

PLANTING

SEEDS OF SELF-LOVE

YOUR TRUE WORTH

In Islam, your value is not measured by appearance, status, or what others may say. Your worth is with Allah, and it is your faith and goodness that make you most honoured.

“Indeed, the most noble of you in the sight of Allah is the one with the most taqwa.”

- Qur'an, Surah Al-Hujurat 49:13

YOUR BODY IS A GIFT

Allah has entrusted you with your body as an amanah (trust). It is something to be cared for with love, respect, and gratitude.

THE PROPHET (SAW) SAID:

“Your body has a right over you.”

-Bukhari & Muslim

This means we honour our bodies not by comparing them to others, but by appreciating them as a gift that allows us to live, move, and worship.

NURTURING CONFIDENCE

- Each day, thank Allah for at least one blessing in your body.
- Focus on what your body enables you to do- smile, pray, walk, hug, breathe.
- Remember that lasting beauty shines from within: kindness, compassion, and good character.

You are more than how you look. You are honoured by Allah through your faith, your character, and the unique blessings He has placed within you. Your body is a beautiful trust, worthy of care, gratitude, and respect.



