



ART OF COACHING PODCAST™ EPISODE 314:
HOW TO COMPARE YOURSELF TO OTHERS IN A WAY THAT'S CONSTRUCTIVE

People have a tendency to compare their weaknesses to others' strengths. This subconscious action can wreak havoc on our self-worth. Where are you making this asymmetrical comparison in your life?

List the 4 types of comparisons discussed in the episode and the pros and cons associated with each.

Where are you engaging in these comparisons? Are any of them a combination of more than one?



Self awareness is something we talk about often and knowing our drives is a crucial piece of that. Which drive best describe you? Do any of them lead to a higher level of self comparison?

We are going to compare ourselves to other people. We are hard-wired to do so. List 3 of the general tips mentioned in the episode that you will use to maintain a healthy perspective and keep your comparisons from becoming destructive.

Choose someone to whom you make an upward comparison, not just for where they are, but who they are. How can you seek out their advice or mentorship and what questions would you ask them?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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