

40 Days Fuller

Freedom Friday | *Day 3*



WWW.40DAYSFULLER.COM

DISCOVER

Theodore Roosevelt once said that comparison is the thief of joy. His words ring true for many who have engaged in unrealistic comparison. Many other habits, beliefs and attitudes can also keep us from joy: bitterness, shame, resentment, unrealistic expectations (of ourselves and others), pressure to succeed at anything, and a never-ending to do list. What would life be like if we could be free from these things?

On Freedom Friday, we practice letting go of the things that tie us down and keep us from experiencing joy and freedom. The truth is that we can be pretty attached to our chains. We might enjoy feeling sorry for ourselves or hating someone who has wronged us. We might be resistant to letting go of jealousy or of our sense of importance attached to our to-do list. It may also be difficult for us to recognize when we are being our own prison wardens. With practice, however, we are able to notice our freedom-limiting behaviors, and begin letting go.

Freedom from comparison is a good place to start. If thinking about another person's accomplishments, looks or natural abilities gives you a sense of anxiety, first of all, consider yourself normal. Feeling insecure or "less than" is a common human experience. The trouble with trying to remedy this with external validation is that no amount of validation is ever enough. It's a game with no winners. Instead of trying to win at the comparison game, give up playing altogether. Resist the temptation to attach your value to anything that must be earned.

REFLECT / JOURNAL

What comes to your mind when you think of "Freedom Friday"? What are some things that have been keeping you hostage and stealing your joy? What would you like to let go of in the next 40 days?

When it comes to comparison, what pains you the most? What are your tender spots? Take an honest look at whether you have been playing the comparison game with anyone. What would it be like to let it go?

PRACTICE



Practice the daily cup ritual



Write "freedom" on your hand, on post-it notes, or anywhere you are likely to see throughout the day.



Whenever you feel the thief of comparison sneak up on you or feel "less than" someone else, say "That's a game and I refuse to play." Then let it go.



Share your reflection with the group



Guided imagery for Day 3

**Comparison
is the thief
of joy.
- Theodore
Roosevelt**
