



May 16, 2024

Last week, my client Patty (not her real name) told me that she's been feeling a little bad about herself. I was actually surprised, as she typically shows up as a ray of light.

When we dug into this, what emerged likely won't surprise you.

Patty's been feeling inadequate because she feels like all she sees out there in social media is that everyone else is living their best lives:

 Landing their dream roles.

 Vacationing to exotic locations.

 Running literal marathons.


The list goes on and on.


Our conversation had me reflecting on the days when I was climbing the corporate ladder. Looking back, I also engaged in the self-destructive behavior of comparison.

Since I'd never been taught how to lead and felt like I had to figure things out on my own, I often compared myself to my peers in order to see how I measured up.

If I knew then what I know now, I never would have let myself fall into this trap.

Comparison can be harmful in a number of different ways.

 **It undermines our self-confidence.** When we perceive others as more successful or accomplished, we may start doubting our own abilities and worth. I know I did.

 **It can fuel insecurity and even envy.** I often found myself fixated on what others had achieved, which led to a sense of inadequacy and resentment.

🚫 **It stifles personal growth.** Instead of focusing on my own progress and goals, I was often preoccupied with measuring up to standards set by others.

🚫 **It creates unhealthy competition.** Sometimes, instead of trying to collaborate, I actually viewed a colleague or two as threats to my own success.

🚫 **It diminishes feelings of fulfillment.** Whenever I compared myself to others, it made me overlook my own accomplishments because of my constant need to keep up with those around me.

If you are like Patty or like I used to be and need a little support moving away from the pitfall of comparison, here are some actions she and I talked about that you can start doing today to change your mindset.

✅ **Cultivate self-awareness.** Notice the triggers and situations that lead you to compare yourself to others.

✅ **Practice self-recognition.** Regularly acknowledge and appreciate your own strengths and accomplishments.

✅ **Focus on your journey.** Shift your focus from others' achievements to your own journey and progress, and celebrate your own milestones and successes 🎉.

✅ **Limit exposure to triggers.** Minimize exposure to sources that fuel comparison, like in Patty's case, social media. Unfollow accounts or mute content that makes you feel inadequate or triggers feelings of envy or insecurity.

✅ **Practice self-compassion.** Treat yourself with kindness, and acknowledge that everyone has their own struggles and imperfections.

Let's make a commitment to break free of the comparison trap and cultivate a greater sense of self-acceptance, confidence, and fulfillment in our lives.

Are you with me?

Cheers, Tracy

---

I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

---

Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!