



Overcoming the Comparison Trap

We all do it. We have all been caught up in that “comparison trap” before, and it will happen again.

The trick is not to get stuck there. Here’s a quick checklist based on my conversation with Good Morning America’s Sara Haines that will help you avoid (and get out of when you do fall in to it) the comparison trap:

Hold Onto The Magic

As you move up and start accomplishing some of your dreams it’s easy to forget to appreciate the magic moments. Remind yourself of the magic that happens everyday.

Realize You Need the Pushback in order to grow

That need to compare...isn’t always bad. At some level it can be helpful. It can help push you to grow. Learn to use that pushback to help propel your growth.

Only You Can Be You

Ultimately, you have no control over others or many of the situations you face. Learn to focus on what you can impact. Be the best you YOU can be. After all, you are the only one that can.

Catch the comparison

A major key to overcoming the comparison trap is to recognize when you start comparing yourself to others. Learn the signs, and be vigilant. Recognize comparison and stop yourself. Remind yourself to be the best YOU you can be. Don’t try to be someone else.

You Need to Ask

Sara never would have had the opportunities she’s had without asking. You need to be willing to make those “asks” in order to take that big step forward. Too often we think that everyone knows what we want. In reality, they probably don’t unless you let them know.



Bring It Back

Fear can be a tricky emotion to deal with especially when related to comparison. We can be afraid that others will think less of us or make fun of our potential failures. When you let fear make decisions for you, you lose your power. Take back that decision-making power. Don't let fear run your life.

Don't Lose Sight of What Got You Into the Dance

A main reason Sara was given the opportunity to realize her dream was because she went above and beyond her current responsibilities. She stayed dedicated to her current commitments and sought out ways to provide even more impact.

Don't go off chasing the "bright and shiny" opportunities without bringing your best work to what got you there in the first place.

Notes:

The Comparison Trap can be tough to navigate but this checklist will help you keep it in check. What other tips do you have for overcoming comparison? Send me an email at ContactUs@MitchMatthews.com to let me know, I'd love to hear from you. (Plus, I'd love to hear from you on what you'd like me to explore in future DREAM. THINK. DO. episodes! So let me know!).

Thanks for listening to the DREAM. THINK. DO. podcast. If you haven't please leave a supportive review at MitchMatthews.com/itunes and share it with your tribe! Thanks so much for being in this together!