



**“Comparison is the thief of joy.”—THEODORE ROOSEVELT**

How many times have you looked at someone and felt they are lucky or have more than you do? It’s human nature to want what others have or to try to keep up with the neighbors. But how does it make you feel?

Romans 12: 6-8 states:

“we have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; <sup>7</sup> if it is serving, then serve; if it is teaching, then teach; <sup>8</sup> if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

**Here are some ways to live in to this sage advice:**

- Record times that have made you happy or you have experienced a blessing. Refer back to these moments when things may not be going so well.
- Do something that brings you joy. It might be reading a book or going fishing, or something as simple as a smile and hello to someone at work.
- Seek out ways and people to serve. Open doors for people, buy coffee for the person behind you in line, or use your free time to serve others.

**Creating joyful moments can beget a more joyful heart—and leave less time to compare your life to others’.**



**“Comparison is the thief of joy.”—THEODORE ROOSEVELT**

How many times have you looked at someone and felt they are lucky or have more than you do? It’s human nature to want what others have or to try to keep up with the neighbors. But how does it make you feel?

Romans 12: 6-8 states:

“we have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; <sup>7</sup> if it is serving, then serve; if it is teaching, then teach; <sup>8</sup> if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

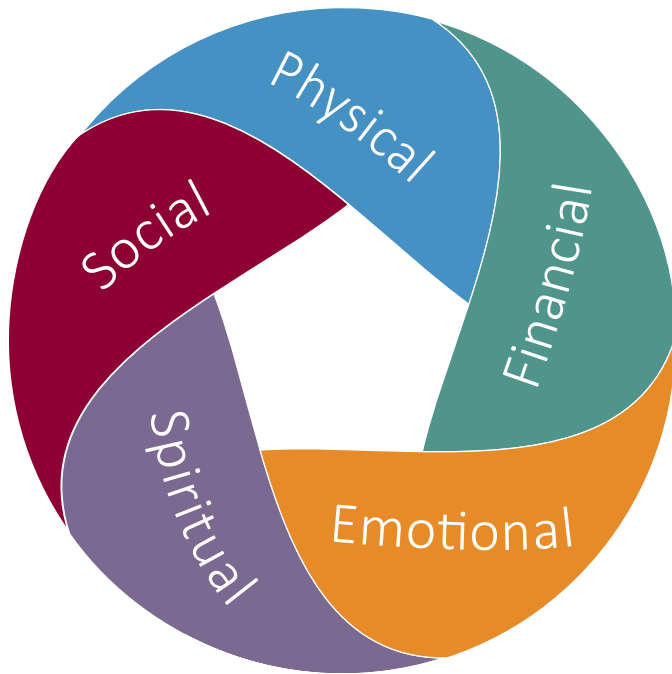
**Here are some ways to live in to this sage advice:**

- Record times that have made you happy or you have experienced a blessing. Refer back to these moments when things may not be going so well.
- Do something that brings you joy. It might be reading a book or going fishing, or something as simple as a smile and hello to someone at work.
- Seek out ways and people to serve. Open doors for people, buy coffee for the person behind you in line, or use your free time to serve others.

**Creating joyful moments can beget a more joyful heart—and leave less time to compare your life to others’.**

# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



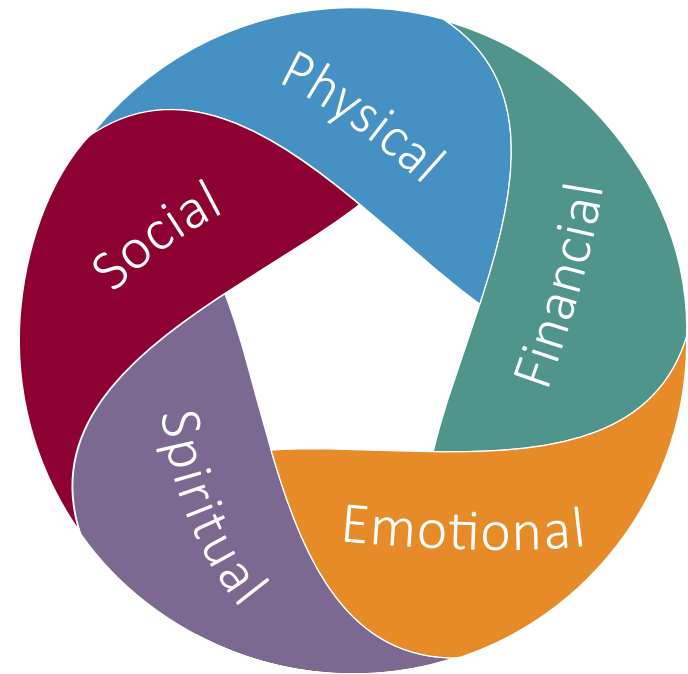
Find more health and well-being information at [wespeth.org/benefits](https://wespeth.org/benefits).

Provided by Wespeth Benefits and Investments

*Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.*

# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



Find more health and well-being information at [wespeth.org/benefits](https://wespeth.org/benefits).

Provided by Wespeth Benefits and Investments

*Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.*