

**21 ways to kill  
the toxic ego  
that will ruin  
your life:**



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1. Adopt the **beginner's** mindset.
2. Focus on the **effort**; not the outcome.
3. Choose **purpose** over passion.



4. Shun the comfort of talking and **face the work.**

5. **Know what matters** to you and ruthlessly say no to everything else.

6. Learn to **manage** (yourself and others).



7. Forget **credit** and **recognition**.

8. Connect with **nature** and the **universe** at large.

9. Choose **alive time** over dead time.



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10. Let go of **control**.

11. Get out of your **own head**.

12. When you find yourself in a hole, **stop digging**.





13. Don't be deceived by recognition, money and success, **stay sober.**

014. Leave your **entitlement** at the door.

15. Choose **love.**



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16. **Pursue mastery** in your chosen craft.

17. Keep an **inner scorecard**.

18. Always stay a **student**.



19. No one can **degrade** you;  
they degrade themselves.

20. Stop playing the image game,  
focus on a **higher purpose**.

21. Focus on the **effort**, not the  
results.

