

## 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: **Foster A Healthy Marriage With Couple**

### Goals

Your marriage is a soulful platform where you and your spouse can thrive with love, mutual respect, understanding, kindness and service to each other to become better in your deen.

It's not always easy. Marriage is hard work, and like everything that is hard to practise, you will require patience, compassion for self and your spouse and daily goals to work towards fostering a healthy and meaningful marriage.

It is one thing to say "I love you" and another to practise it. Great virtues, such as, love, kindness, understanding, respect and service must be cultivated every single moment in one's life and practised consciously, every single day.

### Seven Couple Goals

These seven couple goals could be a great start. Try practising **one a day for a week** and see how you both feel on the eighth day.

1. **Find a quiet moment**, hold each other's hands, look into each other's eyes and say these words: I thank ALLAH for blessing my life with you. Thank you for being my soulmate.
2. **Sit together in a quiet space, take one ayat from the Holy Quran**, read it together and ponder over it. Tell each other how this ayat is relevant to your marriage.

3. **Have a journal where you both can discuss your hopes for the future.** Write them down. Don't worry about how or when you are going to do them. Trust ALLAH to help you both to realise those hopes.
4. **Sit facing each other. Take turns in paying each other a compliment.** Really mean it when you say it. Graciously receive the compliment.
5. **Write a heartfelt letter to each other** and leave it on the pillow as a surprise.
6. **Take a walk in nature, just the two of you and speak only about ALLAH.** Admire all HIS creations in nature.
7. **Pray extra two rakat salah** to express gratitude to ALLAH for your healthy marriage.