PRACTICE EXERCISES

HUMILITY

WEEK TWO

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

Well, Would You Lookie Here!

The ability to admire others depends on not being preoccupied. But it's hard to know when we are preoccupied, because we are too preoccupied to notice. That's why it's important to create "attention alerts" – some common daily action that will remind you to snap out of attention.

What daily routine or experience can you attach to humility? So whenever you do that action or have that experience you'll think, "Oh yeah I need to remember so-and-so, because I really do want to be more like them."

The humble person I want to be more like.

My "attention alert"

Scavenger Hunt and Lift

Humility has to do with thinking appreciatively about the value of other people. That often requires making effort to think thoughtfully and thoroughly. In this exercise, look at the characteristics in the column to the right and write down at least two people (not just one!) who come to mind for each characteristic. Do not use the same person twice.

Pick at least one of the two in each group to affirm with a specific statement of admiration about the way they "outshine" you. But here's a special twist. Make that statement in the presence of another person. Better yet, do it in a group. Why? Privately doesn't take as much humility as telling a group how that person outshines you.

- ☐ A person who thinks more clearly than I.
- ☐ A person who is more kind than I am.
- ☐ A person who works harder than I do.
- ☐ A person who is more creative than I am.

FREE THROW IMO'S

Basketball players raise their free throw percentage by practicing over and over again. Here's a great repetitive exercise to instill the habit of humility in yourself. Since most people tend to share their opinions as if they are facts others should share, practice recognizing them before you speak them and preface them with the introductory phrase "In my opinion..." Do this at least three times a day for five days. (It'll be easier than you think, based on how many opinions we share every day.

DAY ONE	☐	☐	☐
DAY TWO	☐	☐	☐
DAY THREE	☐	☐	☐
DAY FOUR	☐	☐	☐
DAY FIVE	☐	☐	☐

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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