

# MY PHILOSOPHY



Written by  
NABI



**NABI**

# *My Philosophy*



MY PHILOSOPHY

NABI

*First published by nabila kouraik 2024*

*Copyright © 2024 by Nabi*

*All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.*

*Nabi asserts the moral right to be identified as the author of this work.*

*First edition*

*This book was professionally typeset on Reedsy.*

*Find out more at [reedsy.com](https://reedsy.com)*

# *Contents*

## I Home

Introduction	3
You have to be happy	4
Stop anyone manipulating you	5
Bad feelings	6
Why feeling depressed?	7
Depression	9
Did I deserve this?	11
Love	13
Be strong and don't Give up	15
Expect bad things from the others	16
We shouldn't blame ourselves	18
The fear	20
Learn how to forget	22
Decisions	24
GOALS: WHAT WE DO TOWARDS OUR OBJECTIVES?	25



I

# Home

*Hello everyone, today I have decided to write my book,  
even though I know that there may be no readers, it's  
okay because I love expressing my feelings through  
writing.*

*let me start with a small introduction where I can  
present myself.*





# *Introduction*



I'm Nabi, and I have gained a lot of experience in life even though I'm 23 years old now we are in 2023, Some people may consider me too young to have much knowledge about life but no one knows truly what the person saw and felt only God, it is not anyone's right to judge or criticize someone else's thoughts or actions in this world.

I prefer to spend most of my time alone or with close people to my heart I'm not sociable that much and I prefer to refresh my mind by pondering over my emotions, although I'm often angry, I believe that my anger is not a bad thing because it shows how much I care about someone and his feelings, I also think it's important for my loved ones to accept my anger and understand that it's a part of me.

So welcome in my world.

## *You have to be happy*



It's important to be happy, even if people think you're crazy for doing so, while it's impossible to be happy all the time it's essential to remember that Allah gave us our souls to protect them, everything happens for a reason and we must trust in God's wisdom and guidance.

We may feel mad, sad, or upset at times but we must learn to manage our lives without harming our souls or breaking our faith.

The key is to be happy, and comfortable and have faith in Allah who will never disappoint us.

So, always remember to prioritize your happiness and well-being, and trust that everything happens for a reason

## *Stop anyone manipulating you*



It's a big mistake to give your love, time and energy to someone before you know what they want from you or what they think about you, in the future you may suffer because some people when they see that you have a kind and big heart, may try to control you and bring you down but you have to show them that you have a strong personality and you are not like the way they think cause being kind doesn't mean that you are weak but the opposite that shows how much you are wiser.

You must teach anyone who tries to break you or manipulate your feelings that you are not easy to manipulate, that you are dangerous, and that your danger is as good as your kindness.

## *Bad feelings*



Do you feel upset, sad, or depressed without any reason?

It's completely normal to feel these feelings without any apparent reason, we all experience times when our minds get tired from the many things happening in our lives, such as work or personal issues. However, it's important not to let these feelings control us.

To achieve a state of calmness we can pray and ensure that our relationship with God is good by being humble and performing good deeds.

When we have negative feelings, we tend to react negatively as well, it's crucial to manage our emotions and not let them control us.

We should learn how to keep our feelings under control and think positively, nothing should have the power to change our mood negatively, we should strive to be happy and God will never let us down.

May God bless you

## *Why feeling depressed?*



Stop asking this question yourself because without any reason you give negative ideas to your mind, and don't forget that the word "depression" it's wrong cause our minds as human beings need a moment to take rest from all people, we need a moment where we have to turn off our brains and feelings too, so it's not depression it's the time that we have to give to our selves to take rest from our environment, daily habits and especially toxic people that we met before.

You have to know as I mentioned before that bad feelings are normal things and it's a sign that you are normal cause if you don't have negative emotions sometimes that means you need to fix the problem, everybody has problems just what you need it's just to be calm and give time to your mind to think because without thinking you will find yourself in very bad situations that no one can helps you later.

So accept your bad feelings, moments, and sometimes environments and try to find solutions that will change bad to good, don't forget that these bad moments give you good experiences

## *My Philosophy*

that you will need maybe not in the present time but in the future, be calm and remember that every problem has a solution, give your heart and brain peace and try to understand that everything happened for a reason.

# *Depression*



The word “Depression” is very serious and should not be used lightly. It is not just feeling sad or upset for a day or two; it is a long-lasting feeling of sadness and loss of interest that requires a lot of care, love, and attention.

Sometimes, we may feel sad or upset due to certain issues, but it doesn’t necessarily mean we are experiencing depression. By constantly saying “I’m depressed,” we may start believing it and inadvertently manifesting depressive feelings. Before using the word “depression,” take the time to analyze if your feelings of sadness and tiredness are temporary or require more attention and energy. In my opinion, it’s best not to use the word “depression” lightly. Trust in God and remember that problems are not permanent. Like the sun’s return after cloudy months, issues will not linger forever.

