



Navigating Comparison

A practical guide to navigating comparison and redefining success

1. IDENTIFYING THE COMPARISON TRIGGERS

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

In the box below, write down any:

- Specific social media apps, accounts, or types of content (e.g., vacation photos, career milestones, engagement announcements) that trigger your feelings of being "behind"
- Specific conversations, social settings, or people in your life that leave you questioning your own progress

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.

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

2. 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).

3. What story are you telling yourself? Complete this sentence:

"Because they have achieved this, it means I am _____"



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?	If yes: What is a small, realistic step I can take toward this in my own life?
Example: A friend's career promotion.	☒ Yes ☐ No	Update my resume and schedule one networking coffee this month.
	☐ Yes ☐ No	

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.

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

2. Think about your current priorities. Complete this sentence:

Right now, in this specific season of my life, my primary focus needs to be on _____

(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):

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

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: _____