

Let's Be Social
Worksheet: Ditch the Comparison
+ Connect Authentically

Week 1: 10/6/25

 **What types of comparison show up for you when you're in social settings?**

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◆ _____

 **What's one fear of judgment that keeps you from connecting more freely?**

◆ _____

◆ _____

◆ _____

 **What would it look like to challenge that fear with kindness and curiosity?**

◆ _____

◆ _____

 **Who's someone in your life you'd like to connect with more? What's one small step you could take?**

◆ _____

◆ _____

 **Affirmation:**

"I release the weight of comparison and show up as my beautifully imperfect self. That's more than enough."