

YOUR EFFORT IS ALWAYS ACCEPTABLE



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KSL Studio 5 Interview
April 14, 2020

How are you doing...really?

When everyone is posting their success all over social media, it's hard to avoid comparison. Before you start to compare, keep a few things in check...

THIS IS A MARATHON, NOT A SPRINT

A consistent effort will be way more helpful over times vs. the superhuman expenditures.

ENCOURAGING MOMENTS

Evaluate the encouraging moments of the day vs. looking at the day as a whole.

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We're not going to hit the ideal everyday. Extend kindness towards yourself as you would another in that same situation. Plan some self-care strategies. Commit to get up & do a little better in one or 2 areas.

reflections:

What ways might I be comparing myself to others?

What ways am I doing well?

What is one thing I could improve to bring a greater sense of peace?

What is something I enjoy during this time? (Quarantine)

Notes: