

Stay In Your Lane

Q.1. Do you ever find yourself comparing yourself to others?

Q.2. Who in particular do you compare yourself to?

Q.3. Have you stopped to ask yourself why you want what you want?

Q.4. Do you filter what and who you allow to influence you/your lifestyle?

Q.5. Does social media cause you to compare your life with others?

Q.6. How do you currently manage these effects from social media?

Q.7. Are you extrinsically motivated towards your goals?

Q.8. What are you allowing to fill your heart?

Q.9. How can you better manage what influences you?

Q.10. How do you think that gratitude would benefit you?

Q.11. How do you respond when people around you have small or big wins? Why?

Be That