

## **HUMILITY & MODESTY**

You are aware of your own and other people's equality and oneness.

You do not boast of your achievement or interfere with others but allow people to find their way whilst attentive to lending a helping hand.

You do not see yourself as special and other people value your unpretentious contribution and support.

[More info on Humility & Modesty](http://www.viacharacter.org) [www.viacharacter.org](http://www.viacharacter.org)

What are the signs of humility strength?

What work might suit someone who is humble and modest?

What advantage is there in developing humility?

## **Make a plan to increase your humility!**

I'd love to have more humility in the following situation:

This would help me to be more humble (e.g. listen more, not brag, encourage others):

When and where I'll show more humility:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.