



## Envy Ninjas

1. Shifting your focus. Instead of focusing on what other people have, shift your focus from what other people have to all the good things you have. If you are feeling envious, you are taking for granted your own blessings. You may find it helpful to draw or write down all of your blessings.



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2. Gratitude attitude. Start and end each day with a gratitude attitude. People who practise gratitude every day are less likely to feel envious.



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3. Comparison is the thief of joy!  
Remember nobody has it all. Envious thoughts are negative thoughts that often compare the best assumptions of what we think of somebody else to the worst of what we think of ourselves.



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4. Celebrate other people's success. Life is not a competition. The only competition you should have in your life is with yourself!



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5. Avoid people who value the wrong things.