

Inspirational Insight

There Is No Comparison

Oh, but I'm not like her/him.
I'm not that sort of person.
If only I looked a bit more like her/him.
I wish I had her/his confidence.
My car is not as good as theirs.
I'm not as popular as.....

Does any of this sound familiar? I think there is something you should know. No, you are not as they are. You do not have what they have and you never will! Do I sound a little harsh? If so, good! Because it is time to stop this negative behaviour. How can you compare yourself to someone else? You are completely unique. You will never be as popular as they are because you will only ever be as popular as you are. You cannot have someone else's confidence the only confidence you will have is your own.

Do you see what I am saying? You can have more of the qualities you desire but they will be your own individual qualities. It is very healthy to want to improve and be more tomorrow than you are today. Envy is a negative emotion, a waste of your energy, energy which would be better used imagining how you can become more of who you are by using your unique qualities.

Action:-

If you are not sure what your qualities are, ask friends, colleagues, family and even the people you have previously envied. You will be surprised when they respond by telling you how they admire and possibly envy you. Celebrate your qualities and become more of who you are, amazing, unique, wonderful and the very best at being you.

DO YOU WANT AN INSPIRED LIFE?

Caroline Hart – Life Coach

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