

## Stop comparing yourself.

You block your blessings every time you compare yourself to other people. Their season is not your season. Your path is your path, and their path is theirs. So stop comparing. It's okay if yours is a bit different to others. Instead of comparing, flourish in your own season, grow in maturity, and learn to celebrate every progress along the way.

Don't let comparison steal the joy of your journey. Know that God's been actively doing something special on the inside of you. You're in a process of becoming who He designed you to be. You've been working on yourself lately and it shows. So be patient. Walk diligently. Trust your becoming. Lean in to the One who holds your future. Your time will come.



## REASONS FOR STRESS

1. No exercise
2. No sunlight
3. Garbage food
4. No meditation
5. Procrastination
6. Poor sleep habits
7. No passion/hobbies
8. Too much social media
9. Bad management of time
10. Disconnected from yourself



Before taking pills, Fix these basics

## Rest is just as important as work.

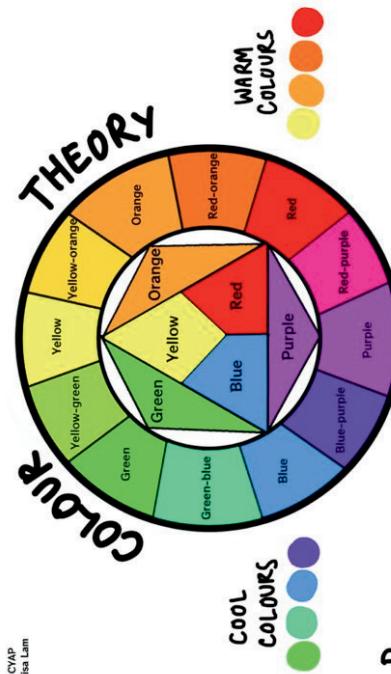
Resting is part of the work. It's a healthy habit. It's essential. It brings clarity. It renews your strength. It gives you peace. It drives away fear. It creates space for God to do his mighty works through us. In this uncertain time, it's important to cut yourself some slack. Take a breath, and rest.

Even if you've found yourself with more free time than usual, don't force yourself too much. Taking a break is necessary. It plays a vital role in your purpose. So, slow down. Talk slowly. Relax. Give yourself a break from feeling responsible for anyone else. It's okay, don't feel guilty for it.

## Stop Comparing.

Start living your unique journey.

You need to ignore what everyone else is doing and achieving. Your life is about breaking your own limits and outgrowing yourself to live your best life. You are not in competition with anyone else. Plan to outfit your past, not other people.



### PRIMARY

Mixing different amounts of the primary colours can make all the colours of the colour wheel.

Colours opposite from each other on the colour wheel.

Colours that are neighbours on the wheel.

### SECONDARY

Mixing two primary colours make a secondary colour.

Colours that are tints and shades.

Tints are colours mixed with white.

### MONOCHROMATIC

A colour with its tints and shades. Tints are colours mixed with black. Shades are colours mixed with white.

Colours that are neighbours on the wheel.

### ANALOGOUS

Colours that are mixed together.

Colours that are neighbours on the wheel.

### COMPLEMENTARY

Colours that are mixed together.

Colours that are neighbours on the wheel.

### TERtiARY

Colours that are mixed together.

Colours that are neighbours on the wheel.