

Assalamu Alaikum wa Rahmatullahi wa Barakatuh.



I'm Sabit Raihan, and welcome to **Sabit International**. Today, I'm going to talk about **being grateful and helpful**.

Being grateful and helpful in life is not only beneficial for your well-being, mental health, and spiritual health, but it also positively impacts those around you. These are two distinct qualities that you can cultivate and integrate into your personality.

Being Grateful

Let me share with you **five key points** on how to be more grateful in life:

1. Practice Gratitude

- Maintain a gratitude journal.
- Write down the blessings in your life.
- Feel and express gratitude to your Creator.

2. Express Gratitude to Others

- Show appreciation to your parents, siblings, friends, colleagues, and neighbors.
- Express gratitude for small acts of kindness.
- Use words like "**Thank you**" or "**JazakAllah**" and give **duas** to others.

3. Shift Your Perspective

- Avoid focusing on negativity, toxicity, and problems.
- Focus on hope, positivity, and prosperity.
- A positive outlook strengthens confidence and gratitude.

4. Practice Mindfulness and Presence

- Live in the present moment.
- Be mentally, physically, and spiritually present with your family, friends, and colleagues.
- Meditation and visualization can enhance mindfulness.

5. Celebrate Small Wins

- Don't wait for big achievements to feel happy.
- Acknowledge and celebrate small successes.
- Small moments matter and bring joy.

Being Helpful

Now, let's discuss **seven ways** to be more helpful to others:

1. Listen Attentively

- Instead of speaking more, listen more.
- People feel valued when they are heard.
- Create meaningful connections by being a good listener.

2. Offer Your Time and Skills

- Material gifts bring happiness, but offering time and skills is invaluable.
- Time is the most precious commodity.
- Helping others with your expertise creates a lasting impact.

3. Be Kind in Small Ways

- Small acts of kindness matter.
- Even a little help can make a big difference in someone's life.

4. Be Empathetic

- Put yourself in someone else's shoes.
- Understand their struggles and emotions.
- This enables you to offer meaningful help.

5. Spread Light

- If you have been helped, help others.
- Share knowledge, kindness, and positivity.
- Helping others creates a ripple effect of goodness.

6. Be Proactive

- Act like a **host**, not a **guest**.
- Take the initiative to help others without waiting for requests.
- A proactive mindset fosters a culture of kindness.

7. Contribute Without Expectation

- Help others without expecting anything in return.
- Trust that your Creator will reward your good deeds.
- The ultimate fulfillment comes from selfless service.

Final Thoughts

I have shared **five points on gratitude** and **seven points on helpfulness**.

Now, I encourage you to **write these 12 points in your journal**. Keep practicing, keep improving, and keep shining in your life.

Move with **mind power**.

Assalamu Alaikum wa Rahmatullahi wa Barakatuh.