

# Human Leadership

## Managing the Ego

### What is Ego

- ▶ Scientifically: An illusion; a collective of complex neurological systems and processes.
- ▶ Experientially: A constant, self-referential voice that creates the impression of a fixed reality.
- ▶ Practically: The part of us that seeks self-preservation.



### Some questions to consider

- Have you ever been annoyed because you had to wait in line at an airport versus getting recognized for your status?
- Have you ever experienced a sense of dissatisfaction seeing someone else in your organization getting recognized for an achievement?
- Have you ever been hurt or angry when someone shares feedback with you?
- Have you ever realized you were blind to seeing things from others perspective or did not pay attention to others point of view?
- Have you ever caught yourself wanting to have the last word, wanting to win an argument versus ensuring the best ideas are discussed?
- Have you ever experienced a sense of frustration at not being recognized for your efforts?

# My 60 Days Habit Tracker

Use one row for each habit act you want to engage in, including mindfulness practice. Mark X for each day you intended to do your habit act and actually did it.

**Tip: If you miss a planned day, don't worry – it happens. But to create a new habit, never skip twice.**

Habit-Act	Day														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

**NOTES :**



1. My New Habit: Why do I do it?  
Tip : Make it personally motivating
2. Cue  
Tip : Use one(or more) cue types to trigger the new habit
3. Act  
Tip: Be specific and start small so you cant say no.
4. Reward  
Tip: Use immediate gratification until the long-term effects kick in

My New Habit \_\_\_\_\_

Action \_\_\_\_\_

Cue \_\_\_\_\_

Reward \_\_\_\_\_