



The Simplest Way to Conquer Your Greatest Enemy

This worksheet will help you recognize the lies your Ego is telling you so that you can start to ignore them and redefine who you are.

List 2-3 lies your Ego tells you repeatedly.

Prompts :

- You're not good enough.
- You're what other people think of you.
- No one is interested in your point of view.

Pick 1 lie to focus on for now. Think about and describe what's usually going on in your life when you hear this lie.

Prompts:

- You're taking on a new project at work.
- You're starting a new relationship with someone.
- You're in a group of people you don't know well.

Why do you tend to believe this lie?

Name some things about yourself that disprove this lie.

Read the reasons you tend to believe the lie. How do you feel?

Read the things about yourself that disprove the lie. How do you feel?

Which way you would rather feel? It should be pretty obvious, but write it down. Seeing it in writing is part of the process of facing your limiting beliefs.

What are your core values? Not sure, go to this post <https://theexpectationgaps.com/name-your-core-values/>

Based on the things you listed that disprove the lie and your core values, list 3 ways you would define yourself.

Now that you've started to redefine yourself, use that definition to draft a response you could use when your ego tells you this lie.

Example:

- Your ego says, "You're not disciplined enough to start a new workout routine."
- You say, "Thank you for looking out for me, but I am good at focusing on one thing at a time. So, I'm just going to focus on working out today. I'll worry about tomorrow tomorrow."

That's it!

Now go back through and do that for each lie that you identified.

And, practice, practice, practice!

And be patient! However old you are, you are trying to undo that many years of conditioning. It's going to take awhile. You will get discouraged, but **that discouragement is just another lie that you're telling yourself.**

Don't let it keep you from living the fulfilling life you were meant to live!