



Tool for Personal Growth: Self-Assessment – Is Ego Blocking Your Progress?

To what extent is your ego blocking your progress?

Part 1: Self-Assessment

To recognize how the ego might hinder your growth, reflect on these questions. Honest answers can illuminate how ego subtly dictates your behaviors and limits your peace, growth, and connection with others and the Divine.

Reflection Question	Yes	No
1. Do I regularly think that others are the cause of my problems?		
2. Do I need recognition or appreciation to feel satisfied?		
3. Do I feel threatened by the success of others?		
4. Do I hold grudges or relive past hurts in my mind?		
5. Do I react defensively to feedback?		
6. Do I often initiate or participate in gossip, criticism, or blaming others?		
7. Do I play the victim, believing life is unfair or people are against me?		
8. Do I believe my opinions are always right?		
9. Do I struggle to admit mistakes or apologize?		
10. Do I identify strongly with my achievements, possessions, or roles?		

Part 2: Self-Reflection

1. What did you learn about yourself based on the above self-assessment?



2. Which aspects do you need to work on the most? Identify and list the strategies from the August 2025 issue of Samarpan on Dismantling the Ego.

Part 3: Identification of Personality Traits

Based on the scenarios on the traits of an ego-driven vs. a humble manager (described in the issue on Dismantling the Ego), identify the traits that you display.

Trait / Behavior	Ego-Driven Leader	Humble Leader
Listening	Interrupts and dominates the conversation	Listens actively, asks open questions
Response to Ideas	Dismissive of others, especially juniors	Welcomes input regardless of rank
Ownership of Mistakes	Deflects or blames others	Takes full responsibility
Recognition	Seeks personal credit, self-promotes	Shares credit, uplifts others
Reaction to Feedback	Defensive or denies issues	Open, reflective, and willing to adjust
Decision Making	Top-down, often unilateral	Inclusive, encourages collaboration
Communication Style	Authoritative, often condescending	Respectful, empathetic
Core Focus	Protecting image, proving superiority	Learning, growth, and team trust
Response to Failure	Self-preserving, blame-shifting	Transparent, focused on solutions
Team Impact	Fearful, disengaged, low morale	Empowered, loyal, psychologically safe

Is there an alignment in your responses for all three parts? How will you work on developing more humility?

If you need to speak with anyone about any part of this assessment, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.