



The Virtues Project

HUMILITY

Week beginning August 6/7

Being humble is considering others as important as yourself. You are thoughtful of their needs and willing to be of service. You don't expect others or yourself to be perfect. You learn from your mistakes. When you do great things, humility reminds you to be thankful instead of boastful.

You are practicing humility when you ...

**Consider the needs of others as important as your own
Apologize and make amends when you hurt others
Learn from your mistakes and change for the better
Ask for help when you need it
Are doing your best just to do it, not to impress anyone
Are grateful instead of boastful**

Affirmation

I am humble. I do not judge others or myself. I value my ability to keep growing and learning.