

*Ditch Comparison,
Own Your Worth*



Ditch Comparison & Own Your Worth

Let's have a conversation about comparison. When we compare ourselves to others ~ whether positively or negatively ~ we are losing. We are losing the truth of our own journey, and denying other people of theirs. When we ditch comparison, we can begin to connect to and own our worth, own our story, and change our story. We can embody more joy.

*"Comparison is the
thief of joy"*

Writing Prompts

1. What are some areas in your life where you find yourself comparing? Putting someone ahead or behind you? Comparing other people?

2. What comparisons are you willing to release?

Writing Prompts

3. In which ways have you based your worth/deservingness of love & attention on how you look?

4. What would your life feel like if you were not weighed down by the expectations of others/society? You don't need to let go of what you desire. But of what others (or what you think others) expect of you.

Writing Prompts

5. What do you TRULY desire? Get SUPER clear. Maybe you don't have specifics, but a core desired feeling you'd like to hold onto?

Assignment

Assignment.

Unfollow accounts, unsubscribe to emails, change conversations.
Eliminate anything that currently elicits comparison over joy.