

CONTENTS

<i>Introduction</i>	viii
Chapter 1: The Unending Battle: Comparison	2
Chapter 2: When You Feel Like You Are Not Enough	16
Chapter 3: When You Feel Like You Are Not Doing Enough	32
Chapter 4: Get, Set, Goals!	43
Chapter 5: Focusing on Your Priorities	71
Chapter 6: To Do-Do-Do List and Beyond!	94
Chapter 7: Small Progress Is Still Progress	120
Chapter 8: Grow from Within: Self-Reflection and Evaluation	136
Chapter 9: Turn Reflection into Better Intention	155
<i>References</i>	167
<i>Acknowledgments</i>	171