

QUOTES, QUIBBLE, QUESTION

49TH EDITION

FROM
THE
COACHING
GUY

WELCOME

Welcome, this week we are focusing on comparison the thief of joy!

It's easy to fall into the trap of comparing our lives to those around us. Social media, career achievements, and personal milestones become yardsticks for measuring our success. But here's the truth, no two paths are alike. We all have different journeys, experiences, and timelines. Comparing your progress to someone else's can often feel like comparing apples to pears, it simply complicates things.

By focusing on what others are doing, we miss the beauty and importance of our unique path. Let's take a step back and remember that life isn't about racing ahead or matching someone else's pace. It's about honoring your journey and embracing that we are all moving forward at the right time.

QUOTES

"Comparison is the thief of joy." — [Theodore Roosevelt](#)

"Don't compare your Chapter 1 to someone else's Chapter 20." — [Unknown](#)

"The only person you should try to be better than is the person you were yesterday." — [Matty Mullins](#)

"Be yourself; everyone else is already taken." — [Oscar Wilde](#)

QUIBBLE

One of the most persistent debates surrounding personal growth and success is whether comparing yourself to others helps or hinders progress. On one side, some argue that comparison can be a useful tool for motivation. After all, when you see others succeeding, it can spark ambition and drive you to work harder, aim higher, or challenge yourself in new ways. They might even say that benchmarks and competition push us to grow and help us measure our progress.

However, there's a darker side to this way of thinking. Comparison often spirals into negative self-talk, stress, and feelings of inadequacy. When you're constantly looking at someone else's accomplishments, career path, or personal milestones, it's easy to feel like you're falling behind or not doing enough. This can lead to anxiety and even a paralysis of ambition because no matter what you do, it feels like someone else is always ahead. And here's the kicker many of the comparisons we make aren't even fair. We tend to compare our behind-the-scenes moments to others' highlight reels, often overlooking the unique challenges, privileges, or circumstances that shape their success.

This is the essence of the quibble, while comparison can light a fire under you, it can also burn you out or lead you down a path that was never yours to follow in the first place. It's like comparing apples to pears different fruits, different flavors, and different purposes.

We all have moments where we glance at others' achievements and wonder if we're on the right track. But remember, life isn't a race or a one-size-fits-all journey. The key to happiness and success lies in understanding and embracing your own path, not trying to mimic someone else's. Comparing apples to pears won't help you grow focusing on your own tree will.

My best advice in short is to give Zero F%*ks about other people's journey and stop wasting your energy on them.

Here's some guidance to support your thinking...

- I. Recognize the Uniqueness of Your Path
- II. Inspire yourself to do something amazing
- III. Don't expose yourself to others projections of their perfect life (delete social media)
- IV. Focus on Your Personal Growth and Progress
- V. Practice Gratitude
- VI. Find Your Tribe

Q U E S T I O N

What's one thing you can start doing today to focus more on your unique journey and less on someone else's?

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting www.thecoachingguy.co.uk

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

matt@thecoachingguy.co.uk