

STOP

Comparing Yourself to Others

Is your satisfaction based on what you *have* or on what you *don't* have? Here are six reasons why you should stop comparing yourself to others:

Perfection is an illusion. We're often blind to the *real* challenges that people face. Although you might think someone doesn't have a care in the world, they might be like a duck — calm on the surface but paddling like mad under the water.

Comparisons are hardly ever fair. It's difficult to judge a running race if people begin at different starting lines.

Comparison can turn into judgment. It is very easy for a well-intentioned comparison to turn into harsh judgment.

Beauty is subjective. Some things can't be quantified; beauty is in the eye of the beholder.

Some things can't be changed. You might want to be younger — good luck with that.

Comparison can turn friends into adversaries. Some things start out as a friendly competition, but end up with hurt feelings.

Keeping up with the Joneses is like chasing a rainbow. While it might look beautiful from a distance, it will always be beyond your grasp. If you appreciate what you have, you'll never want for more.

