

Worksheet: Celebrate Your Own Brilliance

Radiance, Week 2: 7-13-26

Purpose: To help you recognize where comparison is stealing your joy and reconnect with the unique qualities that make you shine.

1. Notice the Comparison

When do you find yourself comparing the most?

- ☐ Social media
- ☐ Work
- ☐ Friendships
- ☐ Family
- ☐ Appearance
- ☐ Finances
- ☐ Talents
- ☐ Other: _____

2. What's Really Happening?

Think about someone you've recently compared yourself to. What qualities do they have that you admire?

Now ask yourself: What qualities do I have that someone else might admire?

3. My Unique Light

List five things that make **you** uniquely wonderful.

- 1.
- 2.
- 3.
- 4.
- 5.

4. Shift the Story

Instead of comparing, complete these statements:

I appreciate her because _____

I appreciate myself because _____

