

Week 4: Check Your Ego

1. Do I (really) believe in myself and am confident? If not, WHY?

(versus self-doubt, negative self image)

2. Do I believe I deserve to succeed? If not, WHY?

(versus don't feel worthy)

3. Am I open & teachable?

(versus stubborn, close minded, "never wrong", shut down when coach gives critique)

4. Do I take responsibility for my actions?

(versus blame others, complain, belittle others, selfish or think "the rules don't apply to me")

5. Am I in control of my emotions? Do I consistently have a positive attitude? What can I do to improve?