



Your Ego vs. The Real You

Your Ego...	The Real You...
... does not want you to read this	... is open-minded
... loves to fight back	... knows you get stronger every time you do not fight back
... loves to gossip	... respects the Golden Rule (« never do to other what you do not want them to do to you »)
... wants to keep you in your comfort zone	... knows the rewards of discipline and effort
... will never admit that you have done or said anything wrong	... knows something must be wrong if you are always right
... takes any occasion to show that you are superior to others	... does not compare
... takes any occasion to show that others are inferior	... does not judge
... loves competition	... loves cooperation
... thrives on excuses	... knows that excuses will get you nowhere
... wants to maximise profits at any cost	... take people and environment into account as well
... always wants to have more	... thrives on gratitude for what you already have
... loves to show off	... is humble
... doesn't care about others or the environment	... cares about others and the environment
... will always make you believe that there are shortcuts in life	... knows that most of the time there are no shortcuts in life
... always wants statistics, scientific and expert proof	... relies on own judgement and common sense
... will tell you that what you cannot see does not exist	... knows the importance of respecting what you cannot see
... will do whatever it can to fool you into unhealthy habits	... always knows what habits are healthy for you
... will do whatever it can to distract you from your goals and life purpose	... helps you to focus on your goals and life purpose
... will ridicule you if you do things differently than others	... knows that you are unique
... will tell you to follow what other people say	... will tell you to follow your intuition
... thrives on jealousy	... thrives on compersion (=opposite of jealousy)
... will do whatever it can to keep you fat	... will help you overcome your challenges

and unconfident	to get more self-confidence
... will exploit your insecurities	... helps you understand your insecurities
... loves it when you let others decide	... wants you to take your own path in life
... will tell you: the more expensive, the better	... will tell you that there are no such rules, use your own judgement
... will tell you: the more complex, the better	... will teach you the power of simplicity
... loves intellectual arrogance	... knows any message can be told with simple words
... loves to focus on sickness (and the negative in general)	... loves to focus on health (and the positive in general)
... will tell you that others know what is best for you	... will tell you that only you can know what is best for you
... will tell you that you are worthless because you are not rich or have little education	... will tell you that you are unique and can contribute positively to a better world
... will tell you that it is impossible	... will tell you that nothing is impossible
... tends to ignore animals	... loves and respects animals
... will tell you that you are always right	... openly admits being wrong when that happens
... will only spend money on what you want	... will mostly spend money on what you really need
... takes business and life seriously	... doesn't take life seriously
... always thinks "what's in it for me?"	... bases his actions on what is best for all
... fear to get really close to other people	... looks for life-long loving relationships
... is smart	... is wise
... thrives on fear	... thrives on love
... thrives on ugliness	... thrives on beauty
... thrives on old dogmas	... thrives on open-mindedness
... thrives on rationality and standards	... thrives on creativity
... thrives on secrets	... thrives on openness
... thrives on individualism	... likes to share and help others
... thrives on status quo	... thrives on learning new things
... loves artificial environments	... loves natural environments
... despises older people	... respects and learns from older people
... counts money	... counts wonderful relationships
... hates being alone	... knows the importance of taking time for yourself
... loves complaining	... knows that complaining makes you weaker
... never forgives	... thrives on forgiving others (and yourself)
... doesn't care about always keeping promises	... understands the importance of always keeping your promises
... thrives on procrastination	... knows that taking immediate action gives you additional energy
... thrives on lack of character	... thrives on integrity and honesty
... will fool you to believe that a pill will cure you	... knows that you need to tackle/remove the real cause of your pain/health issue
... thrives on being cool	... thrives on humbleness
... thrives on distrust	... thrives on trust

... loves instant gratification	... thinks long-term
... will ridicule people who are different from you	... looks for the beauty in differences
... thrives on xenophobia	... thrives on tolerance
... measures everything in money	... measures life in happy moments
... thrives on negative news	... thrives on good, positive, uplifting news
... thrives on violence	... thrives on non-violence
... loves it to see others suffer	... feel compassion for people having difficulties
... will tell you that it is only inner beauty that counts	... respects others by taking care of yourself
... thrives on revenge	... thrives on forgiveness
... loves to control others	... gets no satisfaction from controlling others
... will tell you that more and bigger is always better	... knows what is enough
... will try to persuade you that the grass is greener on the other side	... knows the grass is seldom greener on the other side
... does not want you to look yourself into the mirror	... knows the benefits of never sweeping anything under the carpet
... wants you to have bad conscience and hide the bad things you have done in your past	... knows that whatever bad things you might have done in the past, you always get a new chance in life
... loves to raise its voice, shout and insult others	... never raises its voice, not even with children and life partners
... loves to drive fast	... enjoys the landscape