

Stop Worrying About What Others Think Of You – Resources Report

Resource #1

Search online for more about Leon Festinger's research on why people compare themselves to others

Determine which people you will compare yourself to

Conduct research online about the people you want to compare yourself to

Identify other learning materials such as books, blogs and videos that will help you to achieve your goals

Conduct further research on the "self view" and how you can adapt it to improve your life

Goal: Prepare yourself for positive comparisons with others so that you can learn and grow

Resource #2

Look for examples of positive affirmations that you can use to increase your self love

Look for ways to replace your negative self talk with positive self talk

Look for examples for gratitude statements online that you can use for inspiration

Identify your past achievements and successes and use these for inspiration

Look for examples of personal boundaries to give you ideas for your own

Goal: Increase your self love so that you are not so dependent on others for your happiness

Resource #3

Look for examples of creative things that you can do

Research how to identify limiting beliefs and eliminate them or replace them with empowering beliefs

Find forums and communities online where you can provide your support and help to others

Find videos on YouTube for inspiration

Goal: Boost your self esteem and keep it at high levels.

Resource #4

Determine your reasons for making a positive comparison with other people

Identify the gap that exists between you and them

Conduct online research to find out how people achieved the same success that you desire if you cannot speak with them personally

Goal: Use advanced tactics to get the most from your positive comparisons with people that have already achieved what you want to achieve.