

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Replacing Regret With Gratitude**

The Reality Of Regret

To regret is to wish that you had something other than what you have now. It is to spend the present moment wishing it was different. It is human nature to dwell on thoughts that start with 'What-if' or 'I wish I had'.

Regrets can quickly turn into a default setting in the mind if you are not aware of your present moment. Your moment right now is your moment to design your life in a way that will serve your purpose. Moments spent in regret do not serve your purpose - they hold you back and before you know it, a vicious cycle of regrets becomes your default setting. You lose sight of your present moment and forget to appreciate the beauty and serenity of surrendering to ALLAH's plans for you.

Let us transform ourselves right this moment and cultivate a mindset which replaces regret with absolute gratitude..

How To Replace Regret With Gratitude

1. Praise ALMIGHTY ALLAH for all that HE has already given you. Write down a list of everything you are blessed with.
2. Now, Praise ALMIGHTY ALLAH for all the lessons you have learnt from past experiences, negative and positive.
3. Replace all what-if statements with "Alhumdolillah".
4. Avoid comparing your life with someone else's. Your unique abilities and experiences make you different from the rest of the world. Focus on your soulful connection with ALLAH. Increase your own ibaadah and good deeds. DON't worry about who is saying what and who is doing what. Focus on your deeds, your thoughts, your words.
5. Daily positive affirmations. Consciously choose positive words when talking about your situation. The more you affirm your life positively, the more positive outcomes arise from situations. Refer to examples below:

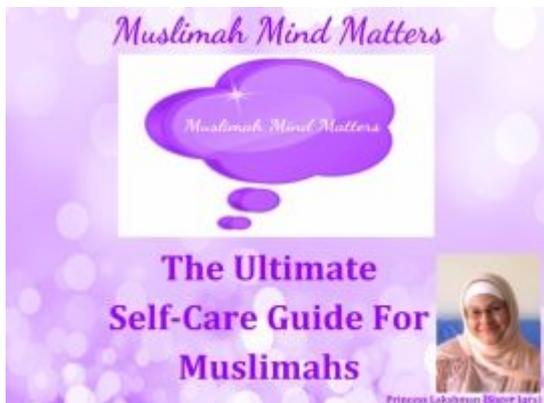
Situation	Negative Self -Talk	Positive Affirmation
Money	I don't have enough money yet.	Thank you, ALLAH, for my financial abundance.
Marriage	It's not going well.	Thank you, ALLAH, for my joyful marriage.
Disobedient children	What more can I do? They are so ungrateful.	Thank you, ALLAH, for making my children healthy and joyful and keeping them on the straight path.
Job	I hate my job.	Thank you, ALLAH, for the opportunity I have to provide service to others.
Body Image	I don't like my body.	Thank you, ALLAH, for my healthy body which unconditionally breathes for me and allows me to accomplish righteous deeds that may please you.

Someone wise once said, "When you change the way you look at things, the things you look at change."

In Shaa ALLAH, next week we will explore the topic: **Are You Being Of Service?**

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If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Finding Clarity** telephone session, contact me on 0451977786



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