

How to Stop Comparing Yourself Financially

A Practical Action Plan

1. Measure Your Progress Against Yourself

- Shift your financial reference point from others to your own past performance.
- Review your finances from 1, 3, and 5 years ago.
- Identify improvements in savings, debt, income, or habits.
- Celebrate progress, even if it feels small.

2. Clarify What You Actually Want

- Define financial goals based on your values and what is most important to you, not someone else's lifestyle.
- Ask what you think money will do for you (freedom, stability, flexibility).
- Separate genuine goals from comparison-driven ones.
- Prioritise goals that support your long-term well-being.

3. Use Jealousy as Information

- Treat envy as a signal pointing toward unmet needs or desires.
- Identify what specifically triggers the feeling.
- Determine whether it reflects a real goal or a perceived expectation.
- Adjust your financial plan accordingly.

4. Practice Financial Acceptance

- Recognise what is within your control and release what isn't.
- List financial factors you can influence (skills, habits, planning).
- Acknowledge external factors you cannot control (housing markets, inheritance, timing).
- Redirect energy toward actionable steps.

5. Acknowledge Your Wins Without Downplaying Them

- Build confidence by recognising your financial achievements.
- Keep a running list of financial wins.
- Respond with "thank you" when others acknowledge your progress.
- Avoid minimising your accomplishments.

6. Curate Your Financial Inputs

- Reduce exposure to content that triggers comparison or shame.
- Unfollow social profiles that make you feel behind.
- Choose financial educators who align with your values.
- Limit consumption of aspirational content that distorts reality.

7. Create a Personal Financial Dashboard

- Build a simple system to track what actually matters to you.
- Choose 3–5 metrics (e.g., savings rate, debt reduction, emergency fund).
- Review monthly or quarterly.
- Focus on consistency, not perfection.