

# Psychology and humility action plan flashcard



**ASSIGN  
BUSTER**

Humility Action Plan To become more humble is an important goal in my life. Mainly because I am a Christian and this is a highly valued trait. Applying the twelve factors is definitely going to help me to achieve this goal. Starting with admitting bias is a great way.

I have learned to value the input of others that I know have my best interests. I think that for most of us we can be delusional about our pride. Feedback is the most important. It can be difficult to hear about you but it is well worth the end result. Next we must have accurate feedback. We must have the courage to hear the truth about ourselves from people who are closest to us.

This is the only way to get to the truth. We must also have a good sense of humor about ourselves and learn to laugh at some of the mistakes that we make. We need to be open to the influence of other people and other cultures. Most of us have been exposed to a very small community. If we look for other admirable traits of other cultures, we might be able to learn new tricks. The next step for learning humility is to work on cultivating other good traits that encourage growth in humility, like gratitude and empathy.

Next we must realize that we are a very small part in this diverse, large life on earth. We are one person among billions. This does not mean that we cannot use our life to impact others positively, it just means get a realistic perspective of how small we are in the big picture. A great goal in developing our humility is experiencing awe.

By going out into