



008

DON'T COMPARE YOURSELF



Everyone has a
different starting point.

He walks
faster than me...
Maybe I'm **not**
doing well.



10,000
steps



8,500
steps



2,000
steps



It's easy to look
at others and
compare.

But that will only
slow you down.



TODAY'S
MISSION

FOCUS ON YOUR OWN JOURNEY
ONE STEP AT A TIME



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USLOOBI
— WALK —



LOOBI QUICK TIP #02

I have my
own journey.
I'll focus on
myself.



They have
their path.



12,340
steps



9,860
steps

Not **my** race.



WHAT I CAN CONTROL



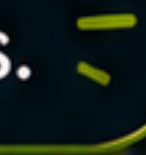
Show up
every day



Give my best
each time

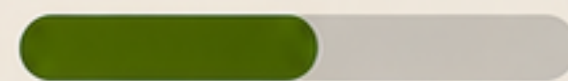


Keep moving
forward

That's enough. 
That's success. 



My goal today:
Be a little better
than yesterday.



TODAY'S MISSION
FOCUS ON YOU

Celebrate small wins.
They build big change.



CLEAR MIND
Less stress



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



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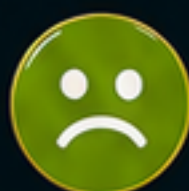


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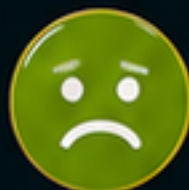
It's hard not
to compare.
But comparing
others makes
me feel bad.



THE COMPARISON TRAP



It lowers
my confidence.



It steals
my joy.



It makes me
want to quit.

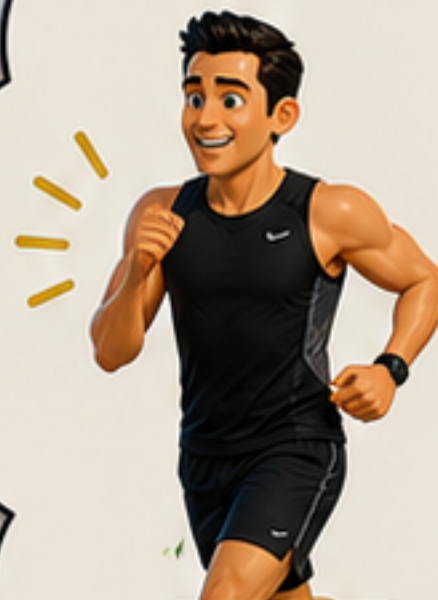
I don't want that. ↘



I can't compare
my beginning to
someone else's middle.



THEM



15,000
STEPS

ME



3,200
STEPS



WHAT I NEED TO REMEMBER



We all have different
lives, challenges and
starting points.

That's okay. ❤️



TODAY'S MISSION
FOCUS ON YOUR OWN PATH

Small steps today.
Big progress tomorrow.



CLEAR MIND
Think positive



MORE ENERGY
Feel stronger



BETTER MOOD
Feel happier





USLOOBI
— WALK —



LOOBI QUICK TIP #04

The only person
I need to be better
than is **yesterday's**
me.



FOCUS ON WHAT YOU CAN CONTROL



Show up
every day



Do a little
at a time



Be patient
with yourself



Celebrate small
improvements

That's how real
progress happens.



YESTERDAY



2,000
STEPS

TODAY



3,200
STEPS

I'm **better**
than I was
yesterday!



Small steps.
Every day.
Big change.



I'm building **my journey**
one step at a time.



YOU VS. YOU
WIN EVERY DAY!



TODAY'S MISSION
BE BETTER THAN YESTERDAY

Your pace.
Your progress.



CLEAR MIND
Think positive



MORE ENERGY
Feel stronger



BETTER MOOD
Feel happier



BETTER SLEEP
Rest deeper



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USLOOBI
— WALK —



LOOBI QUICK TIP #05

I'm not
here to be
better than
them.
I'm here to be
better than
I was yesterday.



YOU DID IT!

Comparing won't help.
Consistent progress will.



Be proud of
showing up for
yourself.

MY PROGRESS

Day 1 1,500 steps

Day 7 3,100 steps

Day 15 5,200 steps

Today 6,400 steps



Small steps. Real progress.
Stronger me.



TODAY'S TAKEAWAY

- ✓ Focus on your own path
- ✓ Celebrate small wins
- ✓ Be better than yesterday

You've got
this!



TODAY'S MISSION
KEEP FOCUSING ON YOUR OWN JOURNEY



One step today.
A better tomorrow.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Enjoy more



BETTER SLEEP
Rest deeper



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Remember: You don't need to be fit to achieve your target.