

Stop Worrying About What Other People Think Of You

Why we compare ourselves to others

- It is natural for us to do this
- It starts in childhood and continues into adulthood
- Reduces uncertainty and helps define who you are
- Comparisons more likely between similar people
- Comparisons for the wrong reasons create pain

Avoid using comparisons for validation

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Use comparisons to improve your life

Use comparisons to improve your life

Only make comparisons based on intentions

Only make comparisons based on intentions

Be aware of what is happening around you

Be aware of what is happening around you

Making Healthy Comparisons

Only make comparisons based on intentions

Become an avid reader

Forget about being better than others

Don't hold on to your self view

Stop being overly dependent on others

Stop being overly dependent on others

It comes from within

It comes from within

Write and use affirmations each day

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Take control of negative self talk

Take control of negative self talk

Challenge external expectations

Challenge external expectations

Learn to Love Yourself

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Identify your strengths

Identify your strengths

Be grateful

Smile

Determine your boundaries

Determine your boundaries

Give your Confidence a real boost

Change your posture for an instant boost

Think differently

Stop idolizing others

Be proud of who you are

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

Dangers of Comparing with others

- Focus on the wrong things
- Insecurity and fear drive bad comparisons
- Others can drive your behavior
- You can make positive comparisons

Small Steps for Big Changes

- Compare yourself to yourself
- Don't give your consent to feel inferior
- Change your biggest idol to you
- Focus on your own progress
- Define success your way

Boost your Self Esteem

- Make a list of what you have achieved
- Determine your values
- Get creative
- Identify limiting beliefs and eradicate them
- Get out of your comfort zone
- Leave the past behind
- Provide your help to others
- Get inspired
- Avoid negative people
- Make sure that you look your best
- Tackle your fears head on
- Treat failure as part of your development

Good Comparisons Advanced Tactics

- What are your motivations for the comparison?
- Close the gap with curiosity
- Do it your way
- Do it your way