AGES 12–18 SELF-REFLECTION

What Happens When I Compare Myself to Others?



WHAT THIS IS

Comparison can motivate us, but often it just makes us feel less than. Awareness helps you choose what to do with it.

HOW TO USE IT

1. Notice a recent comparison.
2. Write what you feel and think.
3. Flip it into something helpful.

EXAMPLE

"I compared my body to a post. I felt down. Flip: bodies are different; I'll focus on what mine does."

Who / what I compared to	How it made me feel	What I told myself

What I don't see about them

Everyone has struggles you can't see.

Flip it: how I can use it

Inspiration, not a score.

I am more than a comparison. Three things that are uniquely mine:

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