



MOVE WELL

Capability Over Comparison



Stop judging by appearance, but by what your body can do.

Stop judging your body by how it looks, and start valuing what it can do. Strength, endurance, flexibility, and resilience matter more than appearance. Your body carries you through life, supports your goals, and adapts with you. Celebrate its abilities, progress, and health instead of chasing unrealistic standards every day.

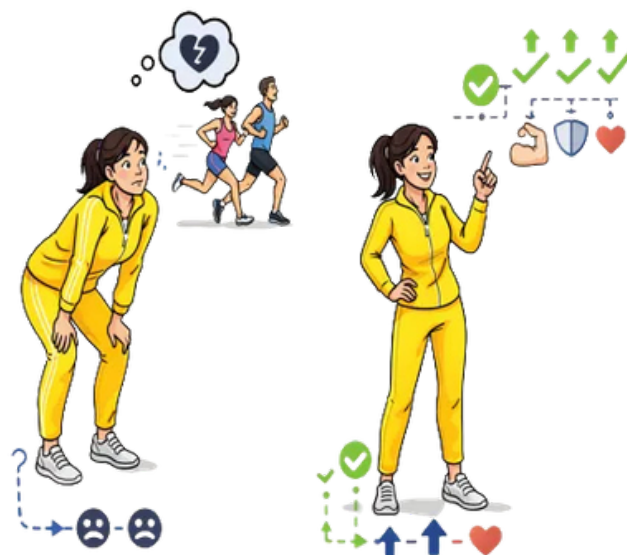


COMPARING YOUR CURRENT ABILITY TO OTHERS

You compare your strength, speed, or fitness to others around you, feeling behind and questioning whether your progress is good enough.

Counter Action

Refocus on your own baseline, track personal improvements, and measure success by progress over time rather than comparing your journey to others.

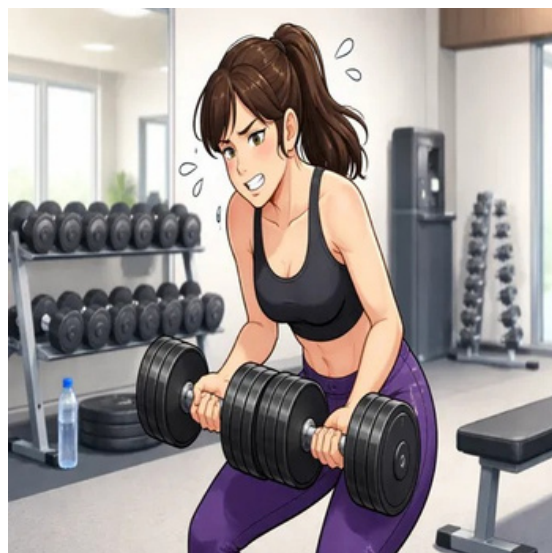


CHASING NUMBERS INSTEAD OF QUALITY

You start by lifting heavier weights or pushing harder to match others, sacrificing form, control, and long term development of movement quality.

Counter Action

Choose weights that allow control and proper technique, focusing on movement quality and gradual progression..



FEEL DISHEARTENED BY SLOWER PROGRESS

You feel frustrated when your progress seems slower than others, leading to doubt, reduced motivation, wondering whether your efforts are worthwhile.

Counter Action

Accept your pace of progress, focus on consistency, and accept that sustainable improvement happens gradually .



AVOIDING MOVEMENT DUE TO EMBARRASSMENT

You avoid going to an exercise class or the gym because you feel judged by others.

Counter Action

Choose supportive classes and an inclusive gym, focus on your own session, and remind yourself your progress matters more than anyone else's opinion.

