**EPISODE 4 PART 2 HOW NOT TO COMPARE YOURSELF WITH OTHERS**

**Here are some suggestions on how not to compare yourself with others.**

**1. Change Your Focus from External to Internal**

Observe from your external self to your internal self is not easy, but it is worth it. Stop comparing your life to others. We all want validation and it’s okay to get it but ultimately **you are the only person who needs to validate yourself**.

If this is something that is difficult to integrate into your life begin having a relationship with yourself. You can start with just sitting in quiet with yourself. You can mediate, journal or do some movement such as yoga that can help you connect with your internal self. This can provide internal refection.

Begin by asking yourself, “what are the external influences that you have allowed to guide your life—intentional or accidentally?”

Think or write about it. Then, give yourself some time to envision what it would be like to be unmoved by external forces, opinions, or thoughts—draw or write what that reality would be like for you. This is an ongoing process, be compassionate with yourself and you don’t have to do this in one sitting.

**2. Limit Your Consumption**

It’s easy to get caught in the comparison trap when you are constantly looking outside of yourself for validation. Limit your screen time if you want to stop comparing your life to others. Use the tracker on your phone to minimize the amount of time you spend online consuming social media.

The images you see there are often highly curated and seemingly perfect moments in otherwise messy and real lives.

## 3. Pick One Source of Grounding Inspiration

It’s okay to have one or two people whom you look up to for inspiration. This could provide a bit of external guidance for your journey. The person does not have to be famous like Deepak Chopra or Oprah. They could be your yoga teacher, mentor, good friend, someone in your industry, or someone on a similar journey.

It can be helpful to turn to them as a resource when you feel off your game or if you are losing track of your journey and are starting to get sucked back into the mind-numbing rat race.

## 4. Cultivate a Sense of Joy to Detach Yourself From Others’ Success

Seeing others succeed should not shake your world. Even if you think that they are doing the same thing as you, their success and struggles are their own. Stop comparing your life to others because you are all experiencing different things.

Cultivating detachment around the journey of others will help to liberate you from feeling that you have to measure your progress against theirs. Cultivating a sense of [authentic joy](https://www.lifehack.org/articles/communication/the-real-differences-between-short-term-verses-long-term-happiness.html" \t "_blank) for their progress will help you celebrate your own progress.

When you are happy for others, it makes it easier for you to be happy for yourself. When you are willing to acknowledge the wins of others no matter how small, it allows you to acknowledge your incremental wins, too

**Final Thoughts**

Proactive self-validation and reflection are the cures for avoiding the comparison trap.There will be ups and downs in your journey if you want to stop comparing yourself to others. But if you make your focus internal, limit your consumption of ultra-curated social media, pick a grounding source of inspiration, and work on cultivating joy and detachment for the success of others, then you already made a big step in the right direction.

Material written by Awilda Rivera