**~ Killing Comparisonitus ~ Worksheet 1 - May 2016**

Do this one BEFORE you watch the tutorial! Remember - there are no wrong answers – so don’t judge or edit yourself. Whatever is your first response is perfect!

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**… makes me feel not good enough.**

**I can feel jealous when I see people who have…**

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**I am envious of…**

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|  |

**because of…**

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**I don’t feel I measure up in the…**

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|  |

**… department.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **is so good at…**

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**… it makes me feel a little inadequate sometimes.**

**I wish I was better at …**

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**… like** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

**I’d like to be more …**

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**… like** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

**I’d like to be less …**

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**… like** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

**I get intimidated by …**

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**I’d love to have …**

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**… like** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

**I’d like to be …**

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|  |

**… like** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

*Good work! Now go watch the tutorial!*

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