

EGO AND SELF ESTEEM



IS IT EGO AMONG INDIANS THAT HAS BEEN HOLDING THE PROGRESS OF INDIA?

- Any amount of ego is tantamount to ethical development, while any amount of self-esteem is good for ethical and personal development.



What holds the Indians?

- Why is that Indians who are highly talented, lag behind- is it talent or attitude;
- Why is that Indians are hobbesians, why is that most of the cities have a culture of snobbery,
- Why is that we waste our time more on pulling down others, envying them, being jealous of them rather than focussing on ourself, improving on ourself;
- Why is that we take most of our decisions on the basis of perception, rather than on reality, why is that we prefer to bribe our priests and our gods too, rather than dispensing the same amount to the poor....

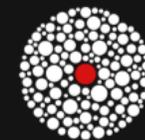
The list of such questions may not be endless, but it does cast aspersions on our attitude, our thinking, our interpretation of events and processes.



'The biggest hurdle that one comes across in India is almost everyone happens to know what you will say, what you will think, and how is it that you are going to act. The toughest hurdle is if they say someone is already doing what you have thought of.... There isn't much to do then for an innovator.

This happens because we nurse our ego more than our self esteem,

"We are all one... only egos, beliefs and fears separate us."



Educate
Inspire
Change

Now the issue is-What is the impact of ego on attitude, and how is it different from self esteem.



Ego blinkers your vision, constricts your thinking, it makes you narrow minded, stops your adaptability (Its not the best species that survive, but the most adaptable), prevents your observation-power, blurrs your communication, stops your learning process, inhibits your innovative ability and empties your social capital.

“ego”

**is the only requirement
to destroy any relationship**

**So, be a bigger person
skip the “e” and let it “go” !**

Self esteem is different from ego.
In self esteem you always improve upon yourself, always make yourself better, you only compete with yourself so that you are improved to an extent that you are head and shoulders above others.

Self Esteem



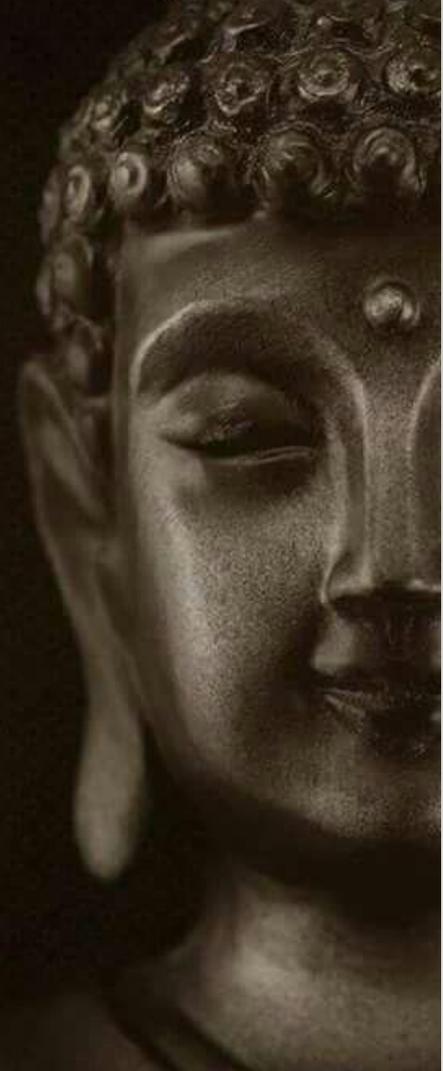
In ego, you always try to make the others feel down, you look them down, prevent them from rising, and development by obstructing them, and then in some extreme you always try to degrade them.

