

Self Comparison Worksheet

Rather than using social media to compare yourself to what other people are presenting today, put your phone to one side and compare yourself to who you were yesterday. The only person you should compare yourself to is the person you were yesterday. Don't let the successes and failures of others, hold you back.

ACTIVITY PLAN

Use the first column to review any small wins from yesterday or highlight any areas you feel you could improve upon.

Use the second column to celebrate who you are today. Think about your small wins from today and learn to celebrate them.

WHO WAS I YESTERDAY?

WHO AM I TODAY?

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