THE COMPARISON TRAP

You’re comparing your beginning with someone else’s middle

What you notice

- A mentor’s calm voice
- Fast planning
- Strong routines
- Confident staffroom chat

What you may not see

- Years of practice
- Past mistakes
- Support from colleagues
- Teaching the same content many times

A fairer comparison

- Am I clearer than last week?
- Did I act on feedback?
- What can I now do on my own?
- What’s my next small step?

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