

# Altering the Way We Compare

## (Prompt)

Person

What are you envious of?

What values does this show you have?

How can you use what you have learned to make a positive change in your thoughts and actions?

Additional Notes

What good has it brought them?

Why does this make you happy?

## Example

My friend

She wakes up early most mornings and does something active

Health + Wellness  
Being Active  
Being energetic  
Productivity

I will start to change my habits, waking up earlier and moving my body. I can start by going to bed a little sooner and doing something light on my body like yoga or going on a walk. I can even ask if we can do something together.

I guess I have been envious because I am insecure about my fitness/activity levels, but this just shows that I can have the qualities I see in others.

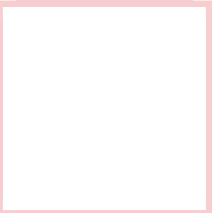
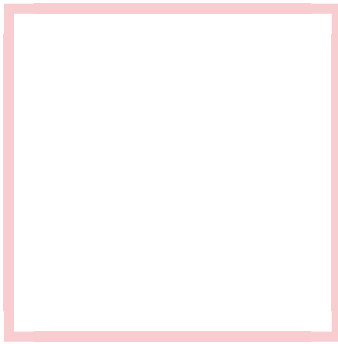


She is happier, healthier, and gets more done throughout her day

I am happy when she is happy. I am really glad she is taking care of herself and values similar things to me.



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## Your Turn

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Feel free to draw your own diagrams or answer these questions in your own journal