

SKIP THE 'E' AND LET IT 'GO'

Your ego is your conscious mind, the part of your identity that you consider your "self." If you say someone has "a big ego," then you are saying he is too full of himself.

Why do people have an inflated ego? In some people it is due to lack of self-confidence, which they try to hide by bossing over others. Over confidence may be the cause for exaggerated egos in some persons. Just because of some skill they have, they regard others to be fools whom they have come to salvage.

How to identify that you have an ego?

In the first step introspect yourself.

1. You feel elevated from gossiping about other people's flaws.
2. You find yourself in a feisty discussion and you just can't back down until you have 'won' the argument.
3. You constantly compare yourself to other people who you feel are better than you (better looking, more intelligent, happier, more wealthy)
4. You constantly compare yourself to people who you feel are not as good as you (less intelligent, lower status)
5. You feel jealous when other people do well.



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6. You talk about yourself for 10 minutes before asking another how they are.
7. You misuse resources according to your convenient.
8. You often sulk when you don't win that sports game or work challenge (instead of being proud of your attempt to do your best)
9. You set yourself impossible goals and then beat yourself up when you don't reach them
10. You blame others when things don't go your way.

The second step is to analyze your thoughts by asking these. Three questions:

1. Do I feel superior to others?
2. Do I feel inferior to others?
3. What do I need to do to feel equal?

Techniques to learn to let go of our egos and enjoy life.

1. Practice forgiveness & letting go. "The weak can never forgive.
2. Practice honesty and being open. ...
3. Surrender your need for control. ...
4. Enjoy silent moments with yourself. ...
5. Practice gratitude.

MAKE YOUR DAY JOYFUL.

