

HOW TO PARK YOUR EGO AND MASTER YOUR EMOTIONS

True leadership demands emotional mastery. We have 60,000 thoughts every day and your ego often works against you, creating unnecessary stress and conflict. This scorecard is your personal evaluation tool to help you recognize the ego-driven behaviors that may be holding you back, develop the emotional intelligence needed to navigate high-pressure situations and strengthen relationships for more significant leadership impact.

A: HOUSE OF EGO

Become aware of negative state and 60,000 thoughts



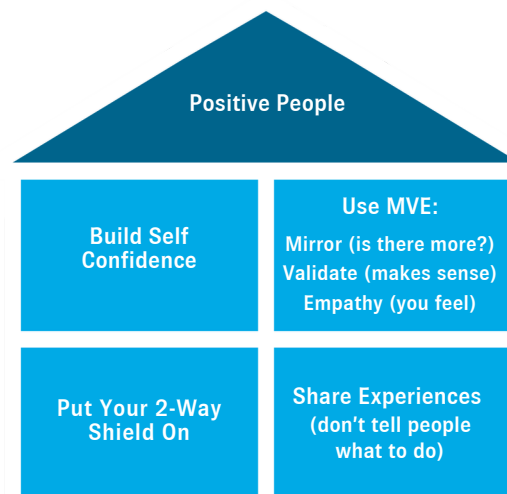
B: HOUSE OF INSPIRING LEADERSHIP

Set the intention of 80% positive state



C: HOUSE OF INSPIRING LEADERSHIP TOOLS

Daily success habits



Book Recommendations:

A: I Don't Have Time by Nancy MacKay and Nico Human

B: New Earth (Chapter 3) by Eckhart Tolle

C: Getting the Love You Want by Dr. Harville Hendrix

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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

A: How strong is your self-awareness of ego-talk?	Rating: low (1) to high (3)
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: Are you able to park your ego and show up as an inspiring leader?	Rating: low (1) to high (3)
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:	

C: Are you using inspiring leadership tools?

Rating:
low (1) to high (3)

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:	

MY TOTAL SCORE for Part I (out of 45)



Part II: How to Master Your Emotions

A: How strong is your self-awareness of your emotional state?	Rating: low (1) to high (3)
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: Are you able to master your emotions on a daily basis?	Rating: low (1) to high (3)
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:	



C: Do you have effective strategies to help you master your emotions?	Rating: low (1) to high (3)
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 limit my alcohol consumption	
14. I get 7 - 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:	

MY TOTAL SCORE for Part II (out of 72)	
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Thank you for taking the time to fill out the Ego Mastery Tool! If your score is below 55, we recommend checking out the suggested books in our [MMM Strategy Guide](#) and joining a peer group for additional support and guidance.

Learn more about CEO [peer learning](#) here and why it's essential to leading without ego.