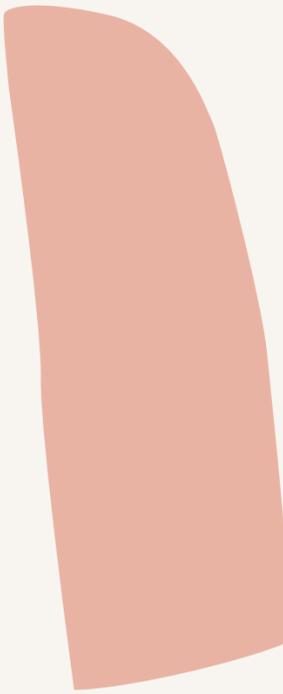
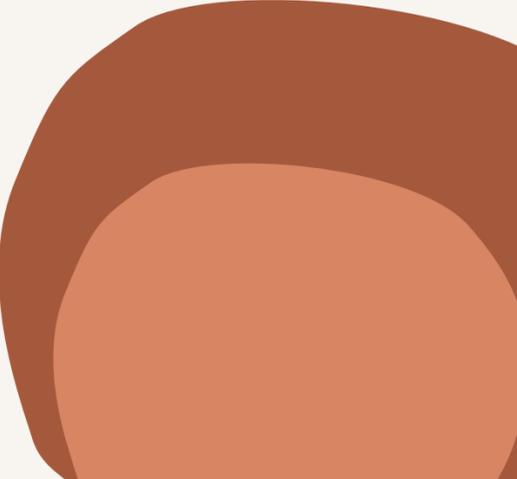


How To Break Out of the Comparison Trap

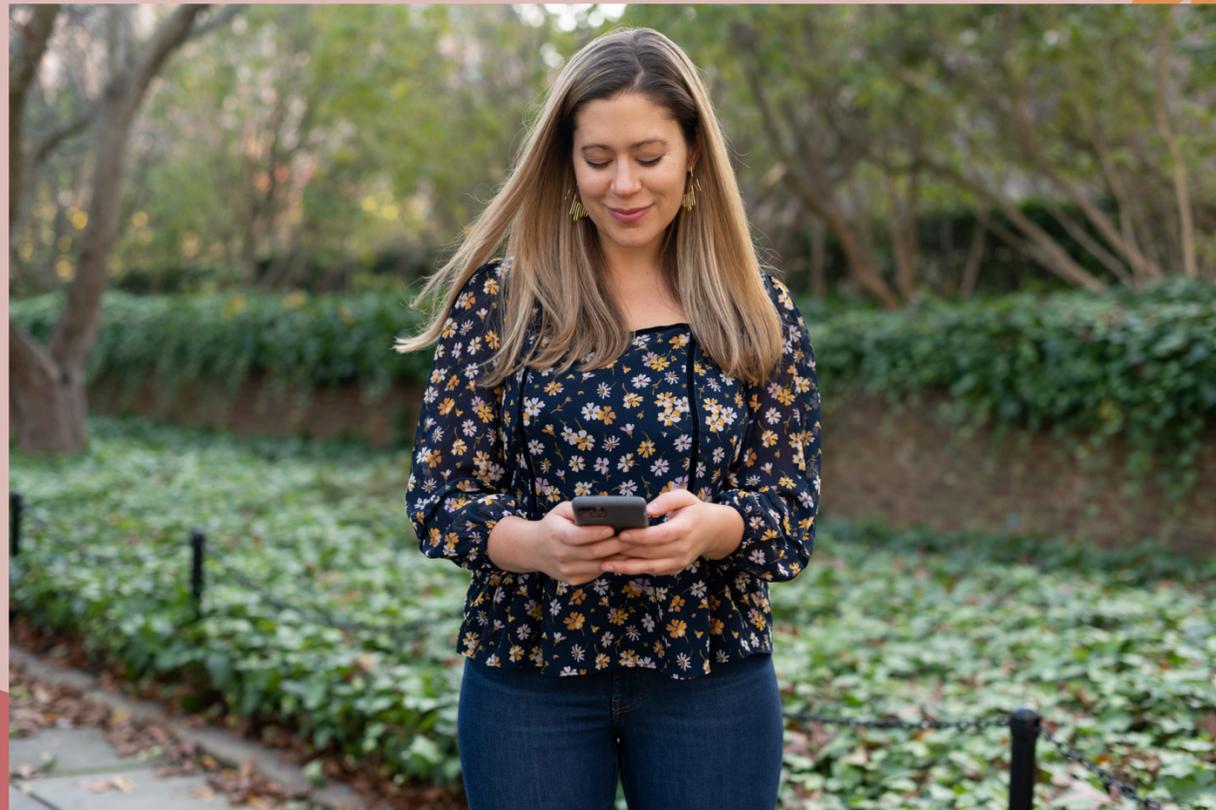


Uplevel your mindset to uplevel your biz

with Carolyn Stine



How it started



@Carolynbstine

This is my story

- 10+ years working in digital for fashion brands such as Club Monaco and Hugo Boss
- Launched a blog and Instagram as a side hustle because I felt so unfulfilled in my corporate career
- Started getting consulting leads while I was still working in corporate at Chobani... from my Instagram
- Owned my own business for 3 years building Instagram strategies for brands that light me up

How it's going



 @Carolynbstine

- Pivoted to become an Instagram Coach in 2020
- Leader of **Effortless Content Creator**, a 1:1 coaching program for female solopreneurs looking for effortless confidence and explosive business growth from their Instagram
- On a mission to get rid of the toxic Instagram comparison, help women to show up authentically on the 'gram, and make that moneyyyy

Have you ever said to yourself...

