



## How to Drop the Jealousy & Eliminate the Envy

1. **WATCH YOUR CROWD CONTROL.** Stop hanging around people that justify jealousy and are always putting down people to prop themselves up. After all, "Birds of a jealous feather never fly to the next level together."
2. **FOCUS ON YOUR DESTINY.** Build up your self-esteem by accomplishing your goals, finishing projects, and going after pursuits to make a difference in the world. This is a full time job in itself. So there's no need to employ envy or give jealousy a job!
3. **INVEST ENERGY IN YOUR POSSIBILITY.** Use energy to constantly improve instead of counting insecurities. It takes a lot of time and effort to have ongoing pity parties. Let another woman's strength remind you to work hard and further develop your strengths. Keep your spirit occupied with motivation by honing your skills and abilities.
4. **DETECT & RESPECT THE GOOD.** Instead of being quick to condemn or criticize her, think of or say something positive. Do this before pointing out the bad or what you would change. This will change your life.
5. **DON'T BECOME FIXATED ON FANTASY.** Jealousy and envy can cause your mind to wander. You can easily start blowing things out of proportion and neglect to look at the facts. You shouldn't allow your mind to get carried away with assumptions.
6. **QUIT THE COMPARISONS.** Who you're jealous of has issues, struggles, and weaknesses too. Don't worship other people and belittle the greatness that's inside of you. God didn't want to get bored, so He made you beautifully different. Acknowledge and remember that fact.
7. **ATTRACT THE OPPOSITE REACTION.** When jealousy or envy creeps up, they often cause a hateful disposition inside. Combat this with power by reacting with love. (i.e. Instead of the silent treatment, reach out and communicate. Instead of isolation, try friendly involvement or support. Instead of criticizing, try encouraging them.)
8. **MAKE A DAILY DECLARATION.** Everyday look in the mirror and say: "I am beautiful and I am free to celebrate the beauty in others around me."