

# Nusayba Knows Her Worth

*What about you?*

**Allah made us all special and unique**

We are all good at different things.

We are all blessed with different gifts.

Allah has a special plan for each of us. No one else can take your place.

It's okay if someone has something you don't. Remember to be thankful for what Allah has given you. Say, "Alhamdulillah."

Remind yourself what makes you special.



**Pay attention to how you talk to yourself in your mind**

When you make a mistake, don't focus on the negative. Don't say, "I'm not good at this."

Talk to yourself kindly and positively. Say, "I am good at many things and I will keep trying my best."



Nusayba knew her promise would be important to the Prophet (SAW).



Nusayba knew she was a good helper when she joined the men at 'Uhud.



Nusayba knew she was strong.



Nusayba knew she was blessed when the Prophet (SAW) made du'a for her.



Nusayba knew that all of the believers are worthy of Allah's rewards.