Prayer and drawing closer to God is the best medicine for a tired mental state. Trust and believe that you will be fine, and with time, care, and attention, you will overcome any challenge and move forward. Have faith in yourself and prioritize self-

## *My Philosophy*

love. Trust that God will guide you through.



## *Did I deserve this?*



Everyone asks themselves this question because sometimes you feel that you are broken enough to receive more pain, especially if you have no one to hold your hand from dark to light. But do you ask yourself, “Did I deserve the people around me?” For me, this question is important for you to consider. It will help you to understand the kind of people you are around and whether your environment is good for you. A good environment, friends, or partner can bring you happiness. To understand if those people are good or bad for you, pay attention to their actions, treatment, and even their words. If you feel care and love when you are with them, without needing to change yourself, it means you are with the right people. If it’s the opposite, you have to analyze and consider what you have to do. It doesn’t mean they are wrong; maybe the mistake is on your side, but you don’t see it. That’s why you have to pay attention to your treatment of others as well. Compare whether you are treating people the same way you want them to treat you. You have to give people the same care, attention, and love that you desire. This would

## *My Philosophy*

be fair. But it also doesn't mean that people can't hurt you or treat you badly. You have to know how to manage your life and the people around you. If you see that they keep hurting you after you give them love and care, then it's your right to leave them. They will become more toxic, and you will find yourself asking, "Did I deserve this?" So, learn how to choose the people in your life so you won't be in a toxic environment. Use your judgment to discern between right and wrong treatments. This way, you will succeed in your life.

## Love



Love is the most beautiful and intense feeling in the world and it's the worst also the way we can love someone in the same way that one can hurt us, everything in this life has two sides one perfect and the other one bad, but love is different because even everybody knows that it hurts they fall in love and they find this wonderful feeling, they are two types of people first one lucky cause they found the love same way they imagine, but the second one found that the love is just a door to a lot of bad things such as hearts broken, pain and sadness.

At the same time, no one can deny the first feeling that made us lovers it was so good that it means one thing the issue is not in love but in the way, we choose our partners cause the person that you will fall in love with can show you the good side of love as can show you the bad side as well, so before falling in love, you have to teach your heart how to choose and don't be blind because the real love not in the first months or it's cute and romantic words but the real love is feeling each other's pain and be together whatever the issue will come you have to fight

## *My Philosophy*

together so open your eyes and see the reality then decide, I know that too many people will say that no one controls their hearts when they fall in love but you have a brain also not just heart yes the heart is blind and the brain is here only for putting the heart in the correct vision.

## *Be strong and don't Give up*



whatever feeling you are feeling now sad, upset, broken, or happy, the situation that you are in right now I would like to say you don't lose hope never, and don't give up, life is too hard, and makes you suffer but if you give up you will give to the life the remote with what you will be manipulated and controlled, you can be happy as you can be sad but remember that you have to protect your smile and strength from life's obstacles because you are the owner of your life the remote should be in your hand so be ready for taking the responsibilities of your own decisions, put yourself out of your comfort zone and fight for a good life, don't let problems or obstacles stop you, find solutions and destroy your fear be brave and you will see your real personality.

## *Expect bad things from the others*



We are a human being, and we make mistakes all the time that's why it's not bad to make mistakes but it's too bad that you know your mistake and still repeat it too many times.

In this part, I'm talking about hypocritical people, and from the experience I had with them and till the present time I'm still meeting them in my life, you have to be ready for any reaction a human being can do cause they can show you how much they good but in your back, they are preparing bad things for you that's why don't expect good things from anyone, I'm not saying you have to be negative but you have to be clever and brave in your steps with people around you.

You may find people good in this life but you can find bad ones as well they talk to you nicely and behind you, they forget your friendship and your sacrifices for them, so show them what they deserve not more not less be honest with people and make your limits like this you will notice that most of them start disappearing day by day from your life.

So stand up and do the things that you expect from people

*Expect bad things from the others*

for yourself like this you will need no one in your life if they do good things that are good for you if not that will not hurt you, clean your life from dirty people and build a new clean and simple one with who deserve your sacrifices.

Enjoy your day

## *We shouldn't blame ourselves*



Behind this title, a lot of emotions will come up again, I would like to express my gratitude to the person who inspired me to write this chapter, and I'm glad to have this angel in my life one more time.

We shouldn't blame or punish ourselves!! Cause easily God writes our life destination, no one can manage his life but we can control our actions, wishes and emotions, by blaming ourselves we put our life under pressure that will give only bad results in the end, so why you punish yourself you didn't mean to be in that situation that made you feel hurt, and you didn't mean to put your feelings at risk but it doesn't mean that you didn't do anything wrong cause one little mistake can make you regret too many things, one fault can let you lose close people t you, but also it doesn't mean you have to be angel, God gives us minds to learn of our faults and issues do take it from the positive side and don't think that the life will stop after that issue, keep going till you find your destination.

Take a deep breath and let go of your pain, keeping pain in



*We shouldn't blame ourselves*

your heart is like a bacterial infection that will harm you day  
by day, May God give you peace

## *The fear*



Hey there, I hope you're doing well.

I'd like to talk about fear what it means and where it comes from.

