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# Confident *and* *Killing it*

A practical guide to overcoming  
fear and unlocking your most  
empowered self

## **RECAP: DAILY MANTRAS TO STOP COMPARISON FROM STEALING YOUR JOY**

- ‘No one is perfect, and I embrace the beauty in my strengths and struggles.’
- ‘Someone winning doesn’t mean I am losing. I am grateful for where I am while I’m on the way to where I’m going.’
- ‘I don’t know what opportunities, knowledge and support they’ve had, so instead I’m going to focus on investing in my growth, my creativity and my confidence.’
- ‘My goal isn’t to be liked by everyone, my goal is to be my true authentic self.’
- ‘If they are winning, I can win too. Their success is a sign that it is possible for me too.’
- ‘There is enough room for everyone to thrive.’
- ‘If opportunities can go to them, opportunities can come to me too.’
- ‘No one has walked the same path as me. My story is unique, I just have to own it.’
- ‘Everything I need to win in life is already within me. I just need to wake up to it.’
- ‘I will not doubt my greatness and I will not be scared of my potential.’

- 'My success isn't defined by numbers.'
- 'I can trust the divine timing of my life. My best days are still ahead!'

The only time comparison makes sense is when you use it as fuel to motivate you to be better. For example, if your friend can get over her social anxiety, then you can too. If that person on social media can be disciplined enough to prioritise their health, then you can too. If your comparison sounds like 'If they can do it, I can do it too' then it's healthy. Checking in on what other people are doing can give you creative ideas, help you read the room and give you a feel for what's going on in the world. It can even give you a vague idea of what to expect on your own journey.

When in doubt, always ask yourself if a thought feels empowering or sabotaging and remember the #CAKIMantra:

**If it sabotages you, *bin it.***  
**If it empowers you, *run with it.***

**#CAKIMantra**