Awesome, now that you're reading this article, I'm sure you're thinking to yourself "I would like to learn about myself", "I would like to know how much I should study", "I would like to know what my strengths and weaknesses are so that I can better myself." Indeed. That's exactly why we created this article for you! The best place for self-reflection is within yourself. However, sometimes without the help of a book or essay, it may be difficult for you where ever to explain what your true purpose in life is or how much work it takes for success. There are many tools of life that can help you to become a more productive and successful person. This article is going to introduce the most important of those tools for you which is Al-Ghazali's book called "The Alchemy of Happiness". In this Al-Ghazali introduces a psychological method to examine one's self every morning and every evening. There are a few things that you should try to do at least once per day. This way you will have a high chance of success in your studies and be on the road to happiness as well as success!

We must pursue knowledge with awareness as our guide, as any path taken without paying attention will only deviate us from them both.

It is also very important to be completely honest with your own self. If you find yourself doing something that you have no interest in, it will be a waste of time and you will only hurt yourself in the long run. You must not allow a job or a class that's not interesting to you drag you down! It is my most sincere hope that this reading helps bring out the best in each and every one of you. In Al-Ghazali's text, there are three different ways of examining oneself: physical, mental, and spiritual purity. By examining oneself physically, one can best understand the different aspects of their life. At this point, you should let go of anything that could be harmful to you. These harmful things could be physical, mental, or spiritual. For example, eating bad food can be bad for your body while watching sitcoms can harm your mind. At this time also it is important to utilize the tools that will be presented later on in this article so you can pinpoint what aspects of yourself need work and how much work it will take. By understanding these aspects of ourselves we can then understand what our strengths and weaknesses are. At this point there is no need to worry about our weaknesses because it is impossible for us to improve on something that we do not acknowledge exists in the first place. You must start out by taking small steps towards your goal. You must understand how much work you can handle and then slowly increase the amount over time. If you ever feel overwhelmed, take a break and come back to it later. After this point, we will move onto the second step which is mental purity. Mental purity is very important if we want to move on to become a better person. By using this portion of the text we can learn more about ourselves and how we think as well as what kind of environment would make us function best in. If we cannot examine ourselves at this point, we cannot hope to truly know our weaknesses and strengths.

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