

**CHOOSE YOUR ATTITUDE** Grateful

Attitude benefits:

I'll focus on all I have and all I have achieved, rather than comparing myself to others.

**GRATITUDE**

- 1 New trampoline cover - kids will be safer
- 2 The cats didn't wake me up at 5am!
- 3 Getting my report finished for the telecoms client

Message of gratitude or encouragement to: Hayley

**JOURNAL**

I have wasted so much time and emotional energy during the first 5 months of this year comparing myself to others in my line of work and it has made me miserable. Comparison really is the death of joy. I justified it as 'competitor research' but all it did was stress me out. I've stopped following them on social media and feel so much better. I stupidly only compared up. I didn't compare down. If I look at where I am compared to those less experienced than me - they would love to be in my position. It's crazy that after 20 years of running this business I am still doubting my success. I need to keep in balance the drive to constantly push myself outside my comfort zone with a need to be grateful with how far I have come.

SELECT:

**KEY ACTION**

Draft chapter 2 of book

**SMALL WIN**

Get the first paragraph of chapter 2 nailed.

