



## Navigating Comparison

*A Practical Guide to Navigating Comparison and Redefining Success*

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When we see everyone else's summer highlights, it's easy to feel like we're lagging behind. This worksheet is designed to help you pause, unpack those heavy feelings of comparison, and realign with your own timeline.

### 1. Identifying the Comparison Triggers

Comparison usually starts subtly. To disrupt the cycle, we first need to notice exactly when and where it happens.

What specific **social media** apps, accounts, or types of content (e.g., vacation photos, career milestones, engagement announcements) trigger your feelings of being "behind"?

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Are there specific conversations, social settings, or people **in your life** that leave you questioning your own progress?

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### 2. Deconstructing the "Curated Standard"

As the blog mentions, we often compare our internal struggles to other people's visible accomplishments. Let's break down one specific comparison that has been bothering you lately.

What is the **triggering event** (e.g., "Seeing a peer buy a house" or "Seeing someone's elaborate European vacation.")?

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Write down **what you don't see beneath the surface** of that milestone (e.g., *financial stress, relationship compromises, years of hidden burnout, or simply a completely different life starting point*).

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What **story are you telling yourself**? Complete this sentence: *“Because they have achieved this, it means I am...”*

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### 3. Shifting from “Defining” to “Informing”

Comparison becomes dangerous when it *defines* our worth, but it can be useful if it simply *informs* us of what we actually want.

Look at what you’re envious of right now, and use the table below to flip the script:

The Comparison Trigger	Does this reflect a core value of mine? (Yes/No)	If yes: What is a small, realistic step I can take toward this in my own life?
<i>Example: A friend's career promotion.</i>	<i>Yes</i>	<i>Update my resume and schedule one networking coffee this month.</i>

### 4. Reclaiming Your Personal Timeline

When comparison pulls your attention away, the most meaningful work is turning your focus back to your own growth. Take a moment to celebrate your own track record.

What is **something you have survived, learned, or achieved** in the last year that wouldn't make it onto a social media highlight reel?

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Think about **your current priorities**. Complete this sentence: Right now, in this specific season of my life, my primary focus needs to be on:

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*(Note: It is entirely okay if your focus is rest, healing, or stability rather than "hustling" or milestones.)*

### 5. Your Action Plan



To protect your peace moving forward, choose one boundary and one intentional practice you can implement this week:

**My Boundary** (*e.g., Muting certain accounts, limiting Sunday night scrolling, changing the subject when a certain topic comes up*):

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**My Intentional Practice** (*e.g., Writing down three things I'm grateful for each morning, celebrating a small weekly win*):

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### **Final Reflection**

Write down one phrase or affirmation from the blog that you can repeat to yourself the next time you feel the urge to compare:

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