

MAKE MORE MONEY AS A DIETITIAN

EP.150: Comparing Yourself To Others

[00:00:00] Intro

Christine: Welcome to the make more money as a dietician podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan registered dietician and money mindset expert. Let's get started with today's episode.

[00:00:28] **Episode start**

[00:00:28] Hey there, dietician friends. Welcome back to another episode of make more money as a dietician. Today. I just want to have a little girl chat with you today. That was redundant, but you get what I'm saying? I want to have a little girl chat with you today and if you're not a girl, that's okay. Still listen up because this topic still might be relevant to you.

[00:00:57] This is something that we all knew and it's something that we all need to work on not doing. And one of the reasons why we all do it even more so now than ever before is because we just have access to way more people's lives than we used to when I was growing up, back in the eighties.

[00:01:22] So what is that? It is comparing ourselves to others. Okay guys, I don't think anyone is immune to this. We all do it, like I said. So let's just talk today about how to stop comparing ourselves to others, because this is something that I know everyone does, and it's so detrimental to our mental health.

[00:01:56] It holds us back and it makes us feel less than, and it makes us feel not good enough and not worthy. And it's simply is not helpful. So what we have to do is become more aware of why. Why we do this and how to actually stop doing it. So you and I both know that social media has made it so super easy to compare ourselves to others because we see perfection every day on our feeds, whether it's a beautiful woman on Instagram or a colleague that gets nominated on a Ford's list or has a new best-selling book, it really doesn't matter.

[00:02:47] There's people out there that are killing. And they're posting their highlights and achievements and their best selves online. And it gets so easy. Doesn't it like, it's so easy to look at that and look at your life and feel like, oh my God, what am I doing with my life? It just makes you feel bad about yourself and you feel less than I get it.

[00:03:17] Now comparing yourself to others actually stems from the conditioning that you've received from your parents. It's a combination of things, but it is really. From the

conditioning that we have received up until this point, whether it's from our parents or our education system, and really just society as a whole conditioning us to compare ourselves to other people.

[00:03:48] So for example, maybe your parents will compare you to your siblings or your cousins, or even people on TV. And then the same thing would happen in school. And you felt compared to your peers. And now that we have access to the internet and social media, we see the best of the best, the highlight reel of the best, the previous and the smartest people out there.

[00:04:13] And we're like, oh my goodness, what about me? And then we compare ourselves and it's just not doing us any good. What so ever. Now, I want you to remember this. If you don't remember anything from this episode today, I want you to always remember that comparison is that the thief to joy. Comparison is a thief of joy.

[00:04:45] You might make a small win. Maybe you did really well in your business recently, and you're feeling really good about yourself. I'm feeling really good about life. And then you open up social media and there's someone who does something even more epic. And of course, again, you're like, oh my God. And you're ready to throw in the towel, and you're back to feeling bad about yourself.

[00:05:24] Now, if you continue to look at the world in that way, in the way that it shows up in your social media feeds, for example, you're always going to find someone who's better than you. You'll find someone who's better. And that's just how the world is actually. There's always someone who's going to be better than you.

[00:05:52] But then there's always going to be someone who's worse than you, right? So it's not helpful to actually judge people in that way. It's not helpful to judge a person as being better than, or worse than. Because if you really look at the big picture, Each of us has such a unique life. We each have such unique stories, unique upbringings.

[00:06:31] We have our own unique strengths and skills and talents and weaknesses that if you're comparing yourself to another person, it's literally impossible to actually compare side by side. Because you're both so different. Just think about it. One person is better at this. You're better at that. It's just not a realistic comparison because we're all so unique. We're all so different and there's just absolutely no upside to comparing yourself, ever.

[00:07:17] Now, I'm not saying that comparison is completely bad. Okay. So let me back it up a little bit, because in some cases, comparison is helpful. It can be beneficial to your life. Now, if you're seeing what others are doing, you can actually learn from them. You can be inspired by them. Now this way of comparing, this all boils down to your foundation of self worth.

[00:07:51] If you're a person that doesn't feel worthy, if you have low self-esteem then seeing other people's successes will make you feel less than and make you feel bad about yourself. But if you have a higher sense of self-worth and self-esteem than seeing that same person will have a positive effect on you and you learn to improve by actually being inspired by them.

[00:08:18] So what does this all boil down to? It all boils down to you working on you. My friends, if you want to stop comparing yourself to others in a way that makes you feel bad, then you have to look within and ask yourself, okay, why do I not feel worthy? Why do I not feel like I'm good enough? Why am I so insecure?

[00:08:51] And, you know, You get to answer these questions for yourself, those answers are within. And once you have a stronger sense of self-worth worth, you're not going to be as hurt by seeing what other people are doing because you stand strong within yourself. And you know that regardless of what's happening around you, whether it's in your social media world or in the real world, You're good because you love yourself and you respect yourself and it's all good.

[00:09:35] Now, another point that I have that I would like to make is that so often we let other people's success and other people's light diminish our own. We shrink ourselves next to people we think are better than us. We shrink ourselves because we think, "oh my God, this person is so amazing" or "I'm not on the same level as them".

[00:10:05] And let me give you a reality check. There are no levels. There are no levels in terms of who's worthy or who's better than another person. 'Cause like I mentioned before, everyone is unique. I really want you to let that sink in. There are no levels. There's just different types of uniqueness. Everyone has their own strengths and weaknesses. What I want to encourage you to do is stop shrinking yourself and feeling less than other people, because you are just as worthy, and you are unique.

