

The JEALOUSY MONSTER

CELEBRATE
YOUR
JOURNEY!
THERE'S
ENOUGH
GOOD
FOR
EVERYONE!
❤️

It's not fair!

Why do
they get to
do that
and not me?

They have
more, and it
makes me feel
bad.

I'm not
good enough
like them.

Everyone
likes them
more than me.

They always
seem to have
it easier.

They're
better
than me.

I wish I
had what
they have.

It makes me
angry when
others succeed.

I'll never
be as good
as them.

BE PROUD OF OTHERS

FOCUS ON YOUR STRENGTHS

HAPPINESS IS A CHOICE

KINDNESS BUILDS FRIENDS

THERE'S ENOUGH GOOD FOR EVERYONE

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

Take Back Your Personal Power:

- 1** Notice the jealous thoughts.
I can name when the Jealousy Monster is whispering.
- 2** Appreciate what I have.
I can focus on the good things in my own life.
- 3** Celebrate others.
I can be happy for other people's success.
- 4** Focus on my own strengths.
I can remember what makes me special and work on my own goals.
- 5** Choose kindness and gratitude.
I can believe there's enough good for everyone, and I can be part of it.

**PERSONAL POWER GROWS
WHEN YOU APPRECIATE YOUR OWN JOURNEY!**

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