



Next Generation of  
**CU SMART**  
Leaders

# Dare to Compare:

How to Break Free from  
Comparison Traps that Stifle & Stall  
Professional Growth

Speaker: Sharí Alexander

# Dare to Compare

How to Break Free from Comparison Traps  
that Stifle & Stall Professional Growth

Speaker :

Sharí Alexander,  
Elevated!





Comparison is the  
Thief of Joy





What The Science  
Says About Why  
and How We  
Compare

# Why We Compare



Assessing one's strength and weaknesses in comparison to the group helped the tribe to better compete for resources

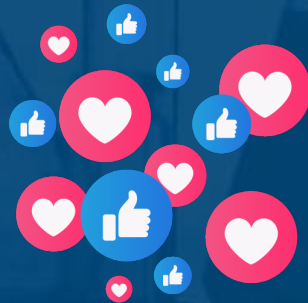
- Self-Evaluation
- Self-Enhancement
- Competition



# Adaptive Benefits



# Modern Consequences



# Symptoms of Discouraging Comparisons

- Imposter Syndrome
- Self-Loathing
- Analysis Paralysis
- Resentment
- Inadequacy
- Isolation



We Will Always  
Be Comparing  
... there's no Stopping it



Thankfully, Not All  
Comparisons are  
Created equal

Comparison Can  
Be a Source for Joy

# Comparison Reframe

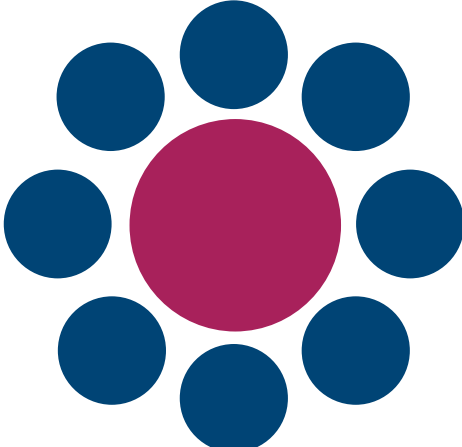
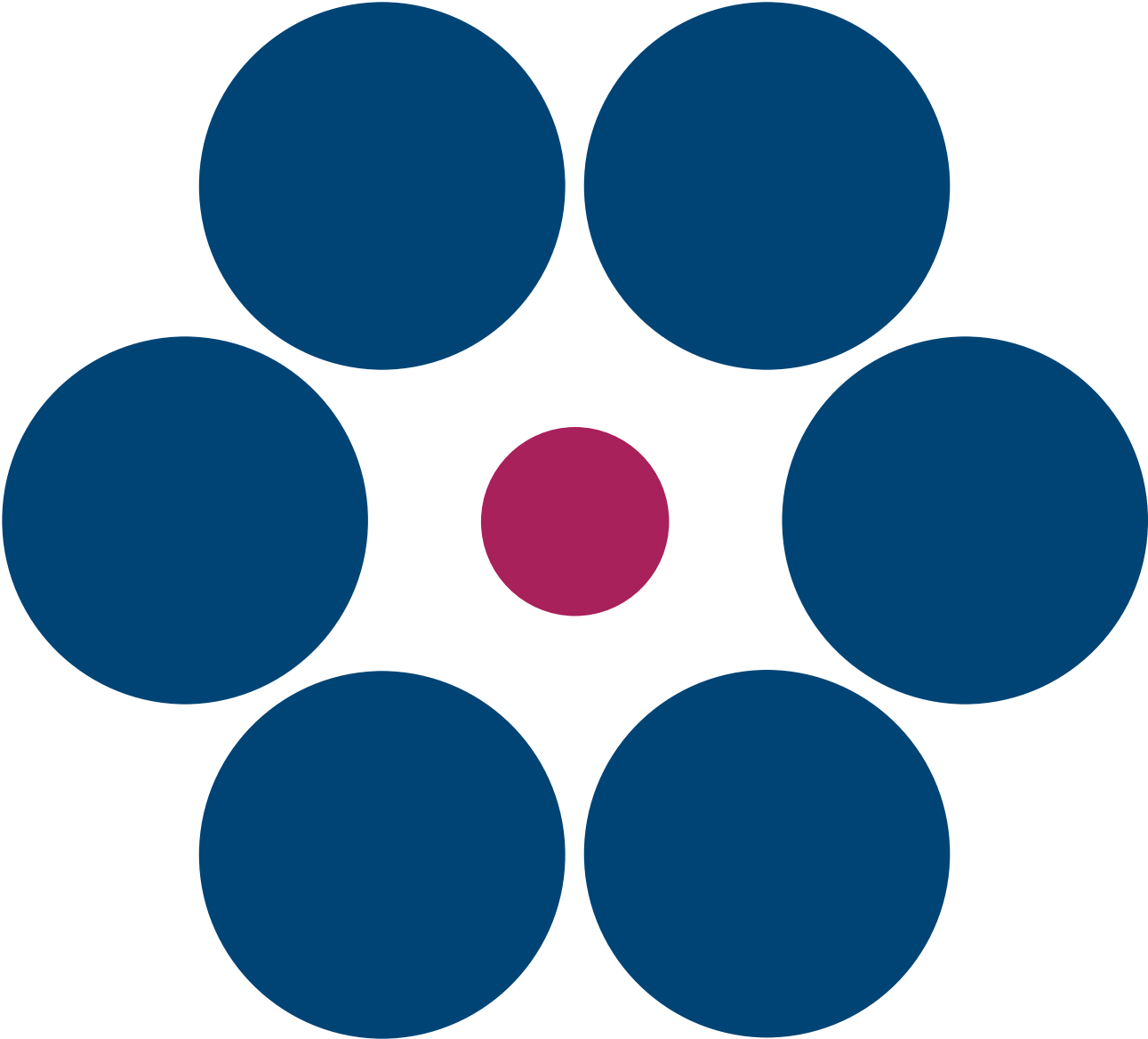
## Discouraging

