

✦ THE BEST ✦



VERSION OF
YOU

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The Best Version Of You

I am Suliman stranger who lives in the most simple places in the most worst of the continents, in terms of economic or political terms, the worst in all respects.

Welcome to the continent of Africa, specifically the hometown of Sudan.

I started writing this book on my first day at the age of twenty-one, from the subconscious I was living in to the conscious mind I want to be in

In one of the books I read there was a statement in bold that said “everything you want you can get from anywhere”.

It inspired me so much that I began to change my life drastically little by little.

Which I always dreamed of, there are no

lazy and flatterers of their work, there is no difference between successful or unsuccessful, each of us has been given by God of knowledge his share in the world.

I used to see the pink in the flowers, the blue in the sky, and the green in the trees as natural colours . I was helping everyone who needed and asked .

But my view changed for reasons, people and circumstances that made me realize that not everything is that simple that makes you achieve your ambitions after you read the phrase that pushed you forward not that easy that we can appear among the stars in the blink of an eye “fall

is the basis of everything”, it is okay to get tired It's okay to get bored, it's okay to lose hope, and it's okay to fall but failure is to stay the way you are .

Self-development is activities that develop awareness and identity, develop talents and potential, and form the basis of the human being in many areas, facilitate job opportunities and improve living life and contribute to the assimilation of dreams and ambition.

Self-development is not limited. The concept of self-development includes formal and informal activities to develop others in many roles. Such as: professor, guide, consultant, manager, life coach,

private teacher, when self-development occupies a place in the organization, it refers to methods, programs, tools, techniques and evaluation system that support human development at the individual level and improvement of himself and can accomplish a lot of work .

Self-development is the most important way to achieve success in implementing the plans set to reach the general goals.

Every person has weaknesses besides strengths, and if self-development is limited to developing strengths, the specter of failure is always in the background, so the most important advice is to get rid of weaknesses, also

commitment and patience are important keys to success that must always be remembered.

To develop yourself, you must be confident in yourself. Self-confidence is the individual's belief in his energies, capabilities, abilities, and decisions, and it is one of the keys to success in life. If a person loses this skill, he loses many opportunities, and wastes his energies that God gave him, making him a negative person. Self-confidence does not mean arrogance and arrogance, but rather it is a skill like other skills that are acquired from the environment surrounding the individual and are subject to learning,

development, and change, and are not born by instinct as some believe. Self-confidence brings many benefits to the person, making the individual feel that he is a special person capable of discovering his capabilities and advantages, and it also gives the individual reassurance and walk towards decision-making without hesitation, and thus he can set his goals and move towards achieving them at a steady pace, and self-confidence may be a source of inspiration for you in many Situations that require a quick reaction.

There are some factors that cause a lack of self-confidence, and constitute a source of danger for the individual, including

anxiety and constant fear that the things he fears or expects to fail will happen, and addressing himself with words that destroy his self-confidence such as I am unable or I am weak, and other words that belittle the individual, and weaken Its value, and comparing with others, and imitating them may be a cause of lack of self-confidence. It also causes mistrust.

I was one of the genius of my primary school. I had moved from my school in which I studied until the fifth grade because the financial conditions were not helpful and the costs of studying were very high, I moved to another school and started with it from the sixth grade a new,

different life that I was not used to, I was raised in a family that dreams of seeing its children Among the stars and the chandelier, a family made every effort to educate, then knowledge, then morals and education, but at the beginning of the sixth grade school year, I had gone to the principal's office to ask me about some things, but before I entered the office, I heard her talking to one of my mother's acquaintances and telling her, "My school is a prestigious school." I do not want a student who would change this image in the general community, and when I entered, she changed her words and started laughing at me with all rudeness

and asked me if school was suitable for me, I answered her respectfully yes madam, it is good.

Then I went to class and sat thinking why someone who doesn't know you would put an idea about you without even talking to you once?

But that was the first incentive, after which I was able to start fulfilling my parents' dreams. After a short time, the semester exams had begun, and my result was not bad, as I scored fifth in the class classification, but I can say that I meant that, as I deliberately left some answers blank and some The other answer is wrong, and the school system consisted of

three exams and then the final exam for the semester. In the three exams, I did not make significant progress, as my grades were very average.

But by the beginning of the final semester exam, I had put all my effort into the exam. It was seven subjects, simple for an adult, but dilemma for a twelve-year-old child, but the result was very impressive, as I was ranked first in the chapter with an excellent rating, but what made me feel

The taste of victory is the director's look at me while I'm out to receive my certificate .

That was my first start as the best version of me. I was so happy that I forgot all the

pain I heard, and my greatest happiness was the happiness of my mother, who was the first to attend and cheer me up.

But in spite of that, that was my first start on the path of failure, in which I planted my entire mind with my arrogance and pride .

