

# Inspiring Leadership: How to Park your Ego and Master your Emotions

*80% of Employees hate their jobs.... why?*

Name: \_\_\_\_\_

I commit to: \_\_\_\_\_

Rate your level of activity, confidence, or skill from low (1) to high (3)

## Part I: How to Park your Ego

<b>A: How strong is your self-awareness of ego-talk?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
1. I know when I am playing the blame game with others	
2. I know when I am getting on my high horse and judging others by calling them idiots, losers, etc	
3. I know when I am getting defensive when others give me negative feedback and/or say negative things about me	
4. I know when I'm making other people wrong about their views	
5. I know when I'm trying to look good and be perfect in all that I do	
Subtotal:	

<b>B: Are you able to park your ego and show up as an inspiring leader?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
6. I take 100% responsibility and I never play the blame game	
7. I show respect 100% and I never say anything negative/judgemental about other people	
8. I believe that feedback is a gift and I never get defensive with others	
9. I always value other perspectives and I never make other people wrong	
10. I always give credit to others for my success	
Subtotal:	

<b>C: Are you using inspiring leadership tools?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
11. I build on my strengths and my self confidence daily	
12. I avoid telling people what to do and I share my own experiences	
13. I avoid making others wrong and I use mirroring, validating and empathy	
14. I am able to put a “2-way shield” on every day and not get defensive	
15. I surround myself with positive people every day	
Subtotal:	

<b>MY TOTAL SCORE for Part I (out of 45)</b>	
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## PART II: How to Master Your Emotions

<b>A: How strong is your self-awareness of your emotional state?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
1. I always know when I’m in a negative emotional state (anger, frustration, disappointment, fear, hurt, sadness, guilt, overwhelm, loneliness, inadequacy)	
2. I always know when I’m in a positive emotional state (love, joy, peacefulness, happiness, optimism, determination, confidence, gratitude, curiosity, passion)	
Subtotal:	

<b>B: Are you able to master your emotions on a daily basis?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
3. I believe that I can be happy no matter what	
4. I know how to get myself from a negative state to a positive state in 3 minutes or less	
5. I spend 80% or more of my time in a positive emotional state on a daily basis	
6. I only make decisions when I’m in a positive emotional state	
7. I never talk to another human being or send an email when I’m in a negative emotional state	

8. I never make decisions when I'm in a negative emotional state	
9. I am able to use positive and negative emotions to inspire me to take action	
Subtotal:	

<b>C: Do you have effective strategies to help you master your emotions?</b>	Rate yourself: 1 (low), 2 (medium), or 3 (high)
10. I believe that my health is my number 1 priority	
11. I work out every day	
12. I don't eat crap	
13. I drink every day in moderation ( <i>Younger Next Year</i> book reference)	
14. I get 6-8 hours of sleep every day	
15. I do an annual health check	
16. I meditate daily	
17. I have a daily gratitude journal that I fill in every night before I go to sleep	
18. I know my purpose/my passion/my why	
19. I set boundaries every day on what I say yes to and what I say no to	
20. I focus on what I have control over	
21. I don't worry about things that are not within my control	
22. I have the courage to be disliked	
23. I have a top 10 list of what makes me feel good every day	
24. I move my body (change my physiology) to get out of a negative emotional state	
Subtotal:	

<b>MY TOTAL SCORE for Part II (out of 72)</b>	
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# Inspiring Leadership: How to Park your Ego and Master your Emotions

**A: House of EGO – become aware of negative state and 60,000 thoughts**



**C: House of Inspiring Leadership Tools – daily success habits**



**B: House of Inspiring Leadership – set the intention of 80% positive state**



**Book Recommendations:**

- A: *A New Earth* (chapter 3) by Eckhart Tolle
- B: *Time Mastery e-book* by Nancy MacKay
- C: *Getting the Love you Want* by Dr. Harville Hendrix