

Creative Jealousy



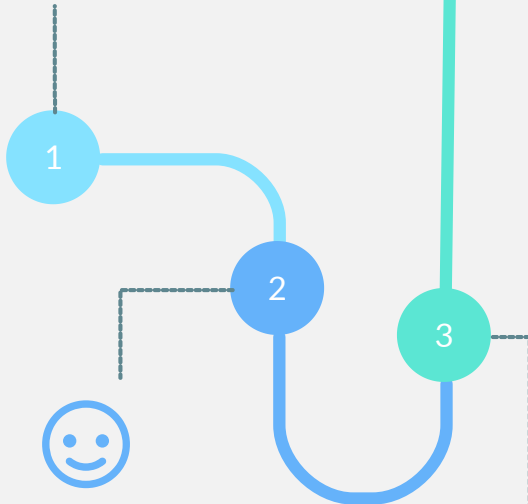
Dig out the Details

Can you name specifics of what you're jealous about? Are you jealous of someone's talents? Their successes? Their hair? What themes or specific ideas give you the *strongest* sense of jealousy?



Uh oh! You're jealous! What now?

First of all, don't feel bad for feeling jealous of someone. It's totally normal, and can be a useful tool in building the career and life you want. Here is a way to make your jealousy work for you.



Don't Resist It!

It's important you don't resist your feelings of jealousy. Allow yourself to really wallow in it for a moment. How strong is the feeling? What mental or physical sensations does it give you? Can you identify any other feelings along with it?



Brainstorm the broad aspects.

Broaden your perspective and make a list of every reason you feel jealous of this person. Don't censor yourself - write it all down, and capture every aspect that triggers you.



Choose the Heavy Hitter

Circle the aspect on the list that gives you the most emotional charge. What resonates most with what you actually *want* in your life? What aspect really affects you, and would feel empowering to add to your reality?



The Action List

Now that you've identified a specific element you'd like to bring into your life, create a list of small actions that could move you a little closer to that reality. Keep it small and fun!



Remember Your Own Awesome

Your jealousy can be a great indicator of your own potential, and by taking mindful action, you can begin to create what you want. Always end this process by reminding yourself how awesome you already are!



Reflect & Refine

Approach this exercise with a sense of experimentation and fun. This is a way of actively bringing "the thing" you're jealous of into your life, without copying someone or being inauthentic. If it feels right, you can begin to step further out of your comfort zone and incorporate more of this action into your life, or expand to include other elements.



Take Action!

Pick an action from your list that feels manageable and begin to implement it into your life. For example: if you're jealous of someone's online presence, begin to share a 15 second video on your own platform, once a week.