EGO

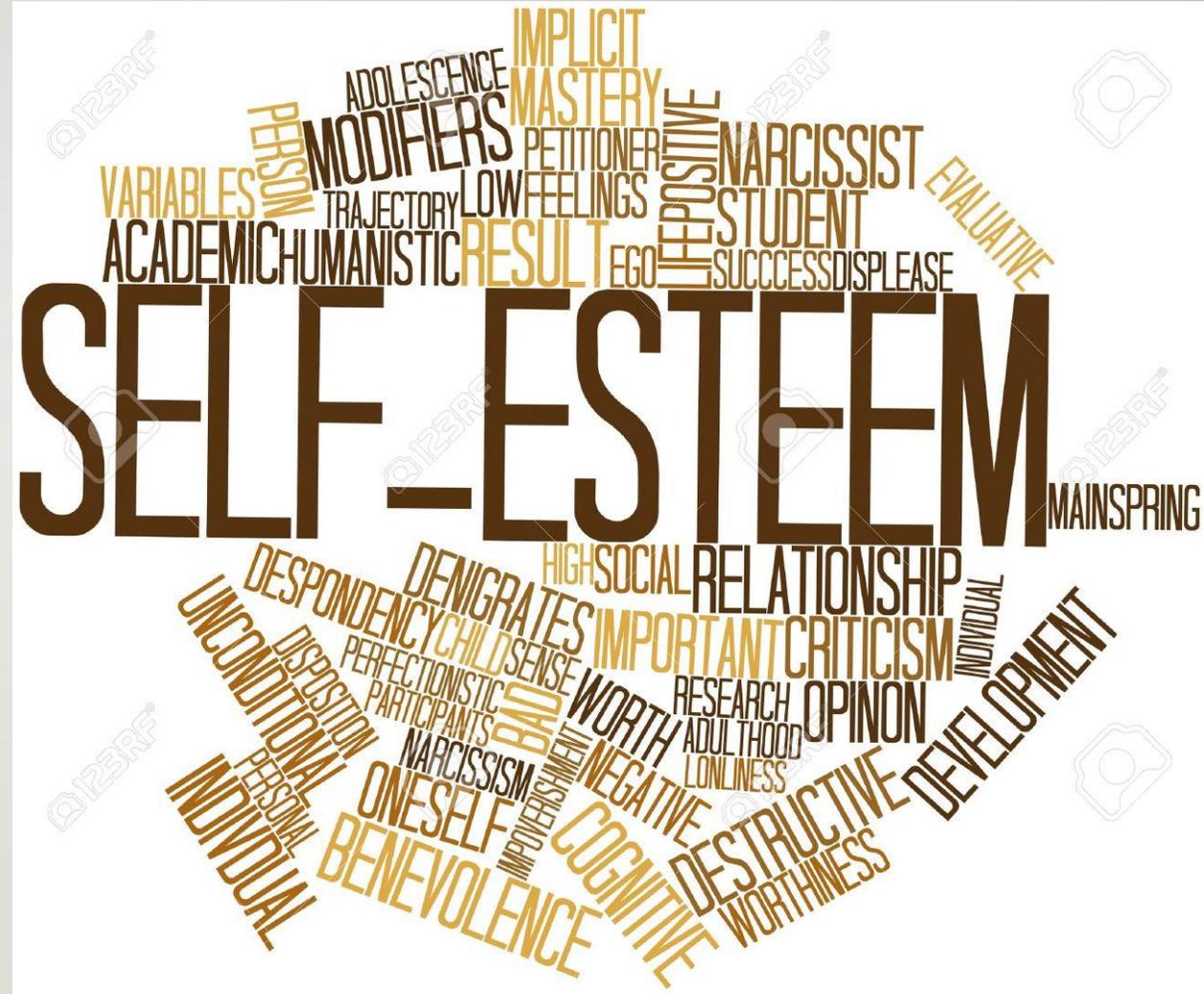
is just like dust in
the eyes..
Without clearing
the dust,
We can't see
anything clearly,
So clear the ego
and see the world.

e-buddhism.com

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In self esteem, you improve yourself to your satisfaction, beyond anyone's reach without imitation, self esteem improves your satisfaction, your contentment and your ability to know yourself.



In ego you try to change others, obviously this is strength, in self esteem you control yourself, you overpower yourself and that is absolute power.

CELEBRATE YOUR
STRENGTHS
AND SUCCESSES



ACKNOWLEDGE EACH PART OF YOURSELF AND
SHOW GRATITUDE FOR ALL THAT YOU HAVE BECOME.

Ego makes you judgemental, self esteem makes you adaptable, and a learner.

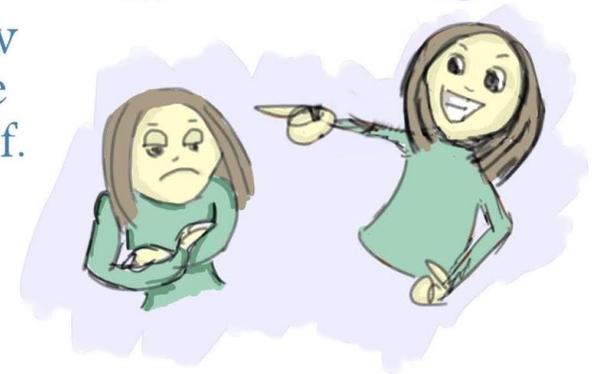
Self Esteem

People forget...

