

Understand this phrase below really well:

“Comparison kills progress.”

This is something I have gone through personally, and I'll tell you, it sucks.

If you're starting out or even if you have been on the journey for a while, comparing yourself to others is the worst thing you can do.



This behavior will seem normal at first, but will slowly eat into your mentality, and your journey will be at an end before you know it.

You must understand that every stage is key. **The beginner and the expert are just at different levels.**

There is no need for frustration and disappointment, as it's all just part of the process.

You cannot fly to the top of the mountain, it takes step after step, and every single one is key and needs to be perfect, or else you slip.

Every expert you see started as a beginner, and they are where they are right now because they progressed through and from that level.

That is what **dedication, patience, and consistency** bring.

In addition to all this, *the whole point of the journey is to enjoy it.*

Every day should be something you look forward to, and constant comparison shifts that focus from joy to performance metrics, which in turn diminishes your overall progress.

Give it your all, keep your head high, and you are guaranteed to succeed.