CULTIVATING HUMILITY | TIPSHEET

Humility is not only the freedom from feelings of pride or arrogance, it's a behavior. And, though we may feel a sense of humility, we might not always act on it. Acting through humility can be a powerful way to connect with others and cultivate a more positive view of our world. The eight tips below are just a few ways to cultivate (and express) humility in everyday life.

THE TIPS

1 PRACTICE GRATITUDE

Keep a daily gratitude journal or simply take five minutes each day to think about what you're grateful for.

2 EXPRESS GRATITUDE

Put the feeling of gratitude into action. Write a thank-you letter to someone who has helped you or express your thanks in person.

3 RECOGNIZE AND CELEBRATE OTHERS

Pay a compliment, congratulate someone, ask them about an achievement of theirs, ask questions about important work they do.

4 PRACTICE SELF-ACCEPTANCE

Accept that you will sometimes fail, that you won't always have the right words, and that you aren't perfect. No one is. And, that's okay.

5 RECOGNIZE WHERE YOU NEED HELP

What questions do you need answered? What areas are beyond your expertise? Where might someone else be better able to contribute? Everyone needs help sometimes.

6 ASK FOR HELP/ACCEPT HELP

When you find you need help, don't hesitate asking for it or accepting it when offered. Let go of the idea that you have to do it all.

7 ENJOY THE FEELING OF CAMARADERIE AND TEAMWORK

Take time to pause and enjoy a sense of connection that comes with working with others. Appreciating connection creates more opportunities to connect.

8 HELP OTHERS

Helping others is a powerful way to see beyond our limited, self-centered worldview. It helps us recognize our capacity to affect one another and reminds us to be grateful for we have.