

SOCIAL COMPARISON BREEDS...



"I wish MY student had a full scholarship and a 4.0 GPA."

"My daughter got an excellent scholarship to a private school. How's your daughter?"



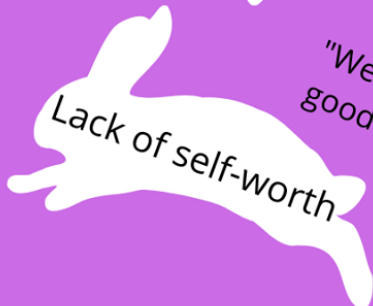
"I'm not sure my son can do that as well as my daughter. He might end up embarrassing himself."



"Why is this happening to us?"



"We'll never be good enough."



SO STOP THE MULTIPLYING MADNESS!

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
-Romans 12:2 (NIV)*

- **Thank God for what you *do* have.** Ask him to help you see the special contribution you and your student make to the world.

TOOL: Write down 3 things you are thankful for today, big or small. Praise God for how he has made you and your student.

- **Be courageous and don't be afraid to fail.** Do what brings you joy and don't worry about what other people think.

TOOL: Try one new thing today that you might not be great at or comfortable with. Encourage your student to do the same.

- **Trust that God loves you and your student** and is growing you both. *And don't compare your student to their peers or siblings!*

TOOL: Remind yourself daily that you are all doing the best you can and that you are "fearfully and wonderfully made."

We all have different strengths and weaknesses. Stop comparing yourself and your student to others. Thank God for *everyone*, including yourself.