



Weekly Character Challenge

HUMILITY

continuous learner ▪ curious ▪ grateful ▪ modest ▪ reflective ▪ self-aware
▪ respectful ▪ vulnerable

lets accomplishments speak for themselves, acknowledges limitations, thoughtfully examines one's own opinions, embraces opportunities for personal growth; does not consider self to be more important or special than others, is respectful of others, understands and appreciates others' strengths and contributions

MORNING

AFTERNOON

M

Consider one of your top strengths. What are the advantages of this strength? How has it contributed to your success? Now think about whether this strength has ever created issues for you. Keep in mind that even our strengths must be balanced by judgment, and self-reflection is a good practice for developing greater humility.

This week, end each day by spending five minutes writing in a journal. Reflect on the highlights, lowlights, and any other significant things that happened during the day.

T

Next time you're in a meeting, think about one thing you admire about each member of your team. For instance, maybe they're a creative problem solver, or consistently treat others with patience and compassion. Consider sharing what you admire with that person.

At the end of your workday, write down three things that you're grateful for.

W

The next time you finish a task or a project, give a "shout-out" to someone who helped you along the way. When you get a "shout-out," take it as an opportunity to pass along the goodwill and thank someone else as well.

Make it a point today to treat everyone you meet as an equal who has unique wisdom that can complement your existing knowledge about the world. Be curious about what you may not know and what you can learn from others. Treat everyone you meet as having a perspective that you could learn from.

T

Today, take time to notice the helpers in your life that support you. From the cashier at the grocery store, to your car mechanic, to your IT support staff, we all rely on one another to have our needs met and to be successful. Remembering this simple truth helps us to stay humble.

The next time you have a team meeting, or go out with friends, focus on really listening to others. Pick 10 minutes during which you don't speak unless spoken to. Instead, take mental notes about the things you're hearing, ask follow-up questions, and vocalize your support for what others are saying. You might be impressed by others' ideas when you're not distracted by your own!

F

Think of a development opportunity you have and watch an educational video on it. Sources of good resources include the websites TED, Harvard Business Review, and LinkedIn Learning.

Is there a topic or issue that you're unclear on? Bring it up privately with a supervisor or be honest about it in your next team meeting. It's likely that you're not the only one wondering about it.