



95%

OF THE TIME, YOU & YOUR TEAM ARE **UNCONSCIOUSLY** GOING THROUGH THE MOTIONS.

As you read through the following list of different **Ego tactics**, remember that these are **unconscious behaviors**.

How would you react in the following scenarios?

- ➔ When you are tired, stressed, or overwhelmed
- ➔ Walking into a board room
- ➔ Delegating to team members
- ➔ You get feedback or hear something you don't agree with
- ➔ Walking into your house after work and it's a mess
- ➔ Hearing another friend just got engaged or a peer was promoted
- ➔ You get a fire drill email at 5:00 pm on Friday
- ➔ Your toddler won't go to sleep and you have a big meeting in the morning
- ➔ Any other scenario that triggers an emotional response

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www.mindfulchoiceacademy.com

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ways to identify the

EGO

JUDGE, GOSSIP OR POINT OUT FLAWS IN A PLAN, IDEA, OR PERSON.



WHEN YOU DON'T LIKE SOMETHING, YOU RALLY THE TROOPS TO GET EVERYONE COMPLAINING

EASILY ANGERED & FRUSTRATED WHEN PLAN 'A' FAILS



BLAME OTHERS WHEN THINGS DON'T GO YOUR WAY

SET UNREALISTIC EXPECTATIONS (FOR SELF AND OTHERS) THEN GET ANGRY WHEN YOU FAIL



JEALOUS WHEN OTHER PEOPLE DO WELL OR GOOD THINGS HAPPEN TO THEM

AVOID DIFFICULT DISCUSSIONS OR FEEDBACK TO PREVENT CONFRONTATION



WON'T BACK DOWN FROM A HEATED DISCUSSION UNTIL THERE IS A "WINNER"

THERE IS NEVER ENOUGH TIME AND TOO MANY FIRE DRILLS



IT'S HARD TO FEEL ACCOMPLISHED AND FIND THE WINS AT THE END OF THE DAY

WINNING IS MORE IMPORTANT THAN DOING YOUR BEST



GRUMPY, ANGRY, OR SULKS WHEN YOU DON'T WIN

COMPARING SELF AND PUTTING OTHERS DOWN TO FEEL IMPORTANT



COMPARING SELF TO OTHERS AND CREATING NEGATIVE SELF TALK

OVER CONTROL TO FEEL IN CONTROL - LEADS TO POOR DELEGATION AND TRAINING



STRUGGLE TO SHOW EMPATHY OR BUILD MEANINGFUL RELATIONSHIPS

Which ones do you identify with?

Learn more about how your Ego can impact your business at mindfulchoiceacademy.com

