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I am my own person and comfortable in my own skin. I am happy with who I am and with what I am accomplishing. I appreciate others, but I avoid comparing myself to them. I do the best I can and enjoy my life to the fullest.

I know that everyone is different, so comparisons between people are foolish.

Instead, I seek to be better than yesterday, last week, last month, or last year. I simply compare myself to my previous self.

I am excited by seeing progress in my life. I live my life in a way that allows me to experience regular progress.

I am free of worrying about what others think of me. The opinions of others are their business. **I focus on living up to my own standards.**

I avoid judging others and ignore their judgments of me.

Comparing myself to others is insulting and injurious to myself. **I am at my best when I focus on myself instead of on the results and opinions of others.**

Today, I live my life my way and allow others to do the same. I strive to be better than yesterday and hope that others are doing the same. I am free of the need to compare myself to them. My focus is on my actions and my results.

Self-Reflection Questions:

1. What happens to my emotions and my effort when I compare myself to others? Is it useful?
2. Why do I feel the need to compare myself to other people?
3. Why is it unwise to make comparisons to other people?