

Self Acceptance - Week Five

Inspiration not Comparison



Three reasons I'm going to give up comparing myself to others are:

Three ways I can stop comparison is;

1. Focus on myself:

What am I doing today that I couldn't have done five, three, or even one year ago?

How have I developed and grown as a woman in the last year?

What have I achieved which I might never have considered possible?

2. Gratitude:

What am I grateful for about myself?

3. Inspiration and Role Models:

Who inspires me?

What qualities do I admire about them and what would I like to emulate in my own life?

*'Comparison
is the thief of
joy'*