PRACTICE EXERCISES

HUMILITY

WEEK ONE

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

Put Them on Notice

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The next time you have been spending a lot of time working on a project or assignment, or completed a hard task, or kept your word, or did something creative, or went "above and beyond" what was required--you get the idea--and hope someone notices and says "Thank you" or "Good job" let that be your signal. Look around for someone else who's been spending a lot of time working on a project, or completed a task well, etc. etc. and **make a point of saying "Thank you" or "Good job" to them when some other person(s) can hear the compliment.**

Write down who you complimented, what they did and who heard the compliment.

Mnemonic Memento

★★

All of the twelve target traits are super important. All of them deserve our attention. But humility is **so important** it probably deserves extra special attempts to keep it in the very forefront of our mind. A "mnemonic device" is **something you can use to jog your memory and your will to keep pursuing humility.**

It's time to find something that will be an effective reminder to you now and a meaningful keepsake for you later of your efforts to improve your trait of humility. **Find something:** a t-shirt, a plaque, a quotation or picture you can frame, a figurine, a wristband or piece of jewelry... something that will remind and **inspire you to go for it every time you see it.**

What did you decide on?

Tell Me a Story, Please

★★★

Few things show humility more than slowing down and inviting a person who does not get much attention (like an elderly person or a socially awkward person) to tell you about their interests or stories about their life, especially when it takes time and sometimes real concentration to follow.

Find a person who could use some thoughtful attention and engage them in conversation. Maybe pay them a special visit. Your humility really starts to be exercised when you make eye contact, pay attention, and even ask more questions! If your attention starts to fade, just think this: Right now their life is more important than mine.

WRITE A BRIEF SUMMARY: Who did you talk to? One interesting thing you learned? How long did you talk?

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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