

*The
Dream
+ Thrive*

PODCAST

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**MANAGING ENVY:
SO YOU CAN THRIVE IN
YOUR BUSINESS**

BY FRANKA BALLY

Managing Envy: So You Can Thrive In Your Business

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The emotion envy can be destructive to your motivation and mindset as you work to grow your business and establish yourself as an authority in your industry.

In this episode we talked about how it can be both destructive to reaching your business goals and some of the strategies you can use when you feel like it's having a negative effect on you.

Positive Envy can be like fuel and motivate us or inspire us to work harder to realize our dreams.

Negative Envy can cause us to doubt ourselves, feel like we'll never be successful and in some cases even feel depressed.

Since our goal is always to help you move forward towards reaching your goals, let's do some deeper work.

When it shows up how does it make you feel? *Be honest about what you're feeling no one else will see this.*

How do you work through the emotions you're having? Jot down a few things you do.

Here are some steps you can take to overcome negative envy so you can thrive in your business:

1. Focus on gratitude.

What you have. What brings you joy. There's so much more to you than what you do for a living.

What are three things you're grateful for learning on your OWN business journey?

a. _____

b. _____

c. _____

2. Focus on your own uniqueness and gifts.

When you focus on what's unique about you, even the things you perceive as a weakness, it can be turned into a strength. Something that you can later weave into your brand story.

What are some things about you that you perceive as a weakness? (Example: I'm overweight, I'm tall and awkward)

a. _____

b. _____

c. _____

Now I want you to reframe them and write them as strengths. (Example: I'm curvy and there's more of me to love. I'm statuesque and quirky, which makes me so relatable.)

a. _____

b. _____

c. _____

3. Stay off of Social Media

Constantly consuming what others are doing will only feed your feelings on inadequacy. Be like a racehorse with your blinders on never looking to the left and the right.

If you're struggling, create a new daily habit and commit to time boxing the amount of time you consume content from others on social media. This means posts, ads, groups, videos, webinars, podcasts. Anything that will trigger you or make you feel less than.

Instead focus on:

a. **Mindfulness** - through daily prayer and meditation. ([I love using the Calm app.](#))

b. **Exercising** - to relieve stress and release those endorphins.

c. **Journaling** - to be clear about your own desires and wishes.

d. **Your own projects and initiatives.**

e. **Something other than business.** Maybe volunteering or helping others.

4. Work on developing an abundant mindset.

There's more than enough for everyone. There's not a limit to opportunities or your ability to create the life you want,, only what you perceive there to be. What you believe, you will achieve.

Write down a few examples of abundance you've experienced in the past few months, no matter how big or small the opportunity was.

a. _____

b. _____

c. _____

5. Be proactive about the change you want to create.

If you are moving toward what you want it will feel like you are generating momentum for what you want to achieve in your life. You are not a passive participant in your life, you are an active participant. Everyday that you show up and share your gifts with the world, you are winning.

What are some things you want that you've been sitting and waiting to happen that you can make happen for yourself? Put a date on when you will take action to work on it. Then go to your phone and pull up your calendar and put that item in it with an alarm to remind you to **JUST DO IT!**

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____