

## WORKPLACE WISDOM NEWSLETTER

### An Out-of-Control Ego

**I read an article about a leader who had been caught stealing and lying.**

Periodically we learn, in newsworthy accounts, of ethical lapses of judgment.

Sometimes, it appears that an individual is getting away with a lie or with deceitful behavior; but in my lifetime, I've noticed that there is a judgment at the end of such self-absorbed, self-serving behavior.

- **Lofty perches do not hold up forever.**
- **Lying is discovered.**
- **Misdeeds are judged. Pay-back is required.**

I don't recommend "getting even", retribution, retaliation, or "pay-back".

**What I DO recommend is CONTROLLING YOUR OWN EGO and pursuing a lifestyle with these**

### **THREE HEALTHY HABITS:**

- 1. Work hard.**
- 2. Be loyal.**
- 3. Keep your promises.**

I think **the things that get in the way of a healthy lifestyle** are summed up in a book called EGO Check by Matthew Hayward. Mr. Hayward says there are four areas where egos go amok:

- 1. We get too full of ourselves.** *We think we can't fail.*
- 2. We don't get out of our own way.** *We don't listen.*
- 3. We fool ourselves about a situation.** *We think **IT** won't matter.*
- 4. We fail to recognize long-term consequences.** *We make a "mess".*

Sometimes, I see EGO RUN AMOK in my own life.  
Sometimes, I see EGO RUN AMOK in associates' lives.  
Sometimes, I see EGO RUN AMOK in good friends' lives.  
Sometimes, I see EGO RUN AMOK in my loved ones' lives.

**The lesson is that my ego can get in the way of my best efforts.**

It can prevent me from building strong - and lasting - relationships.  
It can keep me from being kind, reasonable, and approachable.  
It offends.

**So, we see that an OUT-OF-CONTROL EGO affects us, along with those people who trust us.**

It's an ongoing examination in every life. Check your ego.  
See if this saying fits: "*Am I getting too big for my britches?*"  
If the answer is "Yes." Make adjustments. You can do it.

**HOWEVER...an IN-CONTROL EGO serves a healthy purpose.**

A healthy ego is a *cousin* to "courage" and "confidence".  
Used appropriately, your *ego-in-control* serves you well every day.

My goal is to make sure mine is in control.  
If I'm not sure, I'll ask several of my best friends!

I'm getting ready to do that right now!

**I encourage you to think about it, too.  
This is a big planet...with much to do.**

**Put your *in-control-ego* to work for the good!**