

Comparison is the Thief of Joy!

Have you ever looked at a friend's test score and thought, "I wish I was that smart"?

Or seen someone's cool new shoes and thought, "Mine aren't as nice"? That's called comparison, and it can make us feel unhappy about ourselves.

Why does comparison steal joy?

When we focus on what others have, we forget to appreciate the awesome things about ourselves.

It's like looking at someone else's plate at dinner and not noticing the yummy food on your own!

How to Stop Comparing Yourself to Others:

1. Remember Your Strengths! - You are good at SO many things. Maybe you're a great artist, a good listener, or really funny. Focus on what makes YOU special.
2. Everyone Has Different Talents. - No one is good at everything! Even the best athletes, artists, or students struggle with something. It's okay to be different.
3. Practice Gratitude. - Instead of thinking about what you don't have, think about what you DO have. Try listing three things you love about yourself every day.
4. Limit Social Media & Screens. - A lot of what we see online isn't real-people only show their best moments! Don't compare your everyday life to someone else's highlight reel.
5. Cheer for Others, Too! - If a friend does something amazing, celebrate them! Being happy for others helps you feel happier, too.
6. Be Kind to Yourself. - If you catch yourself comparing, take a deep breath and say something nice about yourself instead.

Remember! You are amazing just the way you are. The more you focus on being the best version of YOU, the happier you'll feel. Comparison is the thief of joy, so don't let it steal yours!