



# October 2024 ENVY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 I celebrate my own progress and achievements.	2 I focus on my strengths and talents.	3 I am enough just as I am.	4 I let go of comparisons and embrace self-love.	5 I am worthy of my own success.
6 I appreciate the abundance in my life.	7 I am content with what I have.	8 I focus on my personal growth.	9 I am confident in my abilities.	10 I choose happiness over envy.	11 I am proud of who I am becoming.	12 I am inspired by others' achievements.
13 I recognize my worth and value.	14 I am at peace with where I am in life.	15 I matter.	16 I embrace my individuality.	17 I let go of negative feelings and embrace positivity.	18 I am open to new opportunities and experiences.	19 I trust that I am exactly where I need to be.
20 I am surrounded by love and support.	21 I focus on my own goals and dreams.	22 I trust in my abilities and potential.	23 I am grateful for my progress, no matter how small.	24 I celebrate the success of others as well as my own.	25 I focus on my positive qualities.	26 I am grateful for my life's lessons.
27 I trust that I am on the right path.	28 I am proud of my efforts.	29 I will not compare.	30 I appreciate my unique talents.	31 I focus on my goals and dreams.		
						

Envy is when you want something that someone else has. It can be hard to manage because it makes you feel unhappy with what you have. You might feel a little angry or sad because you don't have it. Envy can occur in many different situations, like wanting someone else's success, possessions, or even their talents. When you feel envious, it's important to recognize that it's a natural feeling and try to focus on the good things you already have in your life.