

## 1. Humility

### What is humility?

Humility is the quality of being modest and having a low opinion of oneself. Humble people are open to learning and growing, and they are willing to admit when they are wrong.



## Why is humility important?

**Build stronger relationships:** Humble people are more likely to be seen as trustworthy and likeable.

**Be more successful in our careers:** Humble people are more likely to be promoted to leadership positions.

**Be happier and more fulfilled:** Humble people are more likely to be content with their lives and have a positive outlook.

## How is Humility Practiced?

**Self-reflection:** Regularly evaluate your strengths and weaknesses, and be honest with yourself about areas where you can improve.

**Admit Mistakes:** When you make a mistake, acknowledge it and take responsibility. This can help you learn and grow.

**Empathy:** Try to understand others' perspectives and feelings, even if they differ from your own.

**Gratitude:** Cultivate gratitude for the contributions and assistance of others in your life.

**Serve Others:** Look for opportunities to help and support others without expecting recognition or praise.

## Examples of humility:

A successful business leader who gives credit to their team for their success.

A student who asks for help when they are struggling.

An athlete who congratulates their opponent after a game.

A parent who apologizes to their child when they make a mistake.

A friend who is always willing to listen, even when they don't agree.

**Insight:**

Humility is a virtue that can have many positive benefits for our lives. It can help us to build stronger relationships, be more successful in our careers, and be happier and more fulfilled.

**Note-**

modest--not talking too much about your own abilities, good qualities, etc.

opinion--what you think about somebody/something

Virtue--behaviour that shows high moral standards (Justice, Honesty and kindness are virtues.)