matrrix® | **Mindfulness** PRACTITIONER

The Matrrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts for Wellness Professionals

Stop Comparison

Stop Comparison

Do you **constantly compare yourself** to others? Do you feel like you **can't keep up** with other people's idea of success?

This tendency is **more common** than you might think. Comparing yourself to others is a **natural human trait,** believe it or not.

Every time you turn on the television or go see a movie, you see some **ideal image** of who you think you should be.

The truth is that the idea of perfection is very damaging to your sense of **self-belief**.

In order to stop comparing yourself to others, you have to begin with how you **feel about yourself**.

You are **unique**. There is no one else in the world with your **talents and abilities.**

When you compare yourself with others you are undermining **your own value.**

We all do this **on occasion**. We tend to focus on what we don't have or what **we still need**. We are never quite satisfied with **exactly who we are.**

It's time to **stop copying** others. It's time to practice **self-acceptance.**

In this session, you will feel much more relaxed with who **you are as a person.**

You will become less **self-conscious**. You will feel a greater level **of self-esteem.**

You will begin to shift your focus from one of comparison to one of **self-acceptance.**

You will rediscover your **true value** as a person. You'll start really **believing in yourself.**

It's time to **stop comparing** yourself to others. It's time to **reclaim your birthright** and believe in yourself again.

Gently close your eyes and **relax** if you haven't done so already.

Start to **focus** on your breath. Breathe **slowly and deeply.** As you breathe in, feel the **breath flowing in** and out - calming and relaxing you.

Breathe in through your nose and **slowly exhale** through your mouth.

Notice how the breath **calms and relaxes** you.

And because you have chosen to rest comfortably here listening to the sound of my voice, you have decided that you would like to **stop comparing yourself to others.**