

**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: **Awaken The Brave Within You**

So, here's a question for you...Are you brave? What's the first response that comes to your mind when you read this question?

I know my answer. Today, I want you to ponder on yours. If you know you are brave, great. You probably don't need to read on, but maybe forward this article to someone who may benefit from acknowledging their inherent courage and learn strategies on how to awaken the brave within them.

To be brave is to feel the fear without letting fear own you. **It is to feel the fear by listening to what it's saying to you rather than believing in what it's saying to you.**

When you can feel your fears as and when they arise, observe them without judgement and put your complete trust in ALLAH to protect you, that's when courage is born.

The trigger for courage is fear. But first, you must allow yourself to observe your fears without judgement and banish all preconceived beliefs about those fears. Once you start observing your fears, you will begin to notice that they are merely other people's fears that you have inherited as you were growing up...other people's beliefs imposed upon you that you were then conditioned to adopt as your own.

9 Strategies To Awaken The Brave Within You

1. Make a list of all the things you want to be, do, or have in life but are too scared to pursue them.
2. Choose one thing from this list and put a circle around it. Perhaps choose the thing that causes you the least fear in comparison to the others on the list.
3. Now write down **what is the worst thing that could happen** to you if you decide to pursue this.
4. Write a detailed description of the fear you are feeling about pursuing this particular thing. Describe how this fear is making your body feel. Is it causing hurt or pain? Write down who all are affected by this fear of yours.
5. And now write down **what is the best thing that could happen** to you if you pursued this thing.
6. Write down a detailed description of how your body is feeling when you think about all the great things that you could feel from pursuing this thing. Write down who all would be affected if you felt this great.
7. Now take time to read what you have written and observe how your body feels when you read both scenarios.
8. Which of these two scenarios makes you feel closer to ALLAH?
9. Now answer if you are still feeling fearful about pursuing this or do you have trust in ALLAH. If you are still feeling fear, keep analysing deeper as to how you came to hold this fearful perception.

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In Shaa ALLAH, next week we will explore the topic: **The Whirlpool Of What-ifs**

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 **Clarity Coaching** phone session, contact me on 0451977786



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