

Measuring Yourself Against Them

For the days when everyone else looks like they are doing better than you.

WHEN TO USE THIS

Use this after an hour of measuring yourself against other people.

Who were you comparing yourself to, and what were you comparing?

What do you actually know about their life, and what are you filling in?

WHAT I KNOW

WHAT I AM GUESSING

How did you feel about yourself afterwards?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

About the same

A lot worse

What is one good thing in your own life that would not show up in a photo?

You are holding your insides up against someone's outside. It was never a fair match.