

**How to Unlock the Power of Your Beautiful Authentic Self.  
Module 4. Lesson 25. I Refrain from Comparing Myself to Others.  
Additional Resources.**

## **I Refrain from Comparing Myself to Others.**

I am unique with my own talents and skills that are unlike anyone else's. I look at others with genuine compassion so that when good things happen to those around me, I can congratulate them, not compare myself to them.

On the road of life, I choose to stay in my own lane. Nothing good can come out of comparing myself to others. Regardless of how fast another lane may seem or how much smoother the pavement may look; I choose to keep my speed on my own lane.

My vehicle is built to excel in my own lane regardless of how bumpy the ride may seem at times. ***I have been created with unique skills necessary to fulfilling my calling.*** I already have within me the ability to finish the race strong.

I measure my performance only against my potential, not by the performance of another person. Comparison is a distraction that tries to ensnare me away from the real goals in my heart. When I lose myself in comparison, I give up my dreams in order to become like someone else.

***I refrain from comparing myself to others because I am good enough just the way I am. I am intelligent, capable, pleasant, beautiful and kind.***

Today, heeding the words of Albert Einstein, ***"if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid,"*** I choose to discover my own strengths and capitalize on them, regardless of what my weaknesses may be.

### **Self-Reflection Questions:**

1. How is comparison a distraction from my greater purpose?
2. What are my strengths? How can these strengths help me live up to my potential?
3. Why should I measure my performance only by my potential?