[00:10:52] Now on another note, in regards to what I've been noticing in recent months is the insidious need to attack others and that's not necessary. Attacking other colleagues for not having the same beliefs and ways of practicing and things like that.

[00:11:21] Because when we do this, it only shows our own insecurities. It's so important that we stopped doing this attacking as well. So I want you to realize that one person's success, their beauty, their light, their strengths, their gifts, talents, all of it. None of it actually diminishes what you have. Do you understand what I'm putting down today?

[00:12:00] You are unique. You have your own set of strengths, gifts, talent's, life experience, everything that makes you freaking amazing and beautiful and so, so worthy. It is all your own. No one else has the exact copy of what you have. So my friends life is not a competition. It's actually a community. So, if you think about it, in terms of flowers, for example, different types of flowers are all inherently beautiful and worthy in their own way.

[00:12:51] And some people might prefer a certain types of flowers over others, and that's okay because it's a matter of taste, but the power is when you bring a bouquet of different flowers together. And they come together as a community to make something bigger and better and more beautiful than they were when they were just standing alone.

[00:13:16] Do you get it? And that's the same with us, right? When we come together as a community, work together and lift each other up rather than competing and comparing ourselves to each other or bringing one another down. When we do that, the world just functions so much better and with more positivity, more love and more support.

[00:13:45] And that's really what we need. We need to stop comparing ourselves to each other in the sense that the world is a competition and that you're trying to be better than the other, but instead, just look within. Work on yourself, find it in yourself to work on your self-love, to boost your self-worth and to truly believe in your self.

[00:14:18] That is your responsibility as a human. It's all about learning to believe in yourself and your own self-worth. And only then can you feel like you're in a good place, my friends. So just work on, you. Know that you cannot be compared to anyone else. The only comparison you should be doing is with your previous self, because you want to be constantly improving.

[00:14:54] Just be constantly improving and be better than you were yesterday, but outside of that, this journey is within. Once you get to a good place, you'll notice the shift in your thinking that when you see other people succeed, it inspires you and motivates you rather than making you feel less than. Oh my goodness, how amazing would that be?

[00:15:26] So right now you may be thinking, "well, good golly". Maybe not saying "good golly", but maybe you're thinking, "well, how do I get started? Like, I don't even know how to make this happen because I'm always comparing myself to people, especially when I open up social".

[00:15:44] So I want to share an exercise with you today that you can do to just kind of flip your switch and your mind and stop comparing and stop that negative self-talk and criticism. Okay. And to rewrite it or reframe it for positive thinking and thinking thoughts that actually support you. So what I want you to do, if you're willing, is to monitor your thoughts for the next three days. Keep a little journal close to you, or just write it in your notes app in your phone.

[00:16:25] Whenever you notice yourself comparing yourself to someone else, just write it down, write down what it was that actually triggered you to have this comparison thought. What was the exact thought that you thought. What were the words that you actually used in your head? And I want you to keep a note of this for three days.

[00:16:57] And after the three days is up, you'll have a list of the times that you compared yourself with others and felt less than and felt insecure. So now you'll have your list of these negative thoughts that you were thinking, and it's now time to rewrite those thoughts into positive ones that actually help you and will actually serve you going forward.

[00:17:28] Now, the fun thing is that you can do this with each negative thought, you'll notice that it tends to be the same recurrent thoughts about yourself. Like I'm not smart enough. I don't know what I'm doing. I'm not good enough, et cetera, something very similar, right. And you'll notice patterns. And then you can start to literally change those thoughts.

[00:17:55] And this is how you can easily do it. You use the positive thoughts that you rewrite or reframe and use them as affirmations every morning and every evening before you go to bed, until you have proof that you are actually behaving differently. So I'm not going to say that you need to do it for 30 days, or you need to do it for 21 days.

[00:18:36] No, do it until you start behaving differently. Do it until you notice that you're comparing yourself less, do it until you notice that when you see someone killing it online, you feel inspired. Are you with me my friends? Are you willing to give this a try? When you do, feel free to let me know how it goes.

[00:19:15] You can comment on this podcast episode post, no matter how far along it is. On Instagram, are you following me on Instagram, by the way? At money mindset dietician, even though there's dots in between, you can find me. But let me know how it goes for you. This is such important work. This work will save your mental health.

[00:19:54] Because social. It's a psychological game. And if you don't learn how to start managing your mind around this social media game, it will take you down a rabbit hole that you may not be able to come out of on your own. This comparison, jazz it's on purpose, but I've just given you a really easy tool. To implement so that you can have the power over your mind and instead of allowing those social apps to have power over you.

Conclusion

[00:20:39] All right, my friends, I hope this episode was helpful to you today. If you need more support in your business and your life going forward. To make more money as a dietician, to build a business that is in alignment with your unique gifts and talents that I was just talking about today, head on over to [Manipura Centre.co](https://ManipuraCentre.co), and learn more about the private coaching program that I created just for you. I'll see you back here for another episode of make more money as a dietician, have a great rest of your and the weekend ahead.

Outro

[00:21:25] Hey there! Do you want to make more money as a dietician then head on over to our website@mannapuracenter.co again that's Manipura Centre.co, where you'll find free resources to get you started.

[00:21:42] And if you are so inclined, get your name on the wait list for an upcoming incubator program. I hope to see your name on the list, so that I can help you get started making more money as a dietician. .