It isn't how other people see you.

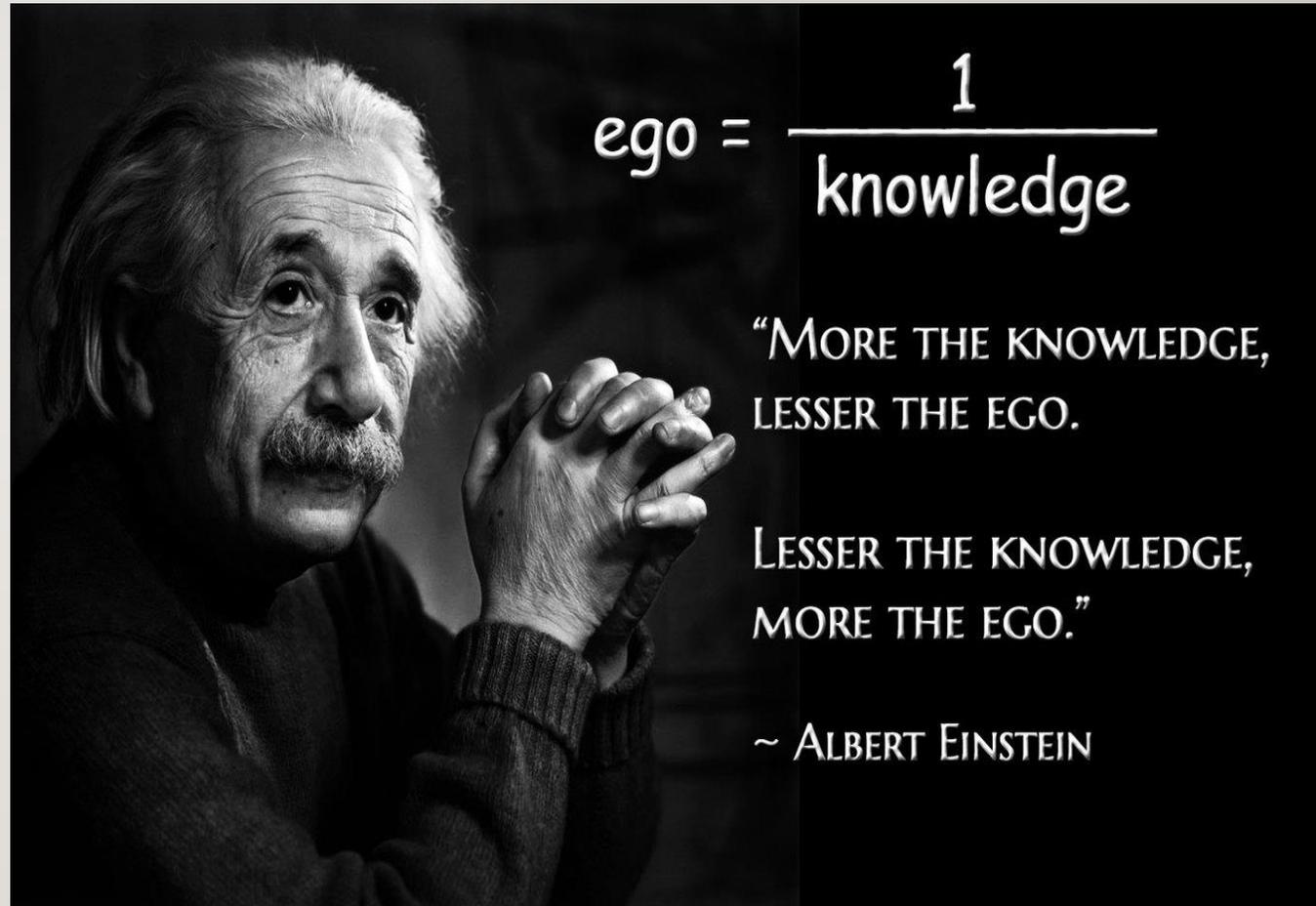


It's how you see yourself.

