



*Anti-comparison action sheet*





## Anti-comparison action sheet

If you feel a pang of jealousy occasionally, don't feel too bad - everyone gets a twinge sometimes. We're rarely satisfied with what we've got and sometimes feeling a bit jealous inspires us to work harder towards the things we want. But when that's not the case:

1

### Notice when you compare yourself to others

Being aware of jealous feelings is the first step toward keeping it under control – when you know about them you can do something about them and stop being passive to their power and influence over your mood, attitude and potential.

2

### Communicate your fears

Conquering jealousy requires an honest conversation about how you feel. It's far healthier to talk about your negative feelings than to reveal them through your actions. Reach out to those who can help, will empathise and are forward focussed people that can cheer you on.

3

### Take action

If you see others that are doing things that you want to be doing, start doing them! Jealously might be the thing that drives you all the way to your goals so take that negative jealous thought and use it to boost your life. People who are comfortable and happy with themselves are much less likely to worry about what others have.

4

### Tool up and commit to what success means to you

Identify your goal and make sure it's a SMART one i.e. Specific, Measurable, Assignable, Realistic, Time-related.

For example: "I will go to the gym twice a week for the next 2 weeks with the aim of losing a dress size by the time I go on holiday in 3 months time" Then look at and CHOOSE the ways you'll deliver that goal for yourself.

5

### Be kind to yourself

Eat well, exercise regularly and get plenty of sleep. Jealousy is often exacerbated by stress. Counteract this by surrounding yourself with caring, supportive people and by trying relaxation techniques such as meditation or yoga.