

Life Is Not a Competition

Life is not a competition with other people. It is not about being better, smarter, stronger or wealthier than anyone else. It is about being the best that you can be, always seeking to grow and evolve, living from love and compassion, and using your capabilities to your own best advantage.

There are a couple of fundamental principles here. Firstly, comparison of yourself with other people is always flawed because you never have the full picture; no matter how well you know someone you still don't walk in their shoes so you don't know what it is to be them. Secondly, we are all ultimately physical representations of a single consciousness, so to compete with other people is to compete with ourselves – an entirely pointless exercise.

Viewing life as a competition promotes the idea that somehow our success must come at the cost of someone else and feeds of a scarcity mentality. It assumes that wealth, success and happiness are somehow limited in their supply and that we must compete with others to claim our share. This kind of thinking encourages selfish and destructive behaviours. Consider how our world might change if we focused on bettering ourselves in harmony with others; seeking opportunities to enrich our own lives that will also have beneficial impacts for others. You can do this simply by focusing internally and using your intuition to guide you in development of yourself. What is truly beneficial for one is beneficial for all.

You must find your meaning and true purpose within. If your sense of worth and self comes from comparing yourself with others then you are in a very precarious position. If feeling good about yourself is reliant on being able to say "I'm smarter than him" or "I'm wealthier than her" or "I'm fitter than them" then where does that leave you if those other people undertake changes in their lives and become smarter, wealthier and fitter than you?

Instead of looking without, look within and aim to end each day better, smarter, stronger and wealthier than you started it.