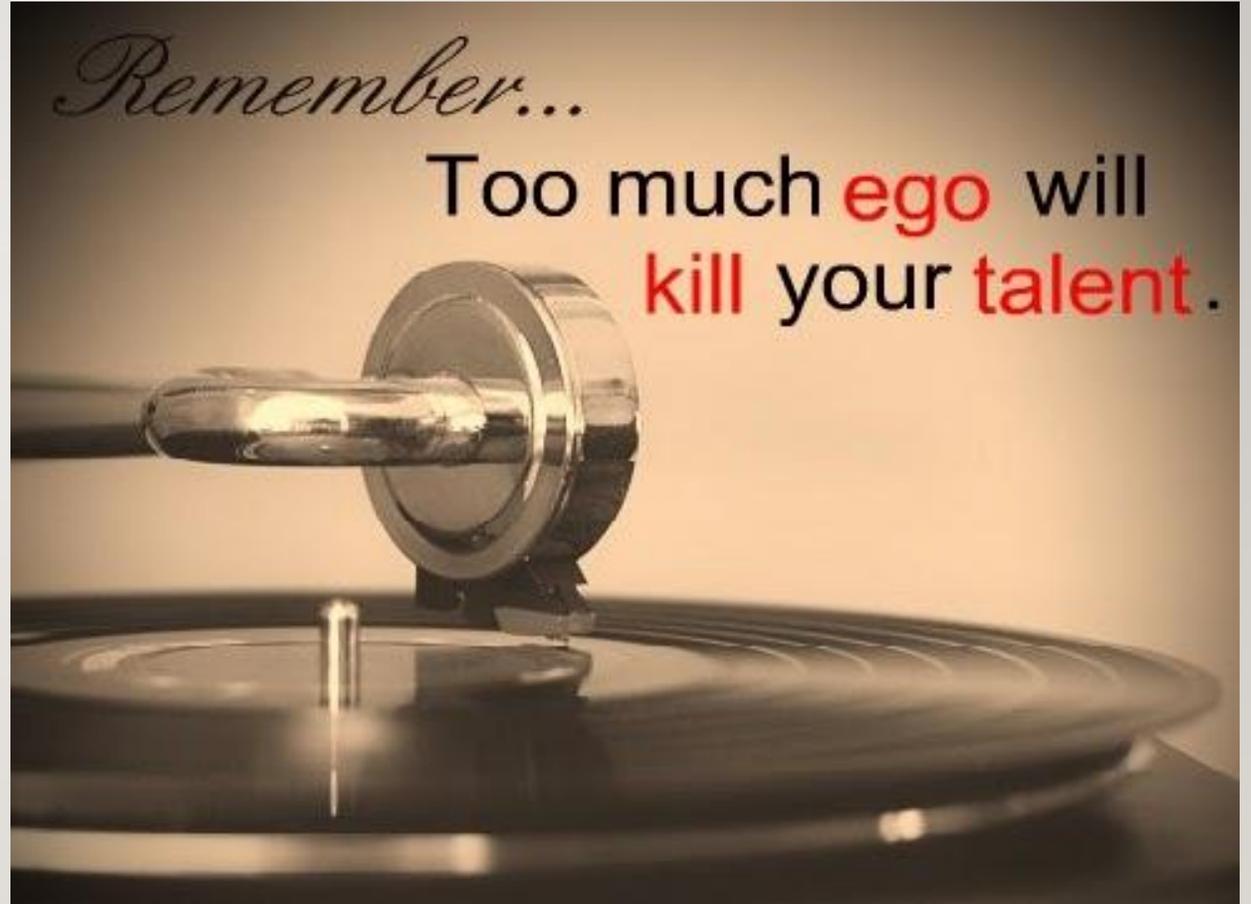


...and that's what makes it hard...

Ego prevents innovation, self esteem propels you towards innovation, and it's diffusion.



