

## GRATITUDE KEEPS YOU FOCUSED

Gratitude means feeling thankful for people, places or things that make life better.

Look for all of the things in your life that bring you joy. It can be the air that you breathe, your favorite aunt or a cozy shirt. Gratitude helps you focus on things that are worth your time. Something you are thankful for today:

## PERFECTION IS AN ILLUSION

It's easy to catch yourself trying to be perfect or "better than" others. It's okay to want to be better. But if you always have to be the "best" you will get frustrated. Remind yourself that progress is better than perfection.

Instead of:

"I am upset that I didn't make a perfect score."

Think:

"I made a better score than last time."

Change these sentences from a focus on perfection to progress:

(hint: Compare your own progress over time.)

I came in fourth place last year, so I will be sad if I'm not in first place this year.

## BE A CHEERLEADER TO OTHERS

Make it a point to cheer on others when they succeed.

Their success does not say anything about your success.

You aren't any less when others do well.

Catch a friend doing well.

Cheer them on without involving yourself:

"Good job!"

"I am proud of you."

"You have improved so much."

Don't say:

"I wish I was that good."

"You are better than me."

Circle the compliments that don't use comparisons.

"You did a great job on your art project!"

"I can't believe you are so much better than me."

"You beat my high score again."

"You played a great game."

"Your jokes are funny."

## DON'T WISH YOUR DAY AWAY

Wishing and daydreaming can be fun. It can spark goals that lead to great things for you. But, spending too much time wishing you had what others have gets in the way of your own growth.

When you find yourself feeling jealous, take a moment to count the blessings around you.

**Flip the Wish Switch**

Think of good wishes for others.

Complete this sentence:

I wish everyone could have the

\_\_\_\_\_ that I have.



# COMPARISON IS THE THIEF OF JOY



## DO YOU COMPARE YOURSELF TO OTHERS?

A little healthy competition can be fun. But, when you compare too much, it can be frustrating and unhealthy.

How often do you compare yourself to others?

Circle one:

A few times a day      Every week  
About once a day      Every month

## AT ANY MOMENT IN TIME, THERE WILL ALWAYS BE SOMEONE ELSE WHO IS...

- smaller than you & someone else who is bigger.
- shorter than you & someone else who is taller.
- better off than you and another who is worse
- stronger than you and another who is weaker

## DON'T TRY TO BE A MIND READER

Just because a person "seems" happy, doesn't mean it is true. You don't know a person's story just by looking at them.

People can be really good at hiding their feelings. You might feel jealous if you compare yourself to how you "think" others are feeling.

Focus on facts, not looks.

If you catch yourself doing this, say to yourself: "I am not a mind reader."

## USE YOUR TALENTS TO HELP OTHERS

Think of a talent you have or something that you do well.

What are some tips you could give to someone who may struggle with that talent.

## CREATE A POSITIVE PERSONAL MANTRA

A mantra is a set of positive sentences or compliments about yourself.

They usually start with "I am."

It should include a talent, how you can help others and what you have to give or share with the world.

*Example: I am athletic.*

*I make others laugh when they are sad.*

*I can show others how to live a healthy lifestyle.*

Let your mantra replace negative thoughts. Say it each morning and again as needed.

Create your own mantra:

\*a talent or something that makes you unique

I am

\*a way that you help others

I

\*how you can share your talents to help the world

I

## NEVER COMPARE YOURSELF TO THE EDITED VERSION OF OTHERS ONLINE

People put their "highlights" on Social Media. They don't always share the messy part of their lives. Comparing your real life to that is unfair.

Have you ever

- used a filter? (yes/no)
- taken several pictures before posting
  - the "best one"? (yes/no)
- known anyone who is different in real life than on the internet? (yes/no)

## SET PERSONAL GROWTH GOALS

Instead of comparing to others, compare your own growth or progress over time.

Something I want to improve:

My goal for growth:

How I'm doing now:

How much I want to grow:

## LET MINDFULNESS BRING YOU BACK

When you find yourself comparing yourself to others, you can snap out of it with a moment of mindfulness.

Mindfulness is:

- Living in the present moment
- Not judging the present moment
- Keeping it simple, not overthinking,
- Letting thoughts pass without getting stuck on them.

Mindful Moment Examples:

- Focus on taking a few deep breaths
- Count to ten without thinking of anything else
- Notice the things you can see, hear, taste, smell and touch at this very moment.

If you notice yourself starting to compare again, stop and take a mindful break. What will you choose to do to be mindful?