

COMPARE

How do you compare? How do you measure up?

Who do you compare yourself to? Why? What's the value? Does who you compare yourself to change over time, or with the comparison itself?

Do you compare to another in order to win, show how great you are or to prove to yourself that you do not measure up? Is it both or just one? How do you feel comparing yourself?

Who is the judge? Who is the jury? Who cares? Isn't the comparison at a moment in time?

The problem is you are incomparable, you are unique, and you are the best in your own special way, as is everyone else. When you try to compare you are using your perception of yourself, which could be negative or positive, and a perception of the other person. Either or both could be wrong.

Plus, comparison usually involves a point in time and something specific. You might not have thought you compared to a famous golfer. Now, the golfer you wanted to be you may no longer want to be. Often we look at others wishing we were them only, later on, to find out we are better being ourselves than they. How many examples of that can you think of?

How often have you realized how lucky you are to be you? Often, we do not give ourselves credit for all that we do and accomplish. Sure, the grass always looks greener on the other side. But, it isn't. All that glitters is not gold.

In sports, you are really competing against yourself. It's about doing your personal best. Sure, we all want to win. Winning is doing our best. Winning is not about the other person losing. Everyone that makes it to the Olympics is a winner, medal or not.

We all have lessons and learning. We all have strengths and lessons we need to learn. Ideally, we all improve as life goes on.

If you want to compare then compare yourself to yourself. Compare how much you have learned in the past year, how much you have accomplished, how much you have given back.

Every January 1st write your obituary and compare it to the previous year. Did you accomplish anything to be proud of in the past year? How do you compare to the you of the previous year? This is the comparison you can and should use to help you decide what you will do in the next 12 months.

Compare on a positive basis. Compare how far you have come, how far you want to go, and what you need to do to get there. Compare where you are today to your ideal obituary, which should be a stretch, but attainable.