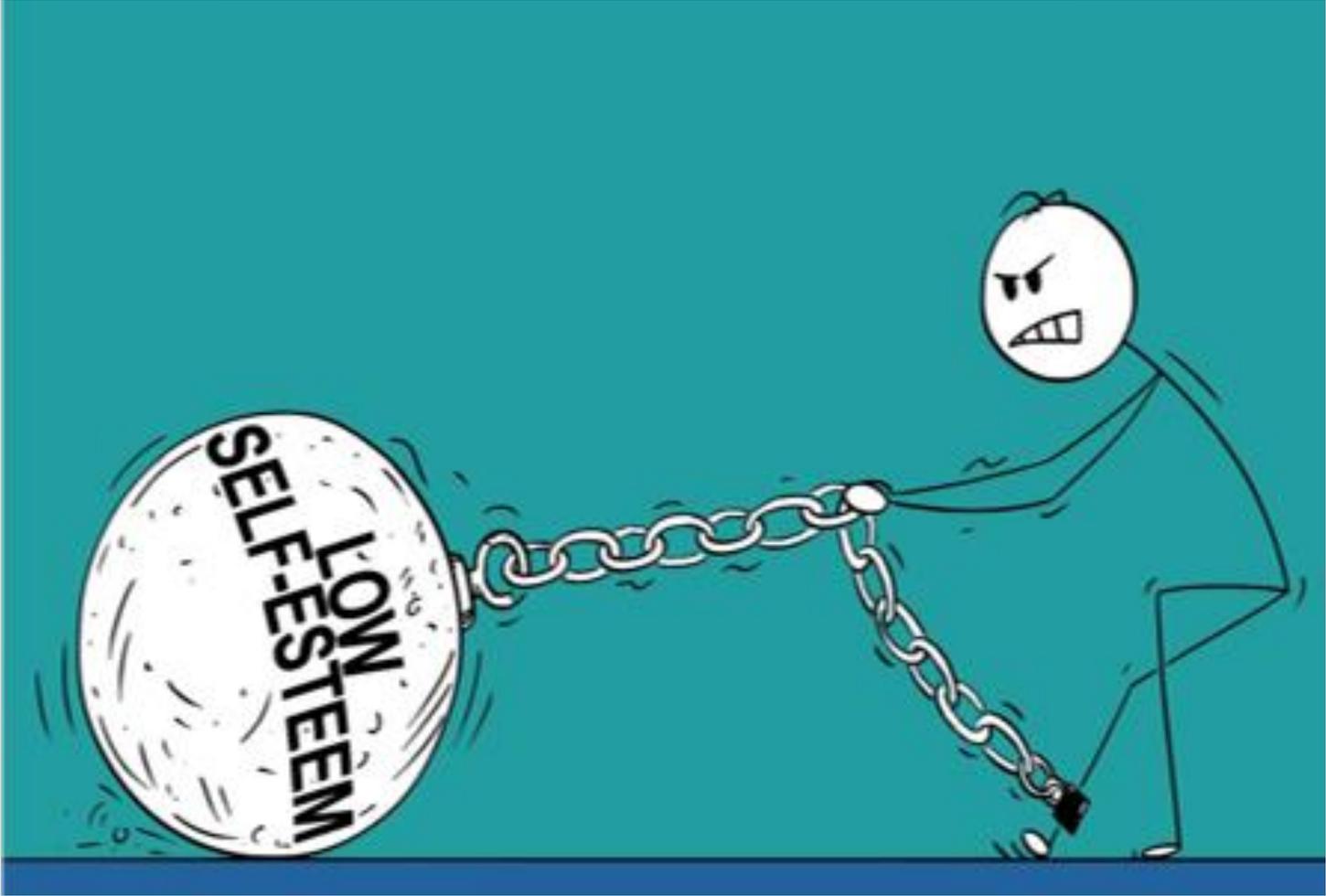
Ego clutters your mind, self-esteem empties it, allows free interaction.



Ego makes you think inward, self-esteem make you the friend of the world.



Ego prevents your receptivity; self esteem increases your receptivity.



Ego is weakness self esteem is strength.

SELF ESTEEM AND DEVELOPMENT

Self-esteem

the way we feel about ourselves

higher self-esteem

healthy social interactions

High self-esteem

Study.com

The diagram illustrates a positive feedback loop for self-esteem. On the left, a cartoon girl with blonde hair, a pink headband, a pink shirt, and a brown vest stands with her hands on her hips, smiling. Below her is the text 'High self-esteem'. A red arrow points from her towards the center text 'healthy social interactions'. From this central text, another red arrow points towards a cartoon boy on the right. The boy has blonde hair, a green shirt, and blue shorts, and has a sad, downturned mouth. Above him is the text 'higher self-esteem'. A red arrow also points from the boy back towards the girl, completing the cycle.

**WISH YOU
UNDERSTAND YOUR
SELF-ESTEEM BY
SHEDDING YOUR EGO**

