

Reframing & Self-Check

JOURNAL SHEET

Move from comparison and self-judgment to curiosity, perspective, and one kind next step.

1 PAUSE & NOTICE

How do I feel right now?

☐ calm ☐ sad ☐ anxious ☐ envious ☐ frustrated ☐ hopeful ☐ other

What triggered the comparison or difficult thought? _____

2 NAME THE STORY

The thought I am telling myself:

Is this a fact, an assumption, or a fear?

☐ FACT

☐ ASSUMPTION

☐ FEAR

☐ A MIX

3 GET CURIOUS

What does this reaction reveal that I value, want, or need?

What quality or lesson can I appreciate without copying their path? _____

4 REFRAME IT

Instead of:

"Their progress means I am behind."

A more balanced thought:

TRY THIS REFRAME

"Their progress can inspire me without diminishing mine. My path has its own timing, context, and value."

Write the version that feels honest and believable to you.

5 RETURN TO YOUR PATH

One piece of progress I appreciate in myself today:

One small, kind next step I can take:
