

# Comparison & Social Media Prompts for Self-Reflection

1. Whose life do I compare mine with most often, and what specific quality or milestone am I actually comparing?
2. When I scroll through social media and feel behind, what conclusion do I immediately make about myself?
3. What parts of someone else's life am I seeing online, and what parts could I never know from a post?
4. Which timeline have I decided I am supposed to be following for career, money, relationships, appearance, or adulthood? Where did that timeline come from?
5. What is something I genuinely want for myself that I only started wanting after repeatedly seeing other people have it?
6. If I stopped measuring my progress against other people's visible milestones for the next month, what would I use instead to decide whether I'm growing?

