

# Humility Worksheets

**Let's begin your exploration into humility through these worksheets!**

Before we dive into the activities, let's take a moment to understand the essence of humility. Humility is about recognizing and appreciating our own worth while valuing the worth of others. It involves being open to feedback, acknowledging our limitations, and showing respect and kindness. Humility helps build stronger relationships and fosters a supportive and empathetic environment. As you work through each activity, you'll gain valuable insights into your own behaviors, attitudes, and interactions with others.



**This material consists five worksheets:**

## **Worksheet 1: Daily acts of humility**

This journal helps you track and reflect on acts you do or see each day.

## **Worksheet 2: Learning from the best**

Discover how your favorite heroes show humility through their actions and stories.

## **Worksheet 3: What would you do?**

Imagine how you would handle various situations where humility is key.

## **Worksheet 4: Self-check: How humble am I?**

Assess your own humility by rating different statements and reflecting on your behavior.

## **Worksheet 5: Gratitude and humility art project**

Create a piece of art that reflects something you are grateful for and how it relates to humility.

# Worksheet 1: Daily acts of humility

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

**Instruction:** For one week where, write about any acts of humility you do or see. Focus on how these actions show humility.

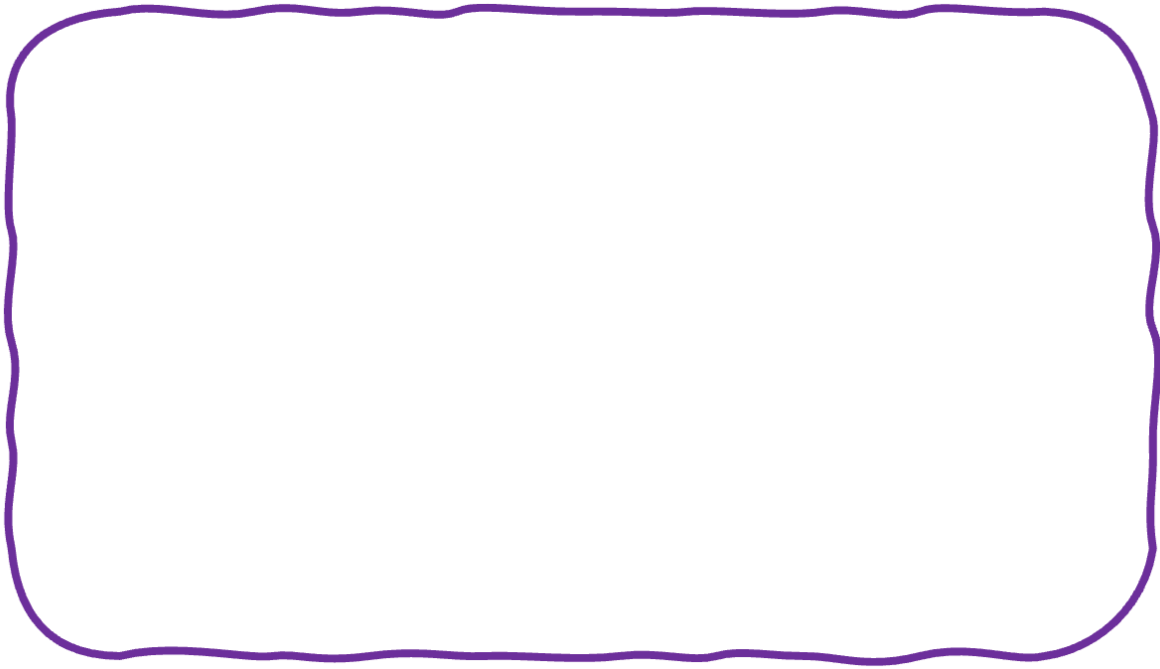
Day of the week	What act did you do or see today?	How did this act make you or someone else feel?	Why do you think it is an act of humility?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# Worksheet 2: Learning from the best

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

**Instruction:** Think of a favorite hero, celebrity, or historical figure who shows humility. Write or draw about why you admire this person.



Who is it, and what makes them special to you?