Scientifically and practically, when you feel that you are better than everyone else, that is the beginning of your deterioration and your fall. optimum.

Yes, it is the easiest way, but the worst at the same time. When you throw all your burden and responsibilities on others, there is no point in your presence in life.

Either you become a monk or die, that is better for most people.

Two years after the end of the sixth grade, I went through the worst periods of my life, bad academic achievement, sluggishness in days and months, laziness in doing my homework, all because I thought I had reached the top and no one would surpass me. In class, it was a shock to me and my parents because they wished that I was one of the first in the primary exams at the state level.

But I got fairly average grades and went to high school. I swore to do my best to achieve what I wanted. I moved from first grade to second grade with distinction and

to third grade with distinction. I wasn't a genius in high school, but compared to my previous self, I was a hundred times better. With the beginning of my last year in high school, I began to show symptoms of adolescence in me from depression, rebellion, hatred and indifference to anything. I go home and do nothing but sleep and eat like goats in a barn. I counted the days and months, and it was the first time in my life that I failed a test, and I scored in six out of seven subjects, no more than forty points out of a hundred.

I didn't care about all of that and he didn't move me, not even his hair. The situation

continued for eight months, until Sunday morning came when my mother woke me up asking me to be ready for the Sudanese certificate exam.

I was shocked wondering when the exams will answer me after a week from today.

A week for chemistry, physics, biology and mathematics is not enough. A week is not enough even for one of these subjects.

I started studying immediately. A week for seven subjects. I was studying from seven Am until two Am, with only four hours of sleep. I waited for the result. It

was the worst result in my history. I

succeeded, but at a rate that will never

enter me into medical school, so I went to

private universities. Before I chose the path that would change my life, I started researching and exploring many fields. I left the idea of studying medicine and started looking at other fields. In the end, I settled on Information technology.

My first year at university was full of problems and trifles that made me think about leaving university. The society I moved to made me wake up from the bliss I was in, a society that was extremely disgusting and extremely exploitative, a society that was the least filth that could be described.

But I swore again to be the best, but in complete humility, and that is exactly

what happened. I was the first for three consecutive years of my studies. When I wrote this book, I had not finished my university studies yet.

After several years of studying, I began to love university for the professors and some of my friends to the point that I was thinking of becoming a professor when I graduated. The best is for you, thanks to her, after God Almighty, I made progress in my life. If the days go by and you read this book, my virtuous teacher "Nafisa" I want to thank you very much for all the effort, all the motivation, and all the trust you gave me. My first ambition was to be one of the best programmers in the world

or To be a systems analyst. They are the two fields that I loved the most throughout my studies.

During my third year, I went through many, many, and many problems to the point that I moved away from all humans and began to develop my personal self, so I realized that there is no benefit in the effort you make for anyone but yourself, as no one will stay with you except yourself. With the beginning of the year, I studied many courses online and took many, many exams, and the result of these exams was that I got thirty-four certificates in one month. It's okay, there is no benefit from society other than harm

and pain, I lost the majority of those close to me, and after that I did not care for anyone but myself, so I was in the forefront, away from everyone, working on self-development and striving to be the best version of me as I was before.

I know that society will not give you anything, it will only take it from you, so work on yourself first before you become social. Be loving yourself before you love anyone. In a scientific study, it was proven that developing yourself is in several ways, including:

Focus on the positive

It is important to leave the focus on the negatives and problems of the self and

find something positive to focus on and think about. Three positive things can be written about the character or about the course of a particular day at work, for example, and when thinking about mistakes or negatives, they should be thought of as learning opportunities, and knowing how to avoid them when exposed to them once others in the future.

Doing exercise Exercising on a daily basis helps relieve stress and thus a feeling of improvement in personality, as exercise enhances the hormone endorphins, a group of natural opiates in the body, which contributes to a feeling of inner comfort.

Reading Reading books and magazines

improves memory, increases learning ability, and enhances understanding and cognition. It is possible to read topics related to healthy eating and exercise For a physical benefit

Also.

Before you push yourself recklessly into the center of society, be a believer in yourself, loving it, and remember that failure is not an end, but rather the beginning of a new success. To think about stopping, but it is okay to stop, but I have to follow up after your comfort is over.

And it is okay for your thoughts to contradict the beliefs of your society as

long as they are on the right path. Impose yourself in your environment in the labor market in your society in the world, but with torture and rationality, be the best self-loving then others and do not burden yourself beyond its capacity for anyone else “make sure that the person you are doing for him You run away from it today, you will run away from it tomorrow.”

For all those who are devoted in their devotion, their reward was betrayal. Do not be a traitor, but do not be a fool, lost, ignorant of what is going on around you. Dirty is yourself for the better and will go with society.

Don't wait for someone's support, do the

best for yourself, and then let everyone talk about you.

And now I've pushed you down the path that makes you proud, and be the best version of you.