*Note-taking*

*Title: Stop comparing with others.*

*Topic: Competition, Focus on ourselves. Endless, Stop it!*

*Speaker: Cheng yanan*

*Information you’ve got from the talk (in phrases or sentences):*

*Stop competing.*

1. *2.Liu Cixing：In universe,no matter how fast you are, there's always somebody faster.*

*In Tsinghua, no matter how great you are, you'll always find yourself the worst*

*3.Endless comparison:height,weight,score,Job,salary,etc.*

*4.The kids of others. Objective effect. No good for ourselves.*

*5.Compare with Kobe or Einstein. Every man is his own worst enemy*

*6.compare with ourselves.*

*7.TED talk.*

*8.What to do:Have a clear understand of your advantages and shortages.*

*Be confident, and don't be frustrated. Focus on yourself better than ourselves in the past when we meet somebody excellent. Don't feel self abased and learn from him*

*9.Stop comparing with others be the best of yourselves!*

*Questions (at least 2) to the speaker:*

*1.Some one told me that the change of our mindset is not because it needs to change, but because you are a loser. How do you figure about this saying?*

*2.What about your parents always comparing you with others?*

*Your Comments (optional)*

*Logically all of us know that we shouldn’t be comparing ourselves to others. And, still, we are all guilty of doing just that, and then feeling bad about it. But do remember that comparing ourselves with others is the fast track to misery since all it does is keep us focused on the stuff we don’t like about ourselves and our life.*

*Here are a few ways I find to keep ourselves talk positive and to stop comparing ourselves to others:*

*Gratitude: Oprah said, “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” Whenever we find ourselves looking at what others have, remind ourselves of what we’re grateful for. Be it appreciating family, friends, our education, the fact that we have clothing, food, books, etc. The list is endless. Shift focus from what we don’t have, to what we do have.*

*Perfection should never be the goal. There's always going to be someone richer, smarter, or more attractive. No one is perfect. Accept our flaws, quirks, and imperfections completely. Embrace the fact that we’re perfectly imperfect.*

*Turn comparison into inspiration. We tend to compare our work in progress with another person's big triumph. The human tendency is to obsess over other people's success, and not on the thousands of hours they spent preparing and working for that accomplishment. So why not let other people’s triumphs inspire us for what we can be, do and have in life?*

*Compare us with ourselves: And, finally, if we desperately need to compare ourselves with someone, compare ourselves with who we were yesterday. What can we do to improve our life quality? How can we be a kinder, more loving person? Could we be nicer to ourselves than we were yesterday? We are the only person we ought to compare ourselves with.*