



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Comparison is the thief of joy! - Teddy Roosevelt

As we hit the midpoint of the month of May, we also mark the midpoint of Mental Health Awareness Month. Today's opening quote from Teddy Roosevelt demonstrates that we can be our own worst enemy, regardless of the era in which we walk life's journey.

With the added pressure and presence of social media, there is a tendency to judge our lives based upon someone else's "highlight reel."

Dwight Mason, Lead Pastor of NewPointe Community Church in Dover, Ohio, shares the following perspective that helps us "take pause" with comparison:

"Comparing ourselves with others is extremely dangerous. There is nothing to be gained and everything to lose from comparing ourselves with others. People either become a threat to us or a measuring stick."

Gordon MacDonald sums it up this way:

"The soul cannot be healthy when one compares him or herself to others. The soul dies a bit every time it is involved in a lifestyle that competes."

This week, let's refuse to compare. Instead, let's persevere and commit to being the best version of ourselves that we can be. There, we will find the most tangible and worthwhile joy.

Have a great week!