I'm posting because I feel like I "should"

I spend so much time trying to make my content "perfect"

I feel like there's a formula that I need to follow in order to succeed

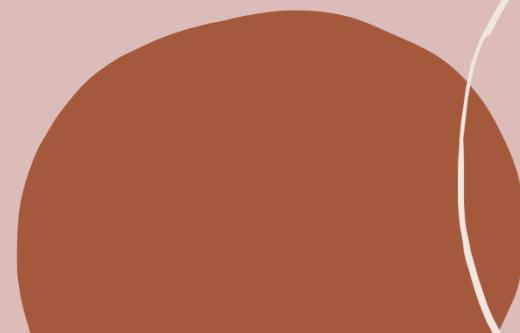
I procrastinate and then end up not pitching at all

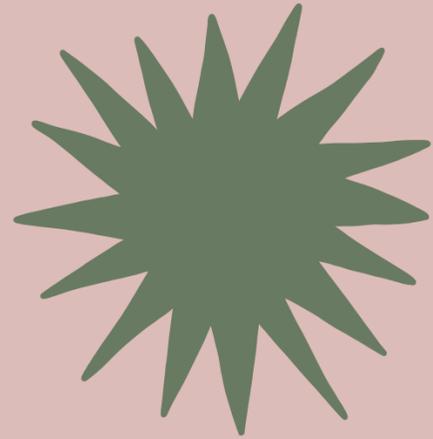
I can't stop scrolling and comparing my success to others in my feed

My last pitch got crickets and I see it as a failure



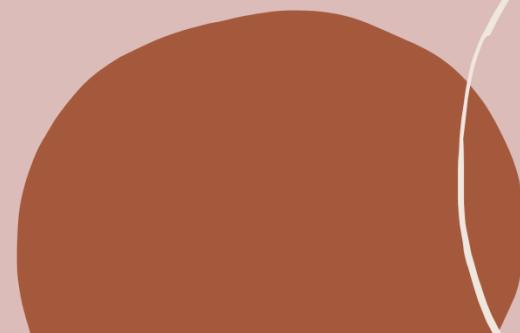
Strategy is the house,
but mindset is the
foundation





5

Key mindset shifts
that help you go from
a comparison mindset
to a **growth mindset**





*Leave the scarcity in
2020*



Start NOW
(you don't need to be Gabby Bernstein
to change people's lives)



Collaboration over
competition... *always*



4

*Give yourself permission
to let go of the idea that
everyone needs to fall in
love with you*



5

Perfection is a
made-up word

What if this is what you said instead?

I'm posting because I feel like I "should"



I am posting from a place of service to my community

I spend so much time trying to make my content "perfect"

I know that perfection keeps me from taking action

I feel like there's a formula that I need to follow in order to succeed

I know that when I share my authentic message, that's what resonates with my audience

I procrastinate and then end up not pitching at all

I trust myself to show up

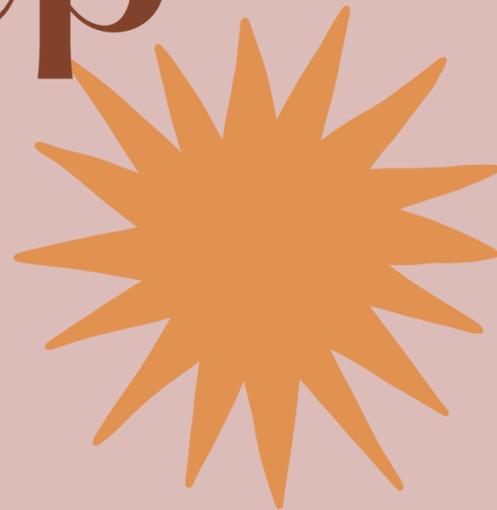
I can't stop scrolling and comparing my success to others in my feed

I know that there is enough abundance for all of us

My last pitch got crickets and I see it as a failure

I know that my self worth exists independently of any pitch, and there's always tomorrow's pitch

Let's keep
in touch



Here's where you can find me

 @Carolynbstine

- Follow along for IRL updates, access to my free trainings, and updates on all of my coaching offerings

Effortless Content Creator

- A 1:1 coaching program for female solopreneurs looking for effortless confidence and explosive business growth from their Instagram
- **The link is in my Instagram bio to apply**