

MENTAL HEALTH WORKSHEET SERIES
VOLUME 5

soul
full *steps*

Releasing Comparison, Cultivating JOY

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While it can be used as a tool to supplement an existing therapeutic relationship with a licensed mental health professional (LMHC, LCSW, LMFT, LPC, or a Licensed Psychologist), this resource should NOT be used as a substitute for therapy.

If you find that this resource brings up feelings and thoughts that are challenging to deal with on your own or with a trusted person, I encourage you to seek therapy to continue your healing journey.

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Introduction

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You know those moments when you look at someone else's life and think, "Wow... they've got it all together. They're balancing everything so perfectly, while I can barely keep up with my own?" Yeah, we've all been there. But here's the thing: what you see is only one small piece of their story. You're looking from your perspective, not theirs—and there's always more going on behind the scenes.

Sometimes, the people who seem like they're doing it all are actually making sacrifices in areas you don't see. Maybe their thriving business comes at the cost of family time. Maybe their beautiful home means long hours at work. We just don't see the full picture—and that's okay.

And let me say, comparison itself isn't the enemy. It's human to notice what others are doing, and it's okay to feel those moments of comparison, even jealousy or envy. The caution is in what you do with those feelings. Sitting in them too long can lead to bitterness or even harmful thoughts toward others—and that's not where you want to stay. Instead, think of comparison as a signal to ride the wave of your emotions. When you let it guide you with curiosity, it can point you toward what you truly want for yourself and help you begin shaping a life that feels good for you.

Soulfull Note to Self:

Comparison will never take you where you want to go if you let it steal your joy. But if you learn to notice it, release the envy, and use it as inspiration, it can actually help you get clearer on your own path.

This worksheet is here to remind you that cultivating joy, peace, and possibility is an inside job. It's about giving yourself permission to let go of fear, to stop measuring yourself against someone else's highlight reel, and to start asking: What would bring ME joy? What would make ME feel alive?

Think of someone whose life seems “perfect” or like they’ve “figured it all out.” Who comes to mind?

What specific things do you notice about their life that spark comparison?

Pause. What are the things you might not see (their sacrifices, hidden struggles, trade-offs)?

In your own life, what beautiful things might others miss when looking only from the outside?

The Myth of “Having It All”

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Consider what areas this person may be sacrificing to keep things looking balanced. Where do you think they might be trading time, energy, or presence?

Now flip it: What are you willing to sacrifice in order to create the life you dream about? Where in your own life are you already showing up well, even if it's not in every area at once?



How has comparison held you back from recognizing the possibilities in your own life?

What dreams or desires of yours have gotten tangled up in what you think you “should” want because of others?





Think of small but real things that bring you joy. What are 3 things you could do this week that push past comparison and allow space for joy?

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About THE CREATOR

I'm a Midwestern girl raised in a home adorned in Black art, music, literature, and culture. From Faith Ringgold on the walls, to Toni Morrison on the shelves, and old-school R&B spinning through the house, my upbringing instilled a deep pride in my heritage, and a love for storytelling, creativity, and community that still guides me today.



My academic path took a few turns—Nursing, and then Psychology at Fisk University, a master's in Sociology, and ultimately a second master's in Counselor Education—each step clarifying my calling to become a therapist. Through personal experiences, faith, and growth, I felt led toward soul-centered, culturally grounded mental health work.

When I'm not in session, I'm creating, coloring, crocheting, listening to music, podcasts or audiobooks, or watching historical and sociocultural documentaries and classic Black sitcoms. I'm a proud member of Zeta Phi Beta Sorority, Inc., a wife to my best friend, a mama to one radiant daughter, a dog mom, and a caregiver in the sandwich generation—held up by strong women, deep friendships, and a whole lot of love.