



## Find your value

Allah ﷻ says in the Quran :

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

We have certainly created man in the best of stature

[95:4]

Every person has been created in the best form. Allah ﷻ has gifted each person on this earth an inherent value and worth. Every newborn child has significance, each infant has his own value and each child in himself is a masterpiece of Ar-Rahman. You are one of those miracles. Regardless of where you were born or who you were born to, you arrived with a value of being among the *Ashraful Makhlooqat*, the best of creations. You came into this world with value and you will remain with it for the rest of your life. Nothing and no-one can change that.

As you were growing, people might have passed on negative messages or caused you to think otherwise. You may be thin and people said curvy is better. You may be very creative but people said you are not as intelligent as your siblings. You may have erred and people said you are worthless.

It is necessary to remember that Allah ﷻ chose you to be amongst the best of the living things and nothing can change that value. You might have made mistakes, gotten into trouble or even been condemned. The thinking habit of remembering that you are the best of creations and you have been chosen to be a Muslim will help build the foundation for a healthy self-esteem.

## Tell yourself

Develop a Muslim Psychology. Keep reminding yourself that your Lord has created you in the best manner and has chosen you to be a follower of Muhammad ﷺ.



## Take the steps

- \* Eliminate thoughts, such as “I’m a worthless person,” and replace with, “I am an Ummati of Muhammad ﷺ and that is my value”
- \* Stipulate rewards for yourself when things go right
- \* Forgive yourself for your mistakes, because you are a human and you are prone to mistakes
- \* Look after yourself and remember that your body has a right over you

## Case Study

Aaliyah was a very timid girl, often thought of as a loner. She would barely manage her schoolwork, wasn't able to do well in sports and would never think of approaching people, because she was always too scared. She woke up everyday feeling worthless and often replayed moments of when people bombarded her with negatives comments. One day, after a great deal of prompting, she finally spoke to her mother about her feelings. Aaliyah's mother explained to her that she should pull herself out of this pit of low self-esteem. She explained to her that Allah ﷻ has not created any person devoid of value. Every single person has importance and significance, including you! Aaliyah began to focus on the more positive aspects of her life, she began thanking Allah ﷻ for making her a Muslim and for including her amongst the followers of Muhammad ﷺ. Eventually, Aaliyah became a much happier person and began performing well in her studies.

## A poem Aaliyah took inspiration from

I learned about sorrow,  
It won't last forever.  
I learned about pain,  
It always gets better.

I learned about blemishes,  
They soon begin to fade.  
I learned about happiness,  
It never invited or bade.



In the end after April,  
There is always May.  
After every tear drop,  
There will be a yay.

I don't trust mirrors anymore,  
For they show what is skin deep.  
Not the flutter of my eyelashes,  
As I try to go off to sleep.

You, yes you, don't trust a mirror,  
It will only show your skin.  
And if you think that matters,  
It is high time you look within.

*Jaamia-Zainab*

*For Girls  
Lusaka*