

THE INSIGHTS WITHIN PODCAST

Episode #62

The Comparison Trap & Reclaiming Your Unique Frequency

Resource Kit

Mini-Series: The Aligned Leader: Leading with Heart, Boundaries & Vision

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Welcome

to Your Resource Kit

Let's walk together into a quieter, subtler, but powerful theme:
The Comparison Trap & Reclaiming Your Unique Frequency.

Because even the most aligned of us can find ourselves glancing sideways.
Wondering:

- **Am I doing enough?**
- **Why is their path unfolding faster?**
- **Should I be more like them?**

This is human. But we are here to return to something more true. Something deeper.

Journal Prompts

These are designed to gently deepen your reflection and anchor the episode themes.

- 1 When do I notice myself falling into comparison?
- 2 How does comparison feel in my body, and what does it ask of me?

Journal Prompts

- 3 What part of me longs to be seen or validated?
- 4 What do I know is true about my path, even if no one else can see it yet?
- 5 What does leading with *my* frequency look and feel like today?

Reflection Exercise

Tune In to You

Each morning or evening, find a few quiet minutes.

Place your hands
on your heart.

Breathe gently.

Ask: "What is one
truth I can follow
today that honors
my pace, my
essence, my
rhythm?"

Let the answer be simple. Whisper it to yourself. Write it down. Let it guide you.

Repeat: "I release the need to compare. I choose to lead from within."

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Thank You