



Day 26: You're doing great! Almost there! Finish strong!

- 1.) Write down 10+ things for which you're grateful, focusing on things you're good at doing or good things about yourself. For example, I'm grateful for my ability to draw. I'm grateful for my ability as a mother. I'm grateful for the moments I make other people feel better. Etc.
- 2.) STOP COMPARING.

Please, oh please stop comparing yourself and things in your life to other people. Comparison is one of the things that can kill your gratitude and happiness. Here you are thinking you're pretty good at something, and then you see someone else is much better at it and suddenly you feel inadequate. Why? A minute ago you felt fine.

Or you finally are able to rent an apartment or buy a house and it's a huge accomplishment and then you visit someone else who has a bigger or fancier one and you feel disappointed in yours. Why? It's what you need and wanted and it's still a huge accomplishment.

You lose 10lbs and it's taken you months to do so and you're feeling proud, and then you see someone who is much slimmer or has lost weight much more quickly. So what? You are still awesome! All your work is still valid!

If we stopped comparing ourselves and our lives and the things we have to those of other people, we would all be a little happier. **There's always going to be someone prettier, more talented, with a better car/home/job than you.** So why use your precious energy to fret about it?

Take time to see the things you DO have and how grateful you are to have them. **Because there's always people who have LESS than you as well.** Far less. Fewer possessions, worse relationships, worse financial instability, less feeling of safety, less love, fewer friends, etc.

So stop comparing. It's a waste of your time and energy and there's no need to make yourself feel better or worse than anyone else.

Just focus on you and your own journey. Focus on what is in YOUR control.