



Comparison-itis

1. Define what SUCCESS looks and feels like for you.
2. Start a journaling practice to reflect on where you've been and where you want to go.
3. Celebrate your accomplishments in a real way beyond social media.
4. Say out loud "Stop being who you were and change into who you are."
5. Spend time enjoying at least one hobby that gives you a creative outlet and sense of satisfaction.
6. Read your Compassionate Letter to Yourself out loud.

Bad Review Fever

1. Collect evidence about your work:
 - Add humor if possible.
 - Keep a praise folder.
 - Write down:
 - 10 things you've accomplished in your life
 - 10 skills and talents that you have
 - 10 times when you've solved a problem or overcame adversity
2. Create and say aloud positive affirmations, especially in front of a mirror.
3. Place physical motivational reminders where you often see them.