



a podcast by Nicole Beholds

EPISODE FOUR

I HOPE SHE WINS

companion guide

- **“When I compare, I’m giving someone else’s life the power to tell me something about mine.”** Where has a scoreboard quietly shown up in your life? Whose success, opportunity, relationship, family, or season have you been using to measure your own? What have you allowed their story to tell you about yours that was never theirs to answer?
- **“Celebrating someone else doesn’t require denying my own disappointment.”** Is there something you’re grieving, waiting for, or wishing looked different right now while someone else is experiencing the very thing you wanted? What would it look like to make room for both—to be honest about your disappointment without turning their joy into evidence against you?
- **“When I know where my value comes from, I don’t have to protect it from your success.”** Think of someone whose success has been difficult for you to celebrate—someone you’ve compared yourself to, felt jealous of, or even held a little resentment toward. What would it look like to practice celebrating them this week without calculating what their win means about you?

REMINDER FOR THIS WEEK

Your beautiful story does not make mine smaller.