

Stop Worrying About What Other People Think Of You – Cheat Sheet

How To Use Your Comparisons With Others Positively And Live Life On Your Terms

Step 1: Why we compare ourselves to others

- It is a natural thing for human beings to compare themselves to others
- It starts in childhood and continues into adulthood
- People use comparisons to reduce uncertainty and define who they should be
- Comparisons are more likely between two similar people
- Comparisons for the wrong reasons will create pain
- Avoid using comparisons for validation
- Use comparisons to improve your life

Step 2: Dangers of Comparing with Others

- Bad comparisons are usually people focusing on the wrong things
- Insecurity and fear often drive negative comparisons
- Others can drive your behavior
- It is possible to make positive comparisons

Step 3: Making Healthy Comparisons

Step #1: Only make comparisons based on intention

Step #2: Be aware of what is happening around you

Step #3: Become an avid reader

Step #4: Forget about being better than others

Step #5: Don't hold on to your self view

Step 4: Small Steps for Big Changes

Step #1: Compare yourself to yourself

Step #2: Don't give your consent to feel inferior

Step #3: Change your biggest idol to you

Step #4: Focus on your own progress

Step #5: Define success your way

Step 5: Learn to Love Yourself

Step #1: Stop being overly dependent on others

Step #2: It comes from within

Step #3: Write and use affirmations each day

Step #4: Take control of negative self talk

Step #5: Challenge external expectations

Step #6: Be grateful

Step #7: Identify your strengths

Step #8: Smile

Step #9: Determine your boundaries

Step 6: Boost your Self Esteem

Step #1: Make a list of what you have achieved

Step #2: Determine your values

Step #3: Get creative

Step #4: Identify limiting beliefs and eradicate them

Step #5: Get out of your comfort zone

Step #6: Leave the past behind

Step #7: Provide your help to others

Step #8: Get inspired

Step #9: Avoid negative people

Step #10: Make sure that you look your best

Step #11: Tackle your fears head on

Step #12: Treat failure as part of your development

Step 7: Give your Confidence a Real Boost

Step #1: Change your posture for an instant boost

Step #2: Think differently

Step #3: Stop idolizing others

Step #4: Be proud of who you are

Step 8: Advanced Tactics for good Comparisons

Step #1: What are your motivations for the comparison?

Step #2: Close the gap with curiosity

Step #3: Do it your way

Step #4: Be prepared to make the effort

Step 9: Comparing with others Best Practices

- Always use comparisons to improve yourself
- Never use comparisons for validation
- Don't use insecurity and fear for comparisons
- Compare yourself with yourself
- Do it your way
- Learn to love yourself
- Boost your self esteem and confidence