



Feel-Good Friday

Do you ever find yourself looking at the success of others and wishing you had their success? Do you think, "I could never achieve what they have?" That could be true about a specific accomplishment, but that thought doesn't have to be disheartening. You are successful in your own accomplishments. A wide variety of successes exist. **Consider what is important to you. Then, acknowledge your successes that align with your current priorities.**

Has your neighbor been promoted to CEO and you're feeling defeated that you aren't at that level? Consider what is most important to you. What are you prioritizing in your life? Are you on a career path that has the potential for such promotions? Actively working toward a promotion could put you in direct conflict with a higher priority of yours. For example, you may be required to move to a particular city if you advance further in your company. Perhaps that move would take you away from aging parents whom you want to support and with whom you want to spend more time. Those priorities may make you currently unsuccessful as a CEO candidate, while you are truly successful in your goal of cherishing time with your parents, learning from their wisdom, and/or being a caregiver to them. **Although you might argue that you can have it all, you probably can't have it all at once (nor can anyone else).** Our lives have seasons that we journey through, and we shift our focus and priorities through those time periods. While you are appreciating the hard work, networking efforts, and business skills of your CEO neighbor, someone may be looking at you and wishing they had the patience, curiosity, and devotion that you apply to your relationship with your parents. Even if there isn't someone else taking notice of your strengths and successes, you can acknowledge and appreciate your own successes. If the successes in your life don't align with your priorities, consider rebalancing where your time and effort is spent.

You Can Jump Out of the Comparison Trap

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