
Read what some people have said about being yourself...

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Ralph Waldo Emerson

Be yourself; everyone else is already taken.

Oscar Wilde

The snow goose need not bathe to make itself white. Neither need you do anything but be yourself.

Lao Tzu

In all things of nature there is something of the marvelous.

Aristotle

Would you like to discuss your thoughts?

Reach out to one of your teachers, school counselors, or parents!



And remember...

All colours are needed to create a beautiful picture!

Who is the best?

A Student Resource on Competition & Envy at School



How am I doing compared to others? Who has the most friends? Who is the smartest? Who is the prettiest? Who is the most athletic?



If any of these questions have ever crossed your mind, read on...

Our time in school is a time for exploration! In our classes we learn new things about the world; and, most importantly, we learn the skills that will allow us to explore and create the world ourselves! At the same time, we grow and develop ourselves. We try out new interests, activities, and looks; we make friends; we debate; we collaborate; we create; we play; we have fun!



Looking around us and wondering how we are doing compared to other people is a completely natural thing that we all do! School situations, such as exams, sports, arts and games, often encourage us to compete with others. Competition can be helpful to our progress (healthy competition), but it can also be unhelpful (unhealthy competition).

Competition is healthy if...

- I feel good about myself
- I feel motivated to work on my projects
- I feel inspired to do try out a new idea
- I' having some fun!

Competition is unhealthy if...

- I feel bad about myself
- I think that what I do is not enough
- I feel jealous when I see others accomplish things
- I'm not having any fun...

Things to keep in mind when I compare myself to others...

- I am unique and valuable, just like everybody else!
- No one is overall better or worse - we are just different!
- What makes me different is what makes me special!
- When one of us achieves something great, it means that something great is *possible*!