



## Count your strengths

As humans, we have all been created with our fair share of flaws, frailties and limitations. However, this does not negate the many strengths that we have been granted by our Creator ﷻ.

The more time we spend thinking of all the areas we don't particularly stand out in, we end up with an unrealistically negative picture of ourselves. The habit of constantly dwelling over our imperfections and inabilities makes us focus on our vulnerabilities, which in turn lowers our self-esteem.

Sometimes we might begin having thoughts that we have more weaknesses within us than strengths or worse still, that we don't have any strengths at all! This is an incorrect belief. Allah ﷻ has not created anyone without strengths. The mere fact that you are alive is a proof of the many skills you possess.

Each person has different types of qualities. Someone may have physical strengths, like being good at badminton, swimming, or martial arts. Another person may have intellectual strengths, like acing chemistry and physics tests, critically analysing or being a techno whizz. Someone else's strengths may be emotional, like being calm and collected during chaos, showing kindness, or being generous. Someone's strengths are being compassionate, orderly, faithful, or studious.

When we build the habit of centring our attention on the things we are good at and celebrating our strengths, we will end up building a healthy self-esteem.

## Don't believe it? Try it!

In your gratitude journal, draw a table with the categories; emotional, intellectual, physical and creative. Then jot down your strengths under each category.



Ensure that you have gathered all your strengths, from the littlest to the largest.

If you feel that you are having trouble finding out your strengths, ask a trustworthy person for an honest opinion. More often than not, other people are able to see our strengths way better than we can.

After you are done listing each item, read through the pages. With each one you read, express gratitude to Allah ﷻ and remind yourself that these are the real strengths that Allah ﷻ has given you.

Look at them regularly, be grateful and build the habit of thinking positively.

## Casestudy

Mubashira and Bushra were sisters. While Mubashira always excelled at school, Bushra preferred to busy herself in serving others.

One day, as the two sisters were chatting, Mubashira said, “Wow, MashaAllah, you are good at so much. Just look at how many medals you have! I am horrible at almost everything.”

“What do you mean?” asked Bushra

Mubashira responded, “I mean you are good at everything; studies, sports, baking ... and here I am, good for nothing.”

“Astaghfirullah!” reprimanded Bushra, “Yes, I receive trophies for studies and sports, but if there were any trophies for being a wonderful person, you’d bag them all. You are always there to lend an ear to people, ever ready to give your shoulder to cry on. Every time I need something, I know I can count on my sister. You need to stop thinking about what you aren't good at and remember that strengths come in different forms. Remember, your qualities are the absolute best! Keep serving people and don't forget that not everyone has the same skills and this is what make us unique.”