

- One should have a positive outlook on life rather than always being disappointed by everything.
- The Prophet SAW stated: Whoever can not thank the people can not thank Allah.
 - Being thankful and expressing gratitude is an integral part of Islam.
- Words of affirmation can also be shown through forgiving a person for their mistakes.
 - We should focus on our own mistakes rather than the mistakes of others.
 - Those who are occupied with the mistakes of others, Allah will not allow them to see their own mistakes.
- This can also be shown through words of humility.
 - One should be humble with their family and spouses.

Language #2: Quality Time

- Allah SWT takes oaths by different times of the day (Al-Duha, Al-Layl, Al-Fajr, etc.)
 - This shows the importance of time.
- The Prophet SAW taught the Muslim ummah to be very careful with their time.
- No one will be able to move an inch on the Day of Judgment until they are questioned about 4 things and 2 of these are related to time:
 - How you spent your life
 - How you spent your youth

- The Prophet SAW traveled a lot and he was a busy person, but when he gave time to his family, it was quality time.
- Spending time together means that there are no distractions around (phones, TVs, etc.).
- One must make time for their relationships even if they feel like they don't have time.
- While on a military expedition, the Prophet SAW told the army to go ahead and then he asked Aisha RA to race him.
 - This is just one example of quality time that the Prophet SAW intentionally took out to spend with Aisha RA.
- He SAW would never be the first person to let go of a handshake.
 - He SAW never made someone feel like they did not have his full attention or that he wanted to leave.
- He SAW would make full eye contact with whoever he was speaking to.
- Everyone is busy but it is essential for spouses to take time out to spend specifically with each other.
- People who are married may love their spouse but they do not have time to spend with each other.
- An important element of quality time is to gauge the time when one speaks about certain things to their spouse.
 - After a long day of work may not be the best time to discuss different tasks that they need the other person to do.

- Complex situations should be discussed at a good time, not when one person is tired or angry.
- Spouses can spend meaningful time reading a book together, learning tafseer of a surah, playing a game, etc.
- One aspect of quality time is quality listening.
- When a person speaks about something or complains, they do not always want a solution.
 - Sometimes they just want someone to listen.
- Spouses should try to have quality conversations rather than always discussing daily tasks and problems.
- The Prophet SAW stated: The one who does not show love will not be loved by Allah SWT.
- The Prophet SAW was very observant of Aisha RA. He was able to recognize when she was happy or upset with him by how she spoke.
- He SAW told Aisha RA that he knows when she is happy with him because she swears by the Lord of Muhammed and when she is upset with him she swears by the Lord of Ibrahim.
- One can not assume that another person will know what they are thinking.
- We must express what we are thinking and how we are feeling to the other person.