

The COMPARISON MONSTER

BE
YOU!
YOU
ARE
AMAZING
JUST AS
YOU ARE!
♥

They're
better than
me.

They have
cooler things
than I do.

I'm not
as smart
as they are.

Everyone
else is doing
better.

I'll never
measure up.

They have
more friends
than me.

They're
prettier,
stronger, or
more talented.

My life
isn't as good
as theirs.

I'm always
falling behind.

I'm just
not enough.

BE YOURSELF

FOCUS ON YOUR STRENGTHS

CELEBRATE OTHERS

YOUR JOURNEY MATTERS

YOU ARE ENOUGH

The Comparison
Monster wants
your
**PERSONAL
POWER!**

Take Back Your Personal Power:

- 1 **Be thankful for who you are.**
I can notice and appreciate my unique strengths, talents, and gifts.
- 2 **Focus on my own journey.**
I can do my best instead of comparing myself to others.
- 3 **Celebrate others.**
I can be happy for other people and their success.
- 4 **Limit comparison.**
I can take breaks from social media and focus on what is helpful for me.
- 5 **Choose kind and true thoughts.**
I can remind myself, "I am enough, and I have my own path to follow."

**PERSONAL POWER GROWS
WHEN YOU VALUE WHO YOU ARE!**

Search Mike Canfield on Amazon for his Personal Power coloring books!