

## The Upbuild Podcast Episode Guide

### Welcome to Upbuilding the Self

Two former monks, a former startup founder/CEO, and a former equity derivatives trader dive into how to be our best selves, free from the ego. Our egos are the identities we create for ourselves and wish the world to validate, but when we are not seen as we want to be, we feel insecure. This podcast lives at the intersection of leadership and spirituality. It will help you understand your ego so that you can act with greater clarity, compassion, and the freedom to be your best self.



Below, we share with you links to the podcast episodes broken down by topic to make the library more digestible. If you want to get in touch, please send us a [message](#).

The podcast is available on [Apple podcasts](#), [Spotify](#), and all other podcast platforms

### Top 10 Downloaded

- [Imposter Syndrome](#)
- [Internal Family Systems \(IFS\) & Parts Work: Your Internal Board of Directors](#)
- [If You Think You're Self-Aware, You're Not](#)
- [The Antidote to Envy](#)
- [Creating Space Between Stimulus and Response](#)
- [How Are You: The Deeper Meanings Behind Our Responses](#)
- [How to Have Difficult Conversations](#)
- [Productivity as a Coping Mechanism for Shame](#)
- [From Investment Banker to Monk: Finding Your Calling](#)
- [The Seduction of Anger](#)

### Cornerstone Upbuild Philosophy

- [The Ego vs. The Self](#)
- [The Masks We Wear](#)
- [An Existential Crisis is an Opportunity for Growth](#)
- [The Two Sides of Working on Yourself](#)

## The Struggle to Find Your Self-Worth

- [Imposter Syndrome](#)
- [The Trap of Defining My Value By What I Produce](#)
- [Detangling Self-Worth from Achievement](#)
- [What Does It Mean to Be a Chameleon?](#)
- [How Are You? The Deeper Meanings Behind Our Responses](#)

## Frameworks and Tools For Being Your Best Self

- [The Four Levels of Motivation](#)
- [I Dislike in You What I Dislike in Me](#)
- [“There I Go Again”](#)
- [The Inspiration-Insecurity Continuum](#)
- [The Agitation We Feel from Social Media \(Our Unilateral Contracts\)](#)
- [Safe vs. Quality Problems](#)
- [The Freedom Fantasy](#)
- [The Three Sources of Introversion](#)
- [The Rules that Rule Us](#)
- [Everyone Is My Teacher](#)
- [Enneagram Foundations Series](#)
- [Nonviolent Communication Series](#)

## Communication and Conflict Management

- [How to Have Difficult Conversations](#)
- [The Art of the Meta-Conversation](#)
- [The Power of Powerful Questions](#)
- [The Four Listening Channels and the Power of Curiosity](#)
- [Unlocking Growth Through 360 Degree Reviews and the Delicate Dance With Feedback](#)

## Working With The Shadow (Ego)

- [Creating Space Between Stimulus and Response](#)
- [Internal Family Systems \(IFS\) & Parts Work: Your Internal Board of Directors](#)
- [Productivity as a Coping Mechanism for Shame](#)
- [The Antidote to Envy](#)
- [If You Think You're Self-Aware, You're Not](#)
- [Goldman Sachs Bonus Day and the Entitled Ego](#)
- [Humiliation Comes Before Humility](#)
- [The Seduction of Anger](#)
- [Anger Management](#)
- [Finding the Bait of the Inner Critic](#)
- [Under the Influence of Lust](#)
- [Tolerating Provoking Situations](#)
- [The Cost of Cutting Corners](#)
- [Gossip: The Temptation and Tolls](#)
- [Atomic Habits and the Slippery Slope of Using Identities to Help Us With Our Habits](#)
- [Our Need for Validation and Why We Don't Like To Need It](#)

## Connecting To Purpose

- [From Investment Banker to Monk: Finding Your Calling](#)
- [This is Your Damn Life](#)
- [A Monk in NYC: Demystifying the Monastery](#)
- [Our Motivations for Charitable Giving](#)

**A note on why we started this podcast:** We've found that the most transformative principle in our lives has been what's called 'sanga' in yoga philosophy. That is the company we keep. The quality and content of our connection to people who want the best for us and are working on themselves to become their best. The rising tide floats all boats. This podcast is our sincere attempt to create sanga with like-minded people around the world so that we can all keep working on ourselves and inspire one another as we progress in our lives.