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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #2 - May 2016 - Killing Comparisonitus!

Do this one AFTER you watch the tutorial to help integrate your learning and to set your intentions for the month ahead.

When I think about it the situations where I tend to compare myself and come up short are...

.....
.....
.....

... and

.....
.....

... and

.....
.....

... This is so not serving me!

I also seem to regularly compare myself against...

... I usually decide she is better at...

Times when I compare myself and come off feeling GOOD in comparison are...

... and

I reckon I compare myself favourably to others _____ times a day.

I reckon I compare myself UNfavourably to others _____ times a day.

10 things that are awesome about me and evidence of how unique + special I am, and therefore I do not need to compare myself to anyone are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Some “showreel” aspects of my life that other people probably look at and think are awesome are:

- 1.
- 2.
- 3.
- 4.
- 5.

People I want to celebrate for their awesomeness, and not have it mean anything about me are:

- 1.
- 2.
- 3.

Good work! Bring your insights to the [facebook group](#)!