

Pride Worksheet

One of the most beneficial things we can do to make your engine run more **efficiently**, is recognizing false ideas and beliefs your mind **makes up** to try and protect you.

There are two main types of ego-driven pride. *Arrogant Pride* and *Insecure Pride*.

Arrogant

When you feel "**better than**" others. Leads to resistance, blame, or entitlement.

Insecure

When you pretend not to care because you're **afraid** of being judged or failing.

Everyone is different, which do you experience more often?

Click on all that apply:

Arrogant	Insecure
<input type="checkbox"/> "I already know this."	<input type="checkbox"/> "This is stupid anyway."
<input type="checkbox"/> "I don't need help."	<input type="checkbox"/> "I don't care."
<input type="checkbox"/> "That feedback doesn't apply to me."	<input type="checkbox"/> "They're probably judging me."
<input type="checkbox"/> "I don't care what anyone says."	<input type="checkbox"/> "I'll just mess it up."
<input type="checkbox"/> "I'm not the problem—other people are."	<input type="checkbox"/> "I'm not good at this."

Reflect: are you more *arrogant* or *insecure*?

Which of the statements above do you most **relate** to?

Is that statement true? What can you **do** about it?