Twitter Thread by Shiromani Kant ■



Shiromani Kant ■
@readerpreneur

15 quotes to hit your ego from the book EGO IS THE ENEMY:

1. Wherever you are, whatever you're doing, your worst enemy already lives inside you; your ego.

2. The ego we see most commonly goes by a more casual definition: an unhealthy belief in our own importance. Arrogance. Self-centered ambition.

3. Ego is when the notion of ourselves and the world grows so inflated that it begins to distort the reality that surrounds us.

4. We will learn that though we think big, we must act and live small in order to accomplish what we seek.

5. Although we share with many others a vision for greatness, we understand that our path toward it is very different from theirs.

6. Almost universally, the kind of performance we give on social media is positive. It's more "Let me tell you how well things are going. Look how great I am" It's rarely the truth: I'm scared, I'm struggling. I don't know.

7. Doing great work is a struggle. It's draining, it's demoralizing, it's firefighting – not always, but it can feel that way when we're deep in the middle of it.

8. The only relationship between work and chatter/talk is that one kills the other.

9. Being promoted doesn't necessarily mean you're doing good work and it doesn't mean you are worthy of promotion (they call it failing upward in such bureaucracies).

10. It is impossible to learn that which one thinks one already knows," Epictetus says. "You can't learn if you think you already know.

11. Clear the path for the people above you and you will eventually create a path for yourself.

12. Those who have subdued their ego understand that it doesn’t degrade you when others treat you poorly; it degrades them.

13. You need only to care about your career to understand that pride – even in real accomplishments- is a distraction and a deluder.

14. Pride blunts the very instrument we need to own in order to succeed; our mind. Our ability to learn, to adapt, to be flexible, to build relationships, all of this is dulled by pride.

15. Ego is a wicked sister of success.

I hope you liked reading it.

Here's another thread you might like:

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> — Shiromani Kant \u26a1 (@readerpreneur) May 12, 2022