

Comparison Is the Thief of Joy ~ Theodore Roosevelt

A reflection on protecting your peace by releasing comparison—learning to appreciate your own timing, your own path, and the quiet beauty of simply being you

I've seen how easily comparison creeps in. It often begins so subtly—noticing someone else's ease, success, or confidence—and before I realize it, I've turned that observation into a measurement against myself. Suddenly, what felt like progress a moment ago no longer feels like enough.

Over time, I began to see that comparison wasn't really about envy—it was about protection. When I felt uncertain or vulnerable, comparing myself to others created a kind of emotional distance. It kept me in my head, not my heart. It was safer to analyze where I stood than to feel the discomfort of self-doubt or insecurity. But that safety came at a cost. Comparison kept me guarded, disconnected from my own truth, and unable to fully appreciate what was unfolding in my life.

What I've come to understand is that joy and comparison can't exist in the same space. When I start comparing, I lose touch with my own story—the one unfolding in its own timing, with its own lessons and rhythm.

Now, when I notice comparison creeping in, I pause and remind myself: *This is my path.* My experiences, my healing, my pace—they're not meant to look like anyone else's. And the moment I return to that truth, I feel a sense of ease and gratitude return.

Joy lives in the present, noticing how far I've come, how much I've learned, and how deeply I'm growing into who I'm meant to be.

As a coach, I often help clients make this same shift—from comparison to connection. It's a gentle turning inward, toward self-acceptance and trust, where joy can finally feel at home again.

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