

Comparison Camille

"Everyone else is moving forward. Why do I feel stuck?"



WHAT SHE'S THINKING/FEELING

- Constantly compares her life to others
- Feels like she's behind, even when she's doing well
- Struggles to feel proud of herself

WHAT SHE REALLY WANTS

- To feel proud of her own journey
- Freedom from constant comparison
- Joy in her own accomplishments

HOW COACHING CAN HELP

- Builds self-trust and confidence
- Helps her define success on her terms
- Supports her in embracing her own journey