

Comparison Is Your Ultimate Theft

There's a silent killer lurking around every corner of your life, and it's not the boogeyman. It's not the latest "overnight success" story or that perfect influencer you can't stop scrolling past. No, it's something far more dangerous—and far more insidious—than that.

It's **comparison**.

It's a sneaky little demon, isn't it? One minute, you're living your life, minding your own business, and the next, you've fallen into the comparison trap. Your friend is on vacation, someone you know just launched their dream business, and your ex? Well, they're thriving, of course.

Comparison Is the Killer of Joy in Your Life (And How to Beat It?)

You wake up in the morning, scrolling through your feed, and immediately, there it is. That sense of inadequacy creeping in. Your best friend just landed a promotion. Your neighbor is running marathons. Your friend just posted a picture of their avocado toast with the perfect lighting.

And then, there you are—feeling like a failure because your toast is, well, a little more burnt than perfect.

The truth is, we're all guilty of it. That tiny, nagging voice in the back of your mind says, *"Why don't I have it all together like they do?" "Why isn't my life as shiny, as perfect, as put together?"* And before you know it, the morning optimism you woke up with has been replaced with a thick, suffocating cloud of doubt.

Here's the thing: **Comparison is a joy killer.** It doesn't make you work harder or become a better version of yourself. Instead, it strips away your happiness, replacing it with envy, frustration, and a growing sense of "not enough." And if there's one thing that definitely doesn't lead to success, happiness, or fulfillment—it's that.

So, how do we stop this cycle? How do we free ourselves from this joy-sucking habit that seems to infiltrate every corner of our lives? Let's break it down.

1. Stop Competing With Everyone Else.

The problem with comparison is simple: *you're measuring yourself against someone else's journey, not your own.* Think about it. Your path in life is as unique as your fingerprint—yet, for some reason, we act like there's a "right" way to do it, and it's marked by everyone else's success.

Stop competing with people who aren't even running the same race. When you compare yourself to someone else, you're ignoring the fact that their circumstances, struggles, and even their advantages (hello, family fortune!) are completely different from yours. You'll never win that race because you're running someone else's.

2. Focus on Your Progress, Not the Finish Line.



I get it. We all want to be at the “**finish line.**” We want to be that person with the perfect life, the perfect body, and the perfect career. But let’s be honest—**no one’s perfect.**

The people you admire? They’re just as flawed as you. The key is to **focus on your journey.** Celebrate your small wins. Are you still alive? Did you wake up early today? Did you push through an uncomfortable conversation? Did you make it through the day without losing your temper? Did you use the new day to create another opportunity to change your life that you want?

These are wins. Your “progress” is unique to you—don’t let someone else’s highlight reel overshadow that.

3. Embrace Your Weirdness.

No one is you, and that’s your superpower. It’s easy to think that success looks the same for everyone: nice car, big house, a sleek business card. But that’s not the full picture. Everyone’s version of success is as different as their fingerprints. Some people thrive in quiet solitude, while others are born to be the life of the party.

When you stop comparing yourself to others, you can finally embrace who you really are. Your quirks, your passions, your weirdness—it all matters. And when you let go of the pressure and stress you don’t talk about, you’ll find that the joy you’ve been missing was always there, and just waiting for you to rediscover it.

4. Laugh at Yourself.

Let’s face it. Life is a comedy, and you’re the star. Stop taking yourself so seriously. That person you’re comparing yourself to? They probably have just as many embarrassing moments as you do (if not more). We all have our ups and downs. We all fail. The trick is to laugh at the missteps instead of beating yourself up over them.

The best thing you can do is give yourself permission to be imperfect. After all, imperfection is what makes us human, and it’s what makes life interesting.

5. Realize That Social Media Is a Highlight Reel, Not Reality.

If there’s one thing I can guarantee, it’s this: nobody’s life looks like their Instagram feed in real life. Nobody. We’re all guilty of posting the “highlight reel”—the shiny moments, the vacations, the new cars, the flawless selfies. What you’re not seeing is the pile of laundry they just ignored, the arguments they had with their partner, the hair on their butt-hole that is growing, or the frustrating moments where nothing seems to go right.

So, next time you find yourself scrolling and feeling bad about your own life, remember this: social media is a stage, and most people are actors on it. Don’t buy into the illusion.

Comparison Kills Joy—But You Have the Power to Stop It.

In the end, comparison doesn’t help you grow. It just robs you of the joy that’s already within you. The next time you catch yourself comparing your life to someone else’s, remind yourself: you’re on your own path, and it’s not meant to look like anyone else’s.



So go ahead, let go of the pressure to be perfect, embrace your own quirks, and find joy in your own journey. After all, your story is the one that matters most. And I promise you—it's more than enough.

Now, go ahead. Go be you and be amazing at it.

“You have power over your mind - not outside events. Realize this, and you will find strength.” - Marcus Aurelius

