

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: **Turning Every Experience Into An Opportunity For Personal Growth**

It may seem unrealistic to believe that one can turn every experience, pleasant or traumatic, into an opportunity for personal growth. Yet, as Rumi said, that it is only through the crack of the wounded heart that light enters. It is in times of despair that you can truly reflect on the lessons provided in all your experiences and implement those lessons to create better experiences for yourself and others.

Experience, by definition, is when an event or occurrence leaves an impression (negative or positive) on someone.

Opportunity is when circumstances arise that make it possible for you to do something, anything, that will bring about change (negative or positive).

Every single experience (event/occurrence that leaves a positive or negative impression on you) can be perceived as a platform which gives rise to an opportunity for action (positive or negative).

Pause for a moment and reflect on your major experiences in life. Perhaps in your present situation you may be going through a repetitive pattern of certain experiences that are holding you hostage. Are there any experiences in your life right now that seem to be happening over and over, whether with people or with your job or with your own eating, drinking, procrastination or any other habits, that make you feel stagnant or trapped? These repetitive experiences may be perpetuating negative thought and behaviour patterns to the point where they have become habitual. You are merely reacting to these repetitive experiences instead of responding to them. When you stop reacting to experiences and instead respond to them you will begin to see each experience as a lesson from ALLAH, imbibe the lesson and implement strategies to grow from the experience.

When you take ownership of your experiences and use them as lessons in order to pass the tests of life, you become empowered. But when your experiences begin to control you and define you in every situation,

you become a victim.

Experiences will continue to play like a movie in the cinema of your mind. Choose to be the hero of your film, not a victim.

Five Easy Steps To Turn Your Experience Into An Opportunity For Personal Growth

1. Take a pen and paper and write down the experiences that are repetitive in each of these areas in your life: Health, Relationships, Career/ Studies, Spiritual (your connection with ALLAH)
2. Beside each experience, write down how they make you feel. Your feelings are the first signal from your body to indicate that something needs attention.
3. Sit in silence after your salah and ask ALLAH to help you hear your intuitive voice.
4. Now write down (dot point list) the first answer that comes in your mind on how you need to handle these repetitive experiences.
5. Pick the easiest one from your dot point list and act on it immediately or as soon as possible.

If the above exercise seems too difficult, send me an email or contact me on my mobile. I am happy to guide you through it.

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In Shaa ALLAH, next week we will explore the topic: **Do You Suffer From WWPSS (what will people say syndrome)?**

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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