



## Am I Falling Behind?

***You looked sideways again. Their wins. Their life. Their highlight reel. Let's get real about the path you're on—not theirs.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. Who or what triggered the feeling that I'm behind today? \_\_\_\_\_

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2. Was it envy, self-doubt, shame, or all three? \_\_\_\_\_

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3. What story did I start telling myself after that? \_\_\_\_\_

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4. Is that story even true, or just familiar? \_\_\_\_\_

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5. What values or goals of mine might've gotten hijacked by comparison? \_\_\_\_\_

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6. Would I actually trade lives with that person? Why or why not? \_\_\_\_\_

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7. What have I built lately that I'm proud of, even if no one saw it? \_\_\_\_\_

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8. What does 'success' even mean to me right now—honestly? \_\_\_\_\_

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9. Where do I want to go next, regardless of where they are? \_\_\_\_\_

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10. What would moving at \*my\* pace look like today? \_\_\_\_\_

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