

# Tweets, Greetings, Sweets, and Beets: A Guide to Managing Ego

In the age of social media, it's more important than ever to be able to manage your ego. With the constant stream of tweets, greetings, sweets, and beets (likes, comments, shares, and retweets), it can be easy to get caught up in the attention and start to believe that you're more important than you really are.



## Tweets, Greetings, Sweets & Beets A GUIDE TO MANAGING EGO by Glenn Proctor

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But it's important to remember that ego is a double-edged sword. It can be a motivating force, driving you to achieve great things. But it can also be a destructive force, leading to arrogance, entitlement, and isolation.

So how do you manage your ego and stay humble and grounded, even when you're receiving a lot of attention? Here are a few tips:

### 1. Be aware of your ego

The first step to managing your ego is to be aware of it. Pay attention to your thoughts and feelings when you're receiving attention. Do you start to feel superior to others? Do you start to believe that you're entitled to special treatment? If so, then your ego is starting to get out of control.

## **2. Practice humility**

Humility is the antidote to ego. It's the ability to see yourself clearly, with all of your strengths and weaknesses. When you're humble, you're less likely to be swayed by flattery or to take yourself too seriously.

There are many ways to practice humility. One way is to spend time with people who are different from you. This could be people from different cultures, backgrounds, or socioeconomic groups. When you spend time with people who are different from you, it helps you to see the world from a different perspective and to realize that you're not the only one who matters.

## **3. Seek feedback**

One of the best ways to stay humble is to seek feedback from others. Ask your friends, family, or colleagues to give you honest feedback about your work, your attitude, or your behavior. This feedback can help you to see your blind spots and to identify areas where you need to improve.

It's important to remember that feedback is not always easy to hear. But if you're open to it, it can be invaluable in helping you to manage your ego and to become a better person.

## **4. Be grateful**

Gratitude is another powerful antidote to ego. When you're grateful for what you have, you're less likely to be focused on what you don't have. And when you're focused on what you don't have, you're more likely to feel envious, resentful, and entitled.

There are many ways to practice gratitude. One way is to keep a gratitude journal. Each day, write down three things that you're grateful for. This could be anything from your health to your family to your job. When you focus on the things that you're grateful for, it helps you to see the world in a more positive light and to appreciate the good things in your life.

## **5. Remember that you're not the center of the universe**

It's easy to get caught up in the attention and start to believe that you're the center of the universe. But the truth is, you're not. There are billions of other people in the world, and each one of them is just as important as you are.

When you remember that you're not the center of the universe, it helps you to stay humble and to see the world in a more realistic light. It also helps you to be more compassionate towards others and to understand that everyone is just trying to do the best they can.

Managing your ego is an ongoing process. It's something that you need to work on every day. But if you're willing to put in the effort, it's worth it. When you're able to manage your ego, you'll be less likely to be swayed by flattery or to take yourself too seriously. You'll also be more likely to be grateful for what you have and to be compassionate towards others.

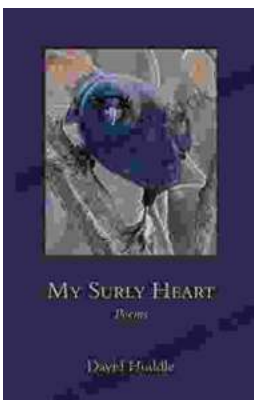
So if you're looking to live a more humble and grounded life, start by managing your ego. It's not easy, but it's worth it.



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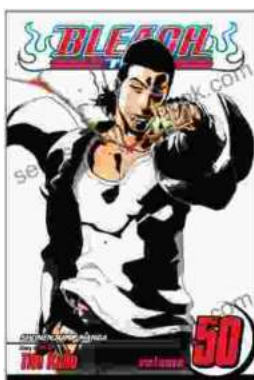
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