

Shownotes episode 010

THE BEE HIGH ON LIFE PODCAST with Queen Bee, Kelly Renee' Baker

Episode 010 - Measuring Up: How to Win in a world of comparisons.

Summary - On today's episode, Kelly interviews author Renee Vidor. They discuss Renee's book, Measuring Up: How to Win in a World of Comparisons. Renee shares how she faced comparison with other moms, relates her story to bee's and shares about her Winner's Circle and much more.

Topic/Timestamps:

1:48 - Feeling of "not good enough" and not "measuring up"

4:14 - Beeing authentic

7:03 - Healthy vs. unhealthy comparisons in life

10:18 - Learn from comparisons and use them for good

11:28 - Falling victim to comparisons

13:30 - Keeping up with Joneses syndrome

14:26 - We are role models to our children

16:15 - Life lesson from honeybees

20:49 - Having an impact on the world

22:52 - We are meant to bee victorious

23:24 - In it to win it

25:30 - PACE program

Resources:

reenevidor.com

[Measuring UP: How to Win in a World of Comparison](#)

Renee can also be found on Facebook, Instagram, LinkedIn and YouTube under Renee Vidor.

kellyreenebaker.com

Episode Transcript:

<https://www.kellyreenebaker.com/single-project>

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