Everyone has a weakness that makes their fear grow inside their personality, this fear is like being in a situation where you're hoping for something good to happen but suddenly someone comes and ruins it, causing your feelings to change from strength to fear, it's natural to feel this way because you don't want to find yourself in trouble or a bad situation that would make you feel ashamed. However, remember that life is like a game full of exams that God gives us, and we must learn how to stand up after every failure.

Fear is an ugly feeling that makes you scared of trying new things in life, feeling scared is proof that you're on the right track, For every step you plan to take you should take a moment to consider the good and bad results; this is where the fear comes from in because you might see more positives than negatives, or the opposite. If your mind signals that something

## *The fear*

is wrong this is when you need to control things because this sign is fear! Our minds give us a sign that we need to be careful and to pay attention to our next steps, but this doesn't mean that we should stop moving forward, it's like being in the middle of a knife you can't go back either move on but you have to keep going to stop the feeling of pain. You have to sacrifice to get what you want, which means you have to stop your fear to move forward, you must believe in yourself and trust in God's timing.

## *Learn how to forget*



It's essential for people to learn how to heal themselves from pain and also to accept what has happened in their lives as fate and God's will, I understand that it's difficult to forget and move on but if you don't take that step you'll find yourself stuck while others around you are progressing. It's important to remember that the world doesn't stop for anyone for example, when someone close to you passes away, you know that it's the last time you'll see him, it's okay to feel pain and it might take more than two years to ease that pain but eventually, you will come to understand that this is a part of life. Life can bring both good and painful experiences and the only solution is to find peace through forgetfulness.

Sometimes, we have to prepare ourselves to forget especially when we don't have any solution for our pain such as when someone passes away. However, when God blesses us with kind people who fulfill our wishes, we begin to understand why certain things happen.

Everything happens for a reason and I believe that God will

*Learn how to forget*

bless us and bring peace into our lives

## *Decisions*



Making decisions means being responsible and being ready for the results. You may find good results or hard ones, so it's important to be okay with both outcomes. To be happy, learn how to make decisions and take charge, because in the end, it's your choice and no one else's.

Remember not to make any judgments or take action while you are angry. It's important to be wiser because our reactions and emotions are under our anger's control, which means we can't observe the reality and truth we need to see. If you make decisions while you're furious, you will likely make bad ones that you will regret.

Before making any choice, try to analyze the potential outcomes. Remember that there are many things to consider, such as what is behind this choice and if there are other ways to approach it.

Use your mind and try to set aside your emotions while making any decision to avoid regret. I'm sure you will be fine. Take care, my friend

## *GOALS: WHAT WE DO TOWARDS OUR OBJECTIVES?*



Everyone has had a dream since childhood, and that dream becomes the goal we work and fight to achieve as soon as possible. However, not everyone achieves their goals. Some fail, while others succeed in their lives, not due to luck, but because of good determination, planning, and thinking. You might find one person working on tomorrow's planning and tasks every night while another person is sleeping. You might also find someone who wakes up early, exercises for 10 minutes, reads a book, takes a shower, and works for an hour before their daily routine, while another person wakes up late and ends up feeling more tired at the end of the day. Why? The first person prepares for a healthy day while the second one does not. If you want to work towards your goals, learn how to avoid laziness and stop saying "I will do it tomorrow," as this will only push your objective further and further away until you never achieve it. Start with just one hour every day. It's better to do it either

as the last hour before you sleep or the first hour after you wake up. Take a deep breath and think about the important things you need to accomplish during the day. Write them down on a piece of paper; not on your laptop, phone, or iPad. Create a list from the most important tasks to the normal ones, then hold yourself accountable. For instance, on the first day, you might not complete anything from your list, on the second day, you might finish one task, and on the third day, you might complete 35% of your list. By learning to control your mind, you'll find yourself completing 70% or more of your list day by day. However, completing the to-do list does not necessarily mean you have succeeded. After respecting the plan, you'll start thinking about the next step, and that's when your brain will start giving you ideas to improve your skills by managing your goals and turning them into tasks. From that moment, you'll find the missions that you need to attend to and be in a real challenge with yourself and your environment. You may succeed, or you may fail. To manage this, you need to write your objectives down and search for any ideas that can bring your goals closer, then create a plan to reach your dream. If you keep saying "I will do it later" or "Maybe tomorrow," you will never be what you want to be. Sometimes, you have all the ideas and plans in your mind but lack the energy to start working on them. You are lucky to have these ideas, so why stay far from your goals? Some people just want a chance or just the first step that will put them on the road. Choose between becoming the person you dreamed of being or just giving up. It's not our brain's fault; it's the person's mistake because we give our mind the orders, not the other way around. If your brain tells you not to do something right now, remember your goal and wake up to work on it. Give your mind the order that you are the



## *GOALS: WHAT WE DO TOWARDS OUR OBJECTIVES?*

chef and manager of your life, and your brain should follow you. Don't waste more time, because while you are wasting time, others are fighting to get what they want in this life. Get up and move on to make your dreams real. Good luck!

