



SPEAKER, CORPORATE TRAINER, AUTHOR

LIMITING BELIEF #7:

I Compare Myself To Others

Worksheet

Do you often compare yourself to others? Why is this so unhelpful?

What does it mean that, "Comparison is the thief of joy"?

Do the achievements of others affect your value or worth?

Why is it so important to understand that you are more valuable than your accomplishments?

How does comparing yourself to others keep you from being happy?