

Cards Against Negativity

ADDRESSING COMPARISON & ENVY

NEURAH



Their journey is not my journey.

EVERYONE'S PATH IS UNIQUE. COMPARING
YOURSELF TO OTHERS NEGATES YOUR
INDIVIDUAL EXPERIENCES AND STRENGTHS.





I focus on my own progress.

SHIFT YOUR ATTENTION FROM EXTERNAL
COMPARISONS TO YOUR PERSONAL GROWTH
AND ACHIEVEMENTS.





What can I learn from their success?

INSTEAD OF ENVY, USE OTHERS'
ACHIEVEMENTS AS INSPIRATION OR A SOURCE
OF KNOWLEDGE.





Social media is a highlight reel.

REMINDE YOURSELF THAT WHAT YOU SEE
ONLINE IS OFTEN CURATED AND DOESN'T
REPRESENT THE FULL REALITY OF SOMEONE'S
LIFE.





My worth is not
diminished by
another's success.

SOMEONE ELSE'S SHINE DOESN'T DIM YOURS.
THERE'S ENOUGH SUCCESS FOR EVERYONE.





I release the need for external validation.

TRUE SELF-WORTH COMES FROM WITHIN, NOT
FROM OTHERS' OPINIONS OR ACHIEVEMENTS.





I celebrate my unique gifts.

FOCUS ON YOUR OWN STRENGTHS AND WHAT
MAKES YOU SPECIAL, RATHER THAN WHAT YOU
PERCEIVE OTHERS HAVE.





I am enough, exactly as I am

A FOUNDATIONAL AFFIRMATION FOR SELF-
ACCEPTANCE, WHICH NATURALLY COMBATS
THE NEED TO COMPARE.



What makes me feel truly good about myself?

THIS GUIDES YOU TO INTERNAL SOURCES OF
VALIDATION RATHER THAN EXTERNAL ONES.





I am grateful for what I have.

GRATITUDE SHIFTS FOCUS FROM WHAT'S
LACKING TO WHAT'S ABUNDANT IN YOUR LIFE.

