PRACTICE EXERCISES

HUMILITY

WEEK THREE

★ The number of stars represents the degree of difficulty. ★

Dirty Jobs, Part One

Perhaps you've heard of the TV show "Dirty Jobs" where Mike Rowe travels the country engaging in jobs most people wouldn't want to do, because of how dirty or repulsive they are.

In this exercise your goal is to notice people who do things you wouldn't want to have to do (e.g., cleaning toilets in a public building) and leave a thank you note letting them know their service or efforts are not going unnoticed.

Use a FreshImpact postcard if you'd like. Check the box to the right when completed. ☐

Dirty Jobs, Part Two

Now that you've spent a litte time in the one-star exercise (above) noticing some people doing "dirty jobs" it's time for you to pick an **unpleasant job** around your house, work or neighborhood that others normally do and do it for them as an act of identification, humility and appreciation.

What was the job you did? When did you do it? Who normally does that job? What did you feel like as you did it?

Fermé La Bouche

There is usually more than one time every day when we are in conversation bursting to share our opinions, ideas, plans or advice. We're bursting because we think our "two cents" is better.

The next three times that happens and you notice yourself bursting to speak, no matter how right you think you are or how important your idea may be--fermé la bouche. That means "keep your mouth shut." Then come back to this exercise and write down what you would have said but didn't. Congratulations! That shows humility.

1 Today [name of person here] was speaking and I wanted to say _____ _____ _____ but I didn't.

2 Today [name of person here] was speaking and I wanted to say _____ _____ _____ but I didn't.

3 Today [name of person here] was speaking and I wanted to say _____ _____ _____ but I didn't.

Want all 30 humility exercises in our full-color 60 page workbooks? **bit.ly/humility-hardcopy** or scan the QR code.

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