HOW TO Compare Yourself TO OTHERS

Find the similarity

Don't outcast because of differences.

Learn

Get ideas by seeing what people are doing.

Celebrate imperfect vs. imperfect

Keep perceptions of perfection out of it.

Make it about them

Sincerely see other people. The moment you start taking a message personally is the moment you feel either resentment or arrogance.

FOR MORE HELP CHECK OUT THE BOOK *UNDERSTANDING SELF-WORTH* BY KAREN C. EDDINGTON

studio 5 WITH Brooke Walker