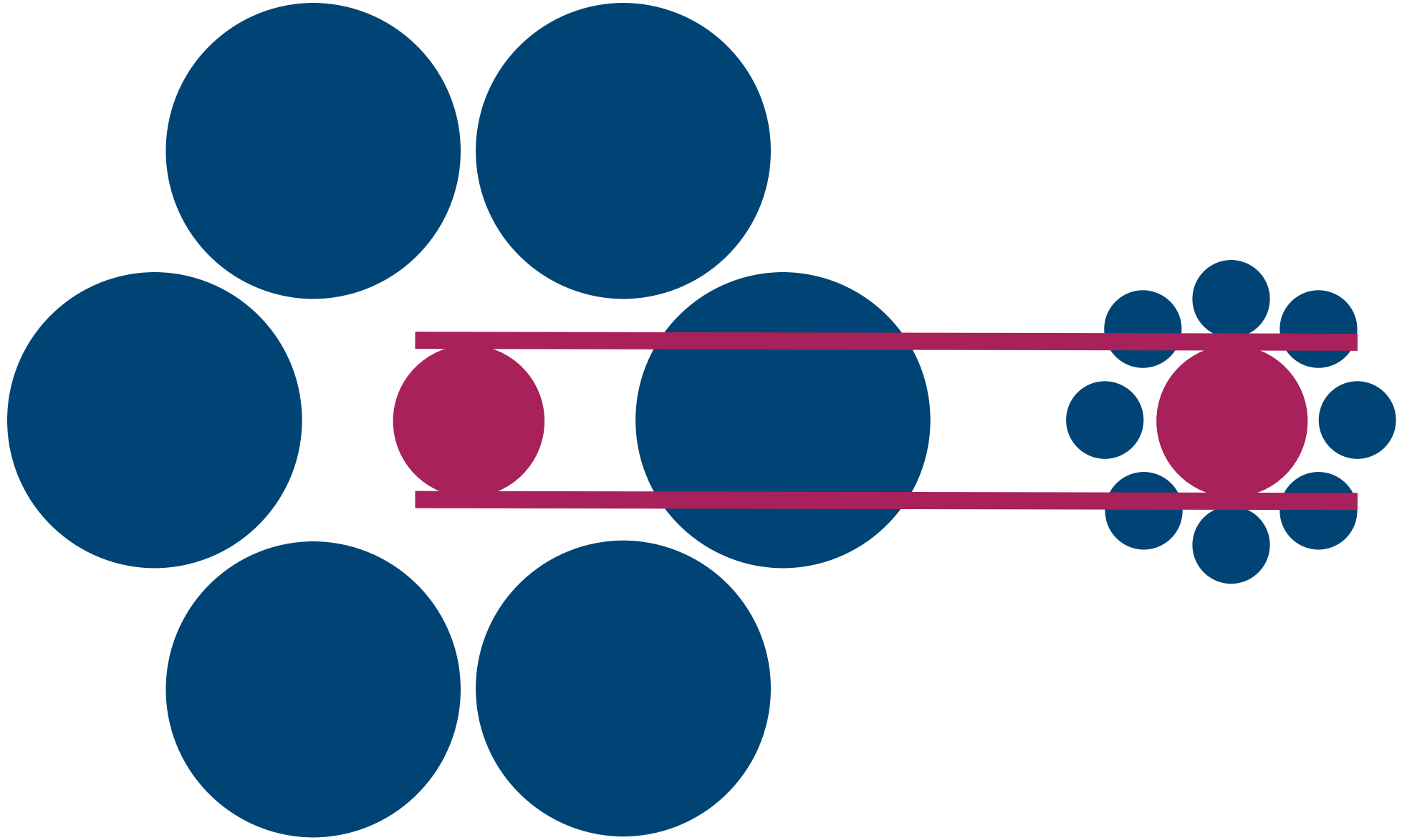
- Im poster Syndrome
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## Encouraging

