

Assalamu Alaikum Warahmatullahi Wabarakatuh.



I'm Sabit Raihan with you. Welcome to Sabit International. Today, I'm going to share 12 different points to help you build a positive mindset.

1. Practice Gratitude

Whatever you have in life, feel grateful for it. It could be something small, but acknowledge it. When you wake up in the morning, be thankful for a new day.

2. Surround Yourself with Positivity

Spend most of your time with quality people—OQP (Only Quality People). Positive people uplift you, and avoiding negativity allows for growth and learning.

3. Challenge Negative Thoughts

Do not let your thoughts control you. Challenge negativity. Your mind is your servant—you are the boss. Direct your thoughts towards positivity.

4. Focus on Solutions, Not Problems

"Where focus goes, energy flows." If you focus on solutions, you will find multiple ways forward. If you focus on problems, they will only multiply.

5. Set Specific Goals

Define clear and specific goals with a strong vision. If you want to be a great presenter, visualize speaking to a large audience. A clear picture drives motivation.

6. Practice Mindfulness and Meditation

Avoid starting your day by checking your phone. Instead, begin with ablution, prayer, and meditation. This cleanses your body and mind, setting a positive tone for the day.

7. Engage Physically

Physical activity boosts both body and mind. Engage in sports, cycling, swimming, or exercise. Movement releases dopamine, making you feel confident and proactive.

8. Learn from Failures

"There is no failure, only feedback." Every setback is a learning opportunity. Thomas Edison's numerous failed attempts only led to success. Reframe failures as lessons.

9. Limit Exposure to Negativity

Avoid toxic news, conversations, and people. Prevention is better than cure—protect your mind from negativity to maintain productivity and peace.

10. Practice Self-Compassion

Love yourself. If you truly care for yourself, you won't engage in harmful habits like smoking or wasting time. Beautify your soul and strengthen your body.

11. Practice Visualization

See your success in your mind as if it's happening now. The brain responds best to present continuous visualization—imagine yourself achieving your goals in the moment.

12. Help Others

A giving mindset brings ultimate fulfillment. Those who help others experience deeper happiness than those who only take. Serve others and find true contentment.

Thank you for being with Sabit International. Move with mind power and stay tuned with us to grow even faster.

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