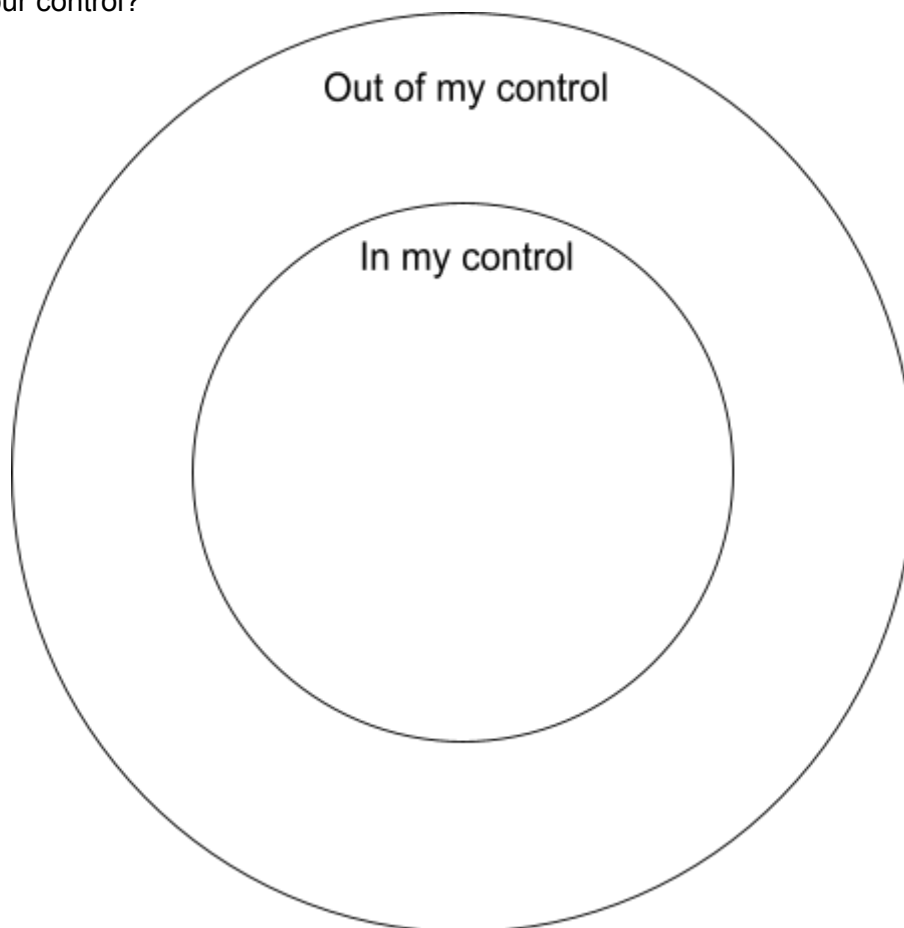


## Apples and Oranges: Setting realistic goals

We probably compare ourselves to others more often than we realize. It's so easy to think: **Hale is such a grounded person and never worries. I should be more like that.** But there's probably a lot of things about Hale that makes them a grounded person. **If you were and had all those same things,** you would be exactly as grounded as Hale in exactly the same way. But **maybe being as grounded as Hale doesn't need to be the goal.** What if you set a goal of groundedness for yourself that is not based on Hale specifically - that **removes Hale from being the standard?**

Consider why you want to be grounded? What appeals to you about that idea? Consider what it means to be grounded? If you need to base your definition on an example, **try using multiple people for reference,** rather than just one.

Consider the things that help you move towards your goal and the things that keep you from moving towards your goal. **Which of those things are in your control?** Which of those things are out of your control?



After you fill out the chart, consider these questions:

- What is *realistically possible* for you based on your capacities, limitations and strengths?
- What are the ways in which you can slowly start to change some of *the things that are in your control* to move towards your own personal version of success?
- How can you celebrate small victories along the way as you move toward your goal?

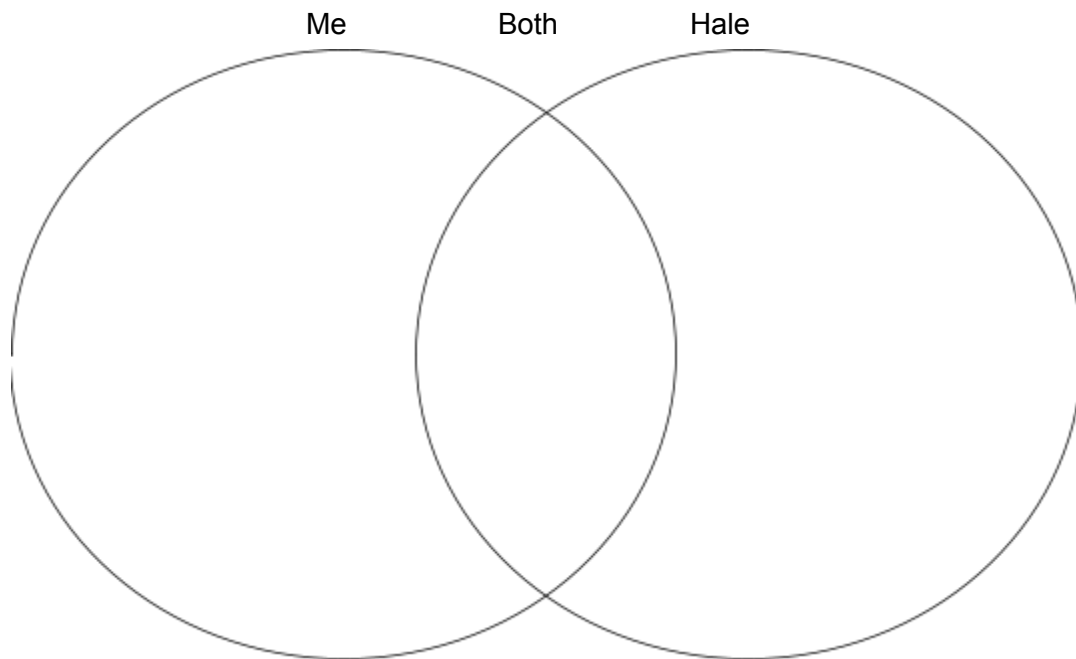
## Apples and Oranges: Learning not to compare yourself

“I’m not as good as them.” “I used to be able to do more.” “I wish I was more like him.”  
“When I can do this twice as fast, then I’ll be proud of myself.” Do you ever notice yourself thinking this way? How often do you compare yourself to others? These unhelpful thoughts probably make it really hard to feel successful, no matter how hard you try.

If you find yourself thinking about something that you’ve done, and you come to the conclusion that **it’s not good enough**, how did you come to that conclusion? Too often we compare ourselves to something that isn’t actually related to the here-and-now. This can lead to you feeling **burnt out, disappointed, or constantly feeling down** about yourself.

It’s common to set unrealistic goals, with a moving target that you can never quite touch - that sets you up to fail. Instead, try to measure your progress **without comparing yourself to someone else**. See if you can **stay present in the moment** and not lose yourself in past successes or future failures.

If you notice you’re comparing yourself to someone else, (e.g. Hale is such a grounded person and never worries. I should be more like that.) take some time and think about the things that you have in common with that person and the ways in which you are different. This even works if the person you’re comparing yourself to is a future or past version of yourself!



After you fill out the venn-diagram, consider these questions:

- Is it actually a *fair comparison*?
- Is it possible those differences between you give Hale what they need to be grounded in that Hale-specific way?
- Are you trying to be grounded or are you trying to be *Hale’s version of grounded*?