- Motivating
- Self-Improvement
- Inspiring
- Sparks Creativity
- Self-Worth
- Self-Esteem









# How We Compare



Target - who, what



Dimension - abilities, characteristics, status, assets



Direction - up, down, lateral



Perceived Similarity



# Comparison Detox

ison

Detox -

Start  
here

# Does this Spark Joy?

- If yes, you're done!
- If no, continue on...



ison

Detox -  
Target

# Can I move the Target?

- Choose a Closer Reference Point
- Shift from People to Moments
- Compare Myself to ... Myself





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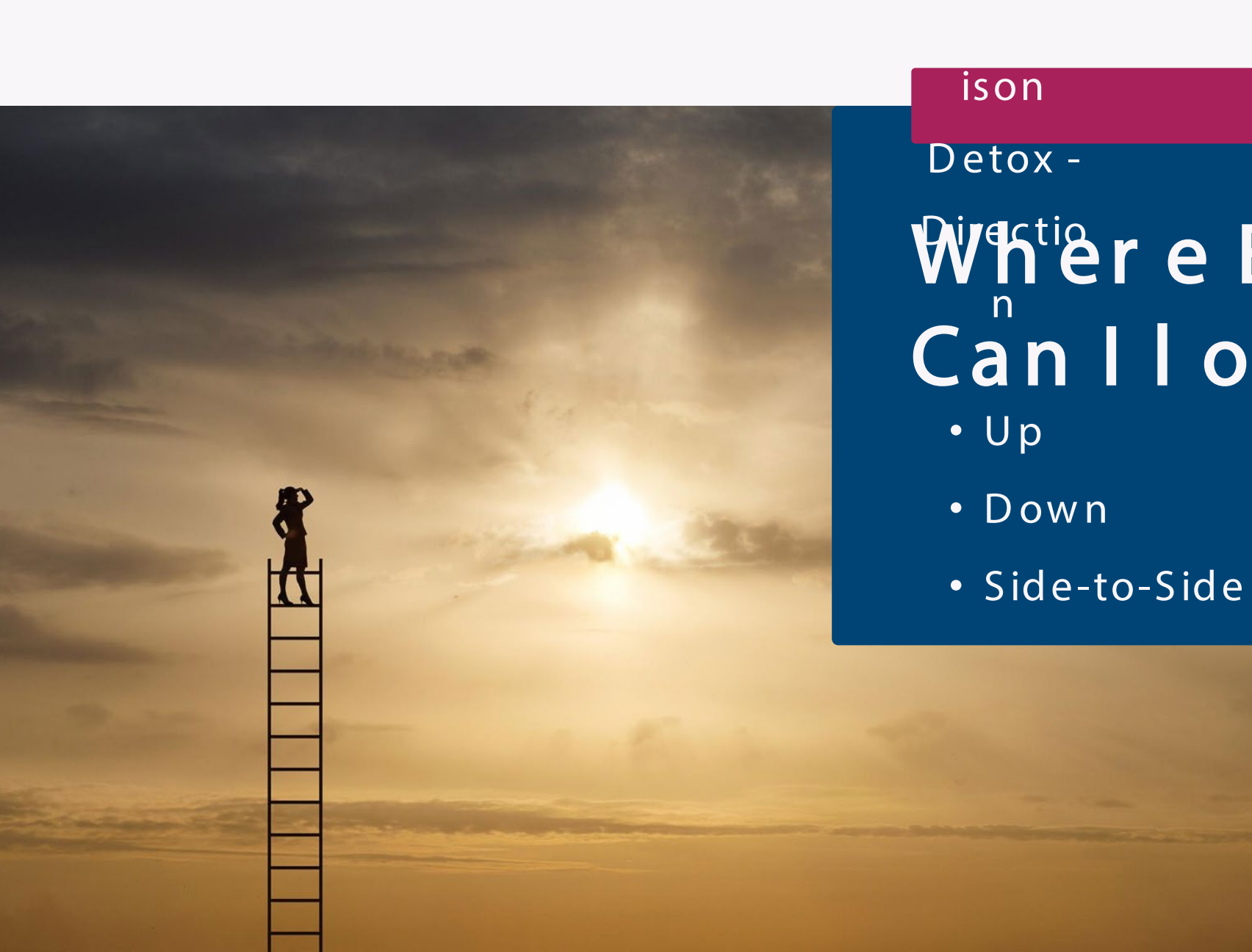
Detox -

Dimens  
ion

Which of My  
Values Does

This Speak to?

