

Ego Is The Enemy by Ryan Holiday

- 💡 The cure for ego is humility; being willing to connect to and be affected by the world around me
- 💡 I will be humble in my aspirations, gracious in my success and resilient in my failures
- 💡 Talking and doing fight for the same resources; silence is strength - the respite of the confident and strong
- 💡 When my purpose is large enough, it will become easier to overcome resistance and do what I know is required
- 💡 I will remain a student - operating with a beginner's mind and actively seeking feedback to improve
- 💡 Passion is a mask for weakness; what is really called for is clarity, deliberateness, methodological determination, discipline, mastery, strength, perseverance, purpose and realism
- 💡 I will actively look for ways to help others to their benefit (clear the path)
- 💡 Those who have accomplished the greatest results are those who never grow excited or lose self-control, but are always calm, self-possessed, patient and polite
- 💡 Living clearly and presently takes courage; there's no one to perform for - just work to be done and lessons to be learned
- 💡 Pride leads to arrogance and then away from humility and connection with others
- 💡 What am I missing right now that a more humble person might see?
- 💡 Where I put my energy decides what I'll ultimately accomplish
- 💡 I'm making an investment in myself instead of my ego; practicing, working, improving
- 💡 I will move forward with quiet confidence - being pulled by my values in spite of distractions
- 💡 Learn from everyone and everything; I will understand how I learn and then setup processes to facilitate continual education
- 💡 As I become successful, my ability to listen, hear feedback, improve and grow will matter more than before
- 💡 I will keep focused on what's really important to me and forsake the rest
- 💡 I will learn to value myself and others equally
- 💡 Based on my purpose, I will seek clarity, think big-picture and set appropriate goals and priorities for myself and my teams
- 💡 I will stay humble and keep my focus on meaningful results over recognition
- 💡 I learn to be connected to the world around me as I look to help change it for the better
- 💡 I will keep a clear and sober mind so that I'm not blinded by what my ego thinks is important
- 💡 I will learn to balance between extremes - the undisciplined pursuit of "more" vs. complacency
- 💡 The way to rise from failure requires a reorientation and increased self-awareness to accept and push through
- 💡 Regardless of whether what I'm going through is my fault or my problem, it's my trial to endure and see past & through; I will look for evidence of good decisions and positive changes
- 💡 I will not waste time being stubborn! My transformation will be powered by humility, acceptance and strength
- 💡 I will detach from outcomes and instead focus on and take pride in consistently doing good work
- 💡 I will listen to criticism without escalating; seeking instead to improve
- 💡 I will let my values and principles guide my (inter)actions
- 💡 I will focus on getting better every day; striving to be the absolute best that I'm capable of being
- 💡 Setbacks are temporary; Laugh, Love, Do better
- 💡 Aspiration leads to success; success creates adversity; adversity leads to aspiration and more success
- 💡 Perfecting the person leads to success as a professional; I will sweep the floor every day - and then sweep again