



**Saalihah**  
Project Ambassador



# MEET THE TEAM!

**Name:** Saalihah

**Role:** Project Ambassador

## Tell us about your average day

My productive day starts with my early morning Prayers (Before Sunrise), followed by reading the Quran, a little meditation, and Yoga.

Arrive at the office at 9 a.m., I set up my desk /work area with my task list and start work whilst I munch my granola and yogurt.

I prioritize my jobs for the day and begin by actioning all my emails first. It's a nice feeling when I can tick off tasks completed on my list. I try to remind myself to stop and move away from my desk regularly so that I can rest my eyes and stretch my legs.

Mid-afternoon I stop and offer my afternoon prayers which are at fixed times of the day (in total I pray 5 times a day) My prayers help to remain focused on myself, my behaviour, and my responsibilities both at work and at home. They help me to reflect on my values and how I spend my day productively and to fulfil my duties to the best of my ability.

During the afternoon I focus on referrals and making sure my actions are updated on Lamp Light. I end the day feeling satisfied that I have managed to do my tasks and move any that I haven't done on to my next workday. Being organized is very important to me because I can sometimes get overwhelmed with different things going on in my life. A good end to the day for me is when I can tick everything off on the list I started with in the morning.