

The basic aim of Prophet Muhammad's teachings is personality development. The Prophet Muhammad ﷺ has provided us guidance regarding each and every aspect of life because he wants us to be successful in both worlds. This aim can't be achieved without personality development. He has groomed his students in such a manner that they have changed the map of whole world soon after his holy demise. Even Non-Muslim scholar James Michener admires this fact that no other religion in history spread so rapidly as Islam. Michal Hearts has considered him as number 1 among 100 most successful person just because he was and is the most influential person on the face of earth. His influence can also be seen today on billions of people. Some of the personality development traits in the light of his Seerah that can change the life of any person are mentioned as follows.

1. Aim centered life:

To understand this point one has to comprehend the significance of the heading in a different way. The psychological significance of having a clear aim in life is substantial. Here are some key points:

Sense of Purpose: Having a defined aim gives you a clear sense of purpose. It provides a reason to get up in the morning and motivates you to take action.

Direction and Focus: It helps you channel your energy and efforts toward specific goals. This prevents aimless wandering and provides a structured path for personal development.

Motivation and Drive: An aim serves as a powerful motivator. It gives you something to strive for, even when faced with challenges or setbacks.

Enhanced Resilience: When you have a clear aim, you're more likely to bounce back from failures. You understand that setbacks are part of the journey towards achieving your goals.

Boosted Self-Esteem: Achieving goals related to your aim provides a sense of accomplishment. This boosts self-esteem and confidence in your abilities.

Reduced Anxiety and Stress: Knowing what you're working towards can alleviate feelings of uncertainty or aimlessness. This can lead to reduced levels of stress and anxiety.

Decision-Making Framework: A defined aim provides a framework for decision-making. It helps you evaluate choices based on whether they align with your ultimate objectives.

Enhanced Meaningfulness: Life feels more meaningful when you're actively working towards something you value. It adds depth and significance to your experiences.

In summary, a clear aim in life has profound psychological benefits. It provides a framework for personal growth, fosters resilience, and contributes to a greater sense of well-being and fulfillment. In my humble opinion the Prophet Muhammad ﷺ has guided us about the most supreme goal of our life. Allah is the One and we have to everything for the sake of his pleasure. He has guided us the main purpose of our life. The whole life of a Muslim revolves around this concept and helps him to groom himself in aforementioned perspectives.

2. Risk Management

The whole life of Prophet Muhammad ﷺ enlightens us that how we should manage risk factors in our life. He has managed all the risk in his life in such a manner that he has changed the perception of the whole world till the Day of Judgement. We can see that the Migration and expeditions he fight in his lifetime are the best examples of Risk management.

3. Forgiving Attitude

Forgiveness is not only a trait but a habit. He has guided us that we shouldn't hate anyone for any reason. Even all his wives and Companions testify that he hasn't take revenge for himself from anyone throughout his life. He has forgave the People of Taif who had done extremely wrong with him. After the conquest of Makah he has forgave even worst of his enemies.

Some of the psychological benefits of forgiveness are enlisted as follows:

- Promotes Emotional Healing
- Enhances Mental Health
- Strengthens Relationships
- Fosters Empathy and Compassion
- Facilitates Personal Growth
- Breaks the Cycle of Retaliation
- Reduces Physical Health Risks
- Spiritual and Ethical Significance

One can see how this attitude of forgiving helps us in the grooming of our life. The Prophet Muhammad ﷺ has taught us the same lesson throughout his life.

4. Unconditional Love/Positive Thinking

These two attributes also helps a lot in our self-contentment and grooming. There are hundreds of examples that guides us that how unconditionally loved and treated people.

5. Courage/Fearlessness

This is one of the most attribute of a leader. He has always leaded from the front in every difficult time. He was source of motivation for every Companion. On the Day of Hunayn he alone led from the front and fight with Non-Muslims in the cause of Allah.

6. Liberation of Mankind

He has taught the lesson of equality of human beings and eradicated every kind of discrimination. He has given rights and respect to servants at that time when they were not considered as even humans. They were exploited in every way. He has commanded that your servants are your brothers feed them what

you eat and make them eat what you eat. His teachings leads towards the emancipation of slavery system.

The influential aspect of Prophet Muhammad ﷺ on the world can be observed within the lives of his students. As students are the biggest legacy of any person who preaches the mission and message of their leader. The blessed Companions has preached the message of Allah and His Prophet ﷺ in the whole world.

Most Supreme legacy

The biggest legacy of Prophet Muhammad ﷺ was his incredible students. The people who has comprehended his message and devoted their lives for his cause i.e sake of Allah the Almighty. Normal people like Hazrat Abu Bakar ؓ and Hazrat Umar ؓ changed the map of world. Hazrat Umar was one of the best administrator of the world. His name is also included in the book of Michal Hearts because of remarkable attributes. The people who used to fight for generation on small issues revolutionized to such extent that they inherit all the aforementioned attributes.

The Prophet Muhammad ﷺ is the influential man in the world who was equally successful on spiritual and as well as worldly grounds. We should follow him in every aspect of life to become successful in both worlds.