- Comparisons are Clues to Values



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Detox -

# Direction Where Else Can I Look?

- Up
- Down
- Side-to-Side



isot  
Detox -

Perceiv

Snapshot or  
Full Picture?

Similarit

- Add Context
- Check Your Assumptions
- Matching Values? Matching Sacrifices?

ison

Detox -

What Can I  
Appreciate &  
Be Grateful  
For?







Michael

J. Fox

"With  
Gratitude,  
Optimism is  
Sustainable."

If you can find something to be grateful for, then you can find something to look forward to and carry on."

Photo by Teodor Bjerrang

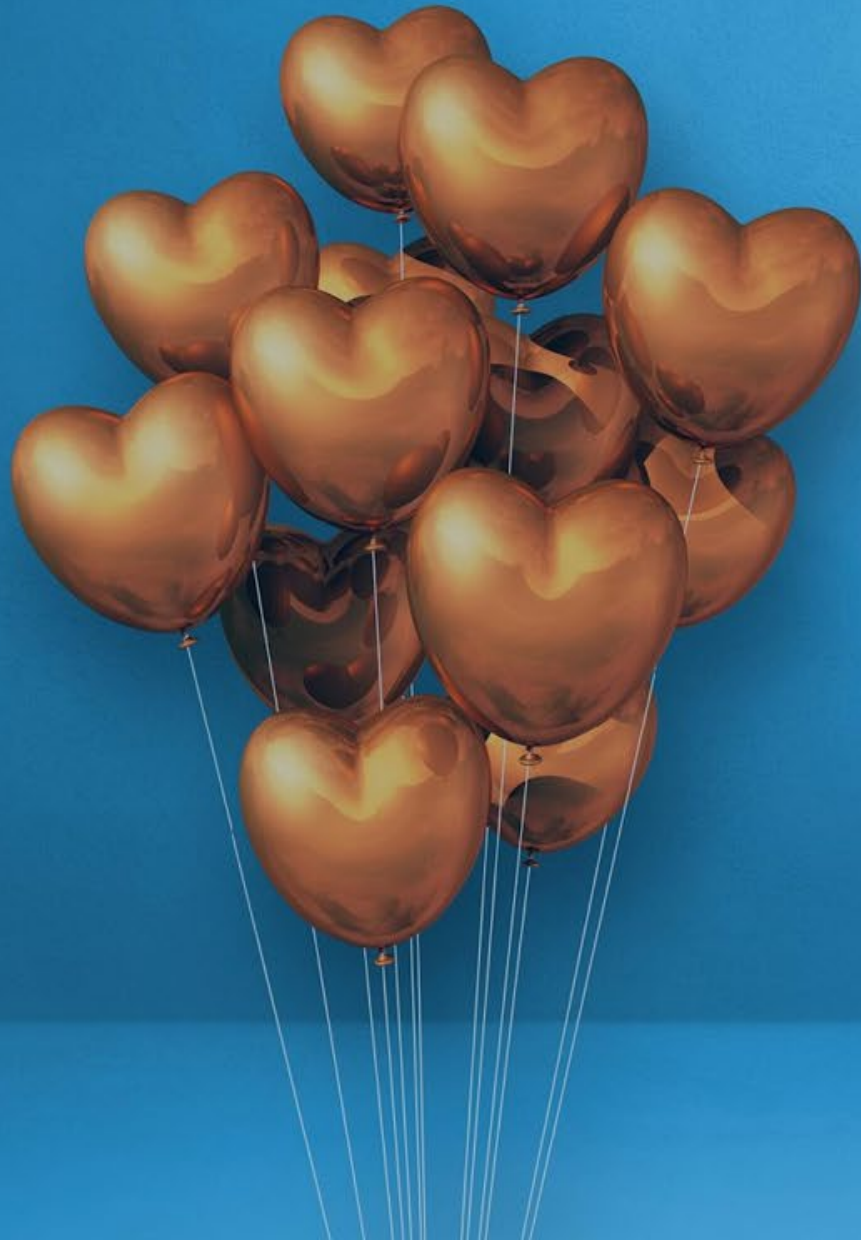


# The Key



Reframe  
Comparisons in  
Ways that  
Acknowledge  
Successes  
without  
Diminishing  
One's Worth or  
Potential





# Elevated

Communication Coaching,  
Workshops, & Message  
Strategy Services

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