within ourselves to be respectful and don't be impolite at any time, no matter how upset we are. If you need help, please ask a trusted friend or colleague to supervise your language.