

That's why, telling ourselves we can do it, will more likely boost our chances of success! This time, your mind will still want to be right about what you said, and it will work hard to make sure it happens. Remember, positive thoughts are like switching a light on, which allows you to see everything clearly, and so, do things much better than you would in the darkness of negative thoughts. What's more, simply reminding ourselves of a time we overcame a difficult situation or challenging task, like passing a test, or competing in sports, can make us far better at achieving a goal.



As Muslims, we believe that nothing can happen without Allah allowing it to happen. Why Allah allows things to happen are all part of His plan,\* which is the most perfect plan for us. Whenever we set out to do something hard, Allah loves it when we try our very, very best, putting in all the effort that we can, so we