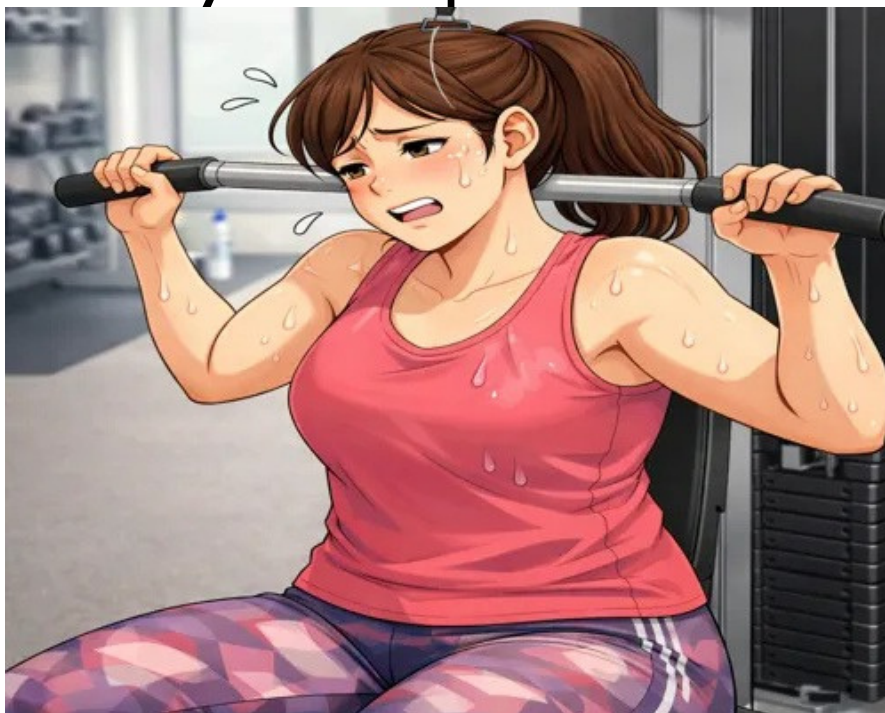


OVER TRAINING TO KEEP UP

You push beyond your limits trying to match others (who probably don't care), leading to fatigue, burnout, or increased risk of injury.

Counter Action

Train according to your current capacity, respect your recovery needs, and prioritise long term consistency over short term intensity driven by comparison.



IGNORING YOUR BODY'S SIGNALS

You push through pain or discomfort because others seem able to, while ignoring your own body's signals and increasing risk of setbacks.

Counter Action

Listen to your body's feedback, adjust intensity and know that working at an appropriate level **FOR YOU** builds capability better than ignoring warning signs.



ALLOWING APPEARANCE TO OVERRIDE PERFORMANCE

You focus heavily on how your body looks compared to others, losing sight of improvements in overall physical capability.

Counter Action

Shift attention to what your body can do, celebrating improvements in strength and endurance, not on physical appearance.



INCONSISTENT EFFORT DUE TO COMPARISON

You fluctuate between pushing too hard or not trying enough, depending on how you compare yourself to others on any given day.

Counter Action

Set consistent standards based on your ability, showing up regularly rather than reacting emotionally to external comparisons (other people).

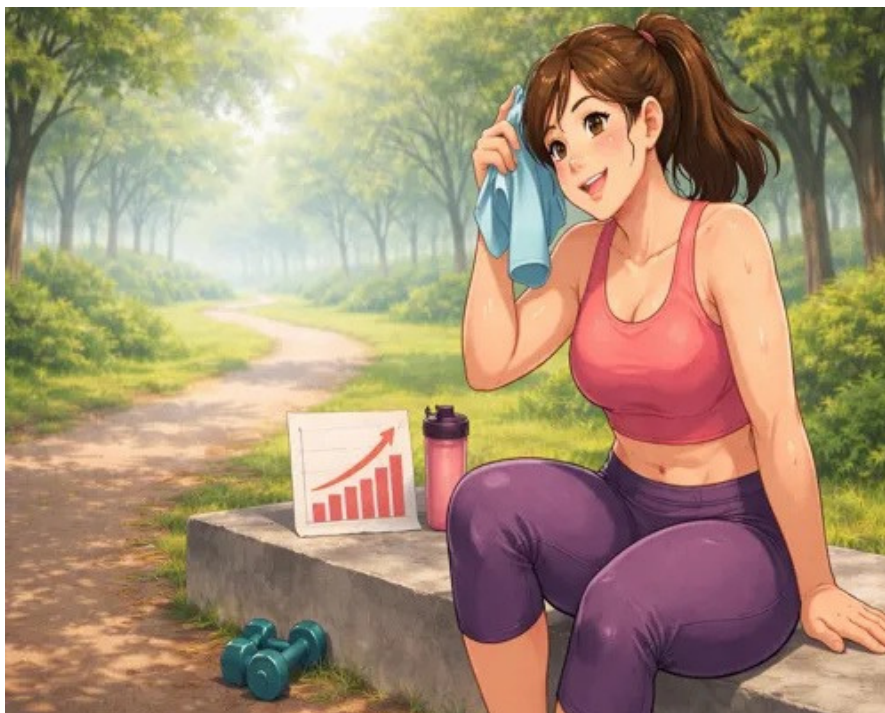


LOSING CONFIDENCE IN YOUR STARTING POINT

You feel your starting level is too low compared to others, leading to hesitation, self doubt, and reluctance to fully engage in training.

Counter Action

Start, do what you can, focus on building from where you are, and know that every increase in capability is so worth it!



DEFINING SUCCESS BY OTHER PEOPLE'S PERFORMANCE

You measure your success against others, making your progress feel insignificant and reducing satisfaction from your own progress.

Counter Action

Define your success using your own progress markers, celebrating improvements in strength, consistency, and confidence - no need for external comparisons.



CONCLUSION

Body capability over comparison means focusing on strength, mobility, and endurance.

Progress is personal—lifting heavier, moving pain-free, or building stamina all matter.

Comparison steals motivation, while capability builds strength and confidence.

When you value what your body can do, you create sustainable growth and deeper self-respect.

