



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: **It's Never Too**

Late And You're Never Too Old

Last two and half years I have been studying Bachelor of Clinical Nutrition and Dietetic Medicine fulltime and busy with community service and looking after my home and family. I was supposed to study this degree back in 1997. It wasn't until February 2017 when I opened a box filled with my old textbooks that I was overcome with the realisation: If not now, then when? If not me, then who?

Twenty years is a long time to catch up with. But so what? Time will pass whether I like it or not. Time, after all, is abstract. The only moment is NOW. The only future is how we accumulate moments of NOW. And the only past is how we waste our moments of NOW on thoughts that stagnate us rather than fill our hearts with love, light, peace and joy.

So, I ask you today to take a moment and reflect on what you have been putting off all these years. What is that one thing you have been yearning to do? What is stopping you from doing it? Because guess what? **It's never too late and you're never too old**. Because really, how old is too old? And how late is too late?

ALMIGHTY ALLAH has blessed you with an energetic body and great wisdom. If anything, the more years you have lived, the better experienced you are to tackle life. All you really need to do is keep your body healthy and your mind alive, curious and creative. Above all else, invest in your spiritual enlightenment. Recite something daily from the Holy Quran and truly practise it mindfully.

Even back in our Prophet's (SAW) time, it took twenty-three long years for the Holy Quran to be revealed. Every surah was mindfully practised, imbibed and implemented into the daily lives of the sahabas before the next one was revealed. So why are we in such a hurry?

Strategies To Fulfil Your Dreams, Age No Bar

- Write down at least five things you have always wanted to do but haven't
- Write down why you haven't done them
- Pick ONE of these five dreams and place it on the top of another fresh page
- Under this new heading, write down how your life will be different if you achieved this dream
- Write down what you can do RIGHT NOW to at least start the steps towards realising this dream
- Write down what you will do for the next 11 days to move forward in realising this dream (repeating something eleven times wires the brain to form a habit. So even thinking about realising this one dream, every day for 11 days will form a positive habit)