Describe one example where this person showed humility.

How does this example inspire you to be more humble?

# Worksheet 3: What would you do?

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

**Instruction:** Read the following scenarios and write or draw how you would handle each situation with humility.

1. A friend wins an award you were also hoping to win.

2. You notice a classmate struggling with a group project you understand well.

3. You receive a compliment on a creative project you worked hard on.

4. During a class discussion, your idea gets ignored, but later someone else suggests the same thing and gets praised.

5. You're playing a team sport and make a mistake that costs your team the game.

# Worksheet 4: Self-check: How humble am I?

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

**Instruction:** Answer the following questions to see how you're doing with humility. Rate each statement from 1 to 5, where 1 is "not at all" and 5 is "very much."

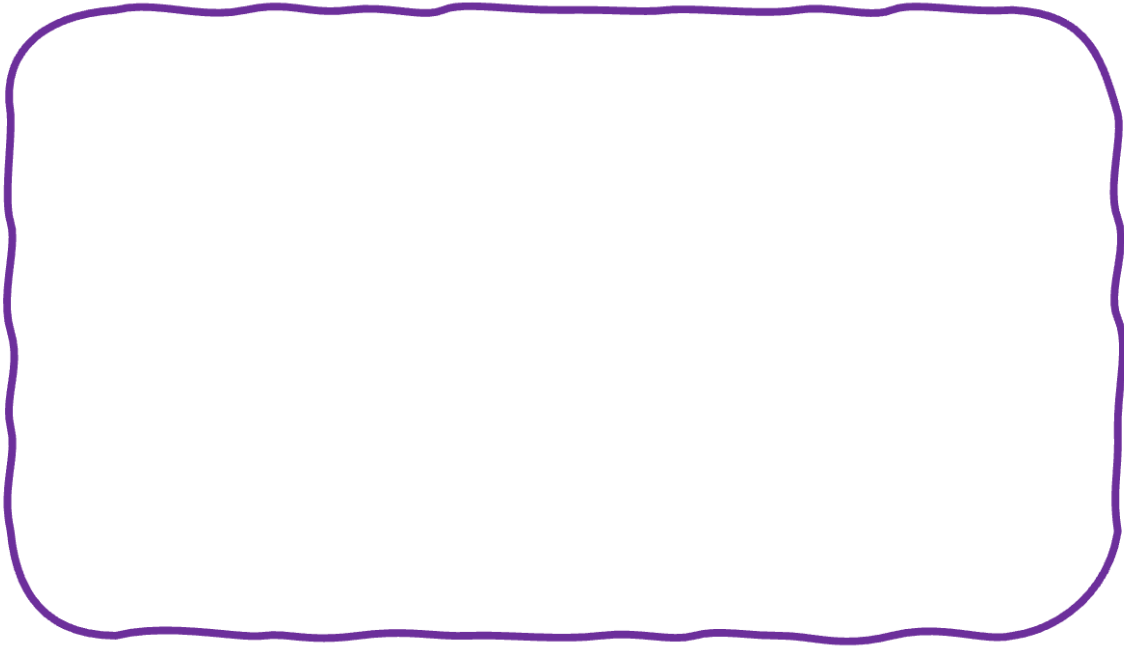
Statements	Rating (1-5)
1. I listen carefully when others talk without interrupting.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
2. I am happy for others when they achieve something great.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
3. I'm okay with admitting when I'm wrong.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
4. I try to help others without expecting anything in return.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
5. I don't brag about my achievements.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
6. I accept feedback from others without getting defensive.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
7. I give credit to others when they contribute to a group effort.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
8. I avoid comparing myself to others to feel better about myself.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
9. I stay grounded and don't let praise or success go to my head.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
10. I consider other people's feelings and opinions before making decisions.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<b>Total score:</b>	

# Worksheet 5: Gratitude and humility art project

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

**Instruction:** Create a piece of art (drawing, collage, or digital) that shows something or someone you are grateful for and how it relates to humility.



**What are you grateful for and why?**

**How does this gratitude help you understand humility better?**

**How can you show this gratitude in a humble way?**