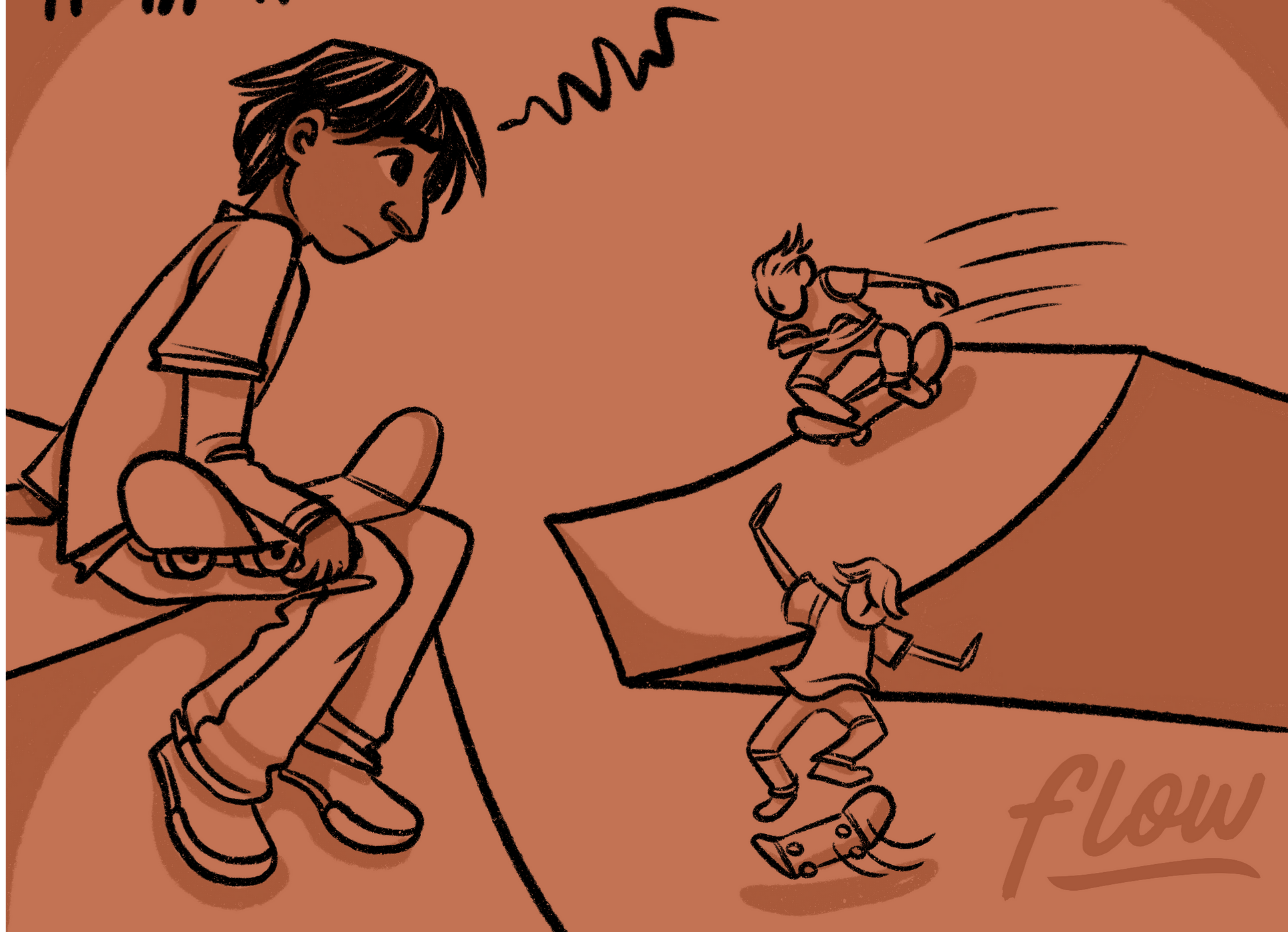


We all know comparing yourself to others is one of the worst things you can do. Once you let it in it kinda... takes over.





It's the thief of joy, and all that.



Everyone does it, though. It's impossible to escape. Which is weird, because when you're stuck in it it's easy to feel so very alone. Like you're the only one who has or will ever feel this way.

You tell
yourself

"I will never
have value
until I can
be more like
THOSE people."



