**EPISODE 4 Part 3 The More We Compare, The More We Lose Ourselves**

Comparing yourself will destroy your self-esteem. Another person’s achievements, their appearance, whatever it is that they have that you don’t don’t compare yourself to them. You will live an unhappy life if you compare yourself to others. Destroy all of that contentment by telling yourself that you need to be more like “them.” The truth is you don’t need to be anybody else but you.

## Who is to blame? Science? Nature? Or instant-gratification culture?

Since our developmental stages, our brains are wired to compare and contrast. It is a facet of our personalities; the preferences that we gravitate to. It is only natural that our eyes wonder and consider the possibilities of having something different. How would that something different improve your life? If you had made an alternate choice somewhere down the line, where would we be now?

Many individuals who envy and strive for the fortune of others are themselves insecure.Perhaps they don’t know what their purpose in life is, so they look to others who have made it and think, “I should be more like them.” It could stem from the way they were raised. It could of been there was a very strong emphasis for a need for success within their family, and to fill the impossible shoes of the fortunate achievers who came before them.

The most likely culprit, riddling the average individual with notions of failure and FOMO; peer comparison. The knowledge that someone in your class, from your neighborhood, or some extension of your social circle is doing “better” than you.

You are the one responsible for losing yourself and having yourself.

### Realize that everyone is on their own path, and you have made many choices to bring you to where you are.

Do you regret taking that gap year to backpack through Europe? I really, honestly doubt it. Maybe it set you back in terms of your “career,” but you have acquired experiences and skills that you could never have attained anywhere else. And you’ve opted to LIVE your life, instead of filling your bank account in hopes of living your life later. Good for you.

### Don’t focus on your weaknesses.

So you’re not good at everything, and you never will be.It’s okay. Neither is anyone else, so just let that concept go. What made one person successful might not necessarily work for you.

### Accept who you are, and don’t be a phony.

Many people try to project themselves as someone they’re not, because they think it will bring them success.Most people can pick up on the lack of your authenticity and and they don’t respect it. If you’re trying to pass yourself off as a guru of something you don’t really care about, it won’t work. Be yourself. Embrace what you love. You will attract people with similar interests, and they will respect you for being authentic.

### Let others inspire you, not deflate you.

There are always going to be those who pioneer a niche, and are mentors for our desired success. It’s okay to want to be like them. To use their style in influence your own. But don’t forget to include yourself in the mix. The addition of your personality and style is what makes your product or service unique.

### Realize that no one is judging you.

If someone is judging you, bring it up to their attention. Whether it’s a long-term friend or family member.

If they are weighing you down with negativity, making you feel as though you are not good enough, let them go. Some people are not waiting idling by, anticipating your failure. They may notice what you are doing, but they are not emotionally invested in your success.

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