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**practical, not preachy**

love, Louise x

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WELLBEING WARRIORS

**life  
coaching  
academy**

LOUISE THOMPSON  
MASTERCOACH | AUTHOR | SPEAKER

## ~ Calming Comparisonitis ~ Worksheet 1 - October 2023

Do this one BEFORE you watch the tutorial! Remember, there are no wrong answers so no need to judge or edit yourself. Whatever is your first response is perfect.

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1. \_\_\_\_\_ often makes me feel not good enough.
  2. I can feel jealous when I see people who have \_\_\_\_\_.
  3. I am envious of \_\_\_\_\_ because of \_\_\_\_\_.
  4. I sometimes feel I don't measure up in the \_\_\_\_\_ department.
  5. \_\_\_\_\_ is so good at \_\_\_\_\_ it makes me feel a little inadequate sometimes.
  6. I sometimes wish I was better at \_\_\_\_\_ like \_\_\_\_\_.
  7. I'd like to be more \_\_\_\_\_ like \_\_\_\_\_.
  8. I get intimidated by \_\_\_\_\_.

9. I'd love to have \_\_\_\_\_ like \_\_\_\_\_

10. I'd like to be \_\_\_\_\_ like \_\_\_\_\_.

11. \_\_\_\_\_ makes me feel not good enough.

12. So many other people have \_\_\_\_\_.

13. It's not fair that \_\_\_\_\_.

*Good work! Now go watch the tutorial!*

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end.