



# Escape the Comparison Trap: A 7-Day Reflection Worksheet

By Dave Smith, [The Ultimate Retirement Coach](#)

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## Section 1: Daily Focus (Use Daily for 7 Days)

### Morning – Ground in Pride

List 3 things you're proud of in your life. These can be big accomplishments or quiet wins.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Midday – Reality Check

Did you compare yourself to someone today?

☒ Yes ☒ No

If yes:

Who did you compare yourself to and why?

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What is *actually* important to you—not them?

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### Evening – Find Today's Joy

List 3 moments from today that brought joy, peace, or meaning.

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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## Section 2: The “Highlight Reel Detox” Checklist

Spend 3 days doing a comparison cleanse.

### ☐ Day 1:

Turn off or avoid social media for 24 hours.

### ☐ Day 2:

When tempted to check in on others, write down *one* thing you’re doing well instead.

### ☐ Day 3:

Reach out to someone in real life—not to post about it, but to connect authentically.

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## Section 3: Discovering Your Core Values

Put a ✓ next to the 5 values that matter most to *you*:

- ☐ Family
- ☐ Freedom
- ☐ Health
- ☐ Creativity
- ☐ Contribution
- ☐ Peace
- ☐ Learning
- ☐ Adventure
- ☐ Spirituality
- ☐ Simplicity
- ☐ Friendship
- ☐ Integrity
- ☐ Growth
- ☐ Legacy
- ☐ Joy

**My top 5 values are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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## ✨ Section 4: My “What I Actually Want” Vision Snapshot

Answer these to reconnect with your real desires—not what others expect:

**How do I want to feel each day?**

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**What do I want more of in my life?**

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**What would I do differently if I wasn’t worried about others’ opinions?**

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## 👉 Section 5: 10 Reflection Prompts to Rediscover Joy

Use one each day or when comparison creeps in:

1. What am I most grateful for in this chapter of life?
  2. When was the last time I felt completely content? What was I doing?
  3. Who inspires me *without* making me feel lesser? Why?
  4. What part of my story would someone else admire?
  5. What do I love about the slower pace of my life now?
  6. What skills, wisdom, or strengths do I have now that I didn’t before?
  7. How do I define success *for myself* now?
  8. When do I feel the most like *me*?
  9. If I could relive one memory from the past year, what would it be and why?
  10. What does a meaningful, fulfilling life look like for *me*, today?
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## 🎯 Final Note:

You are not behind. You’re not missing out. You are on your own unique, beautiful path. Use this worksheet anytime you need to come back to *yourself*.

**“Comparison ends where self-connection begins.” – Dave Smith**