You let
yourself
believe it
too, which
definitely
doesn't
help things.

Here's the thing though:



You will never be like "those people."
Harsh, I know. But the truth is
that everyone is different &
that's okay! That's GREAT, even.

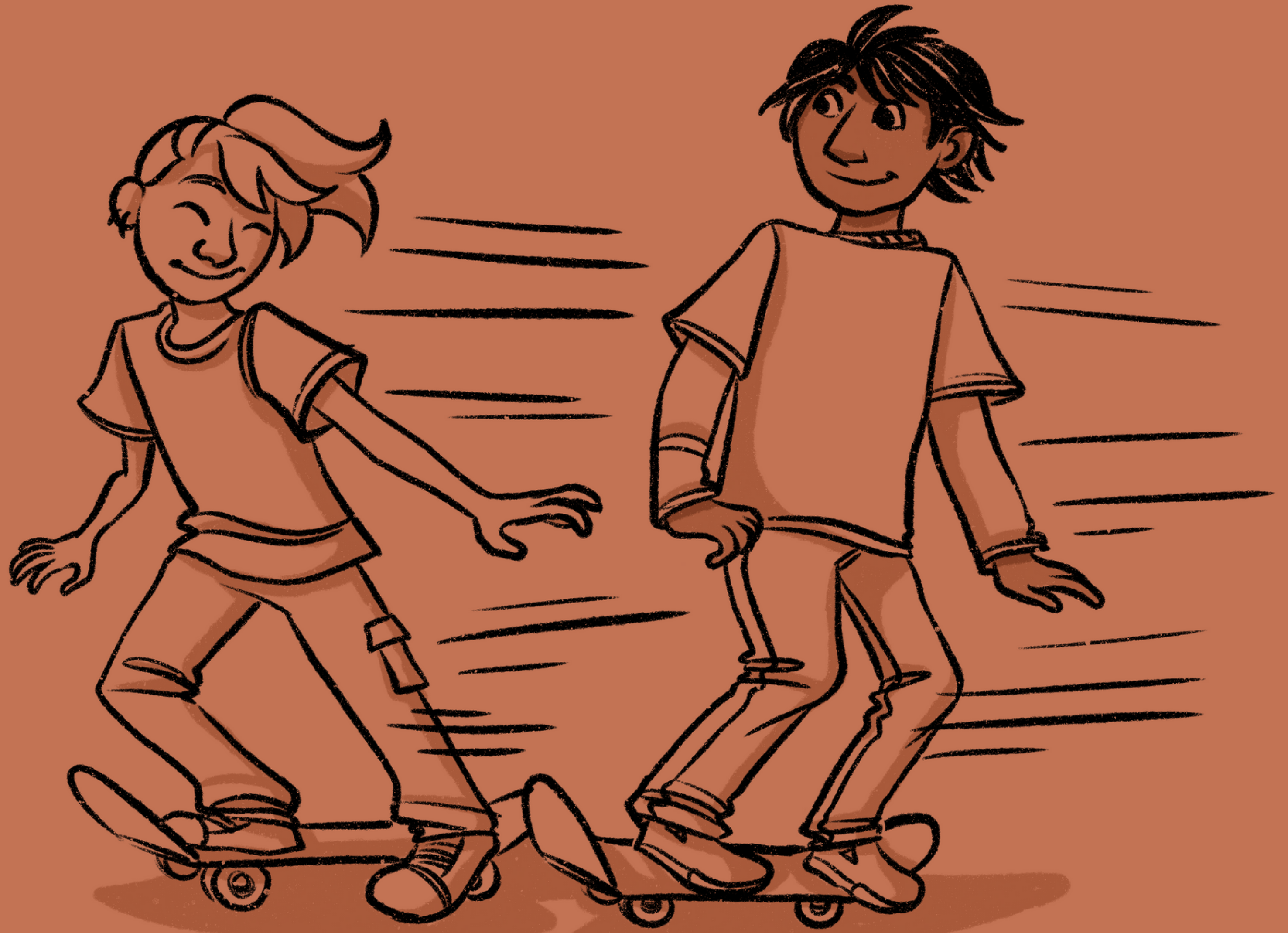
Something you struggle with might be easy for someone else.



But you might be great at something they think they suck at!

We are all so differently & wonderfully made, and the more you realize that...





.... The easier it is to leave
that joy thief in your
dust.