

## HUMILITY "THE QUEEN OF ALL VIRTUES"

The virtue of humility is one of the **fruits of the Spirit**. It is considered the "**Queen Virtue**" for it is the **foundation and gateway** to all other virtues, enabling one to see oneself and reality correctly, learn from others, and serve selflessly.

The **Golden Rule** is a principle articulated by Jesus "*Do unto others as you would have others do unto you.*" Luke 6:31, stating so on everything we do to others. A person with humility listens to and accepts others. Humility is staying stable and maintaining power on the inside and not needing to control others on the outside.

### THREE TYPES OF HUMILITY

#### 1. Intellectual humility:

It is the knowledge that no matter how smart you are, you can always learn from others.

#### 2. Moral humility:

It is the "awareness that no matter how self-assured you are about your moral compass, you are vulnerable under certain contexts, to losing your way.

#### 3. Personal humility:

It is the skill of listening intently to others, celebrating small milestones, recognizing the contributions of team members and accepting the praise of others

### BENEFITS OF HUMILITY

1. **Improved relationships:** Humility helps build stronger, more meaningful relationships based on mutual respect and trust.
2. **Increased learning:** Humility allows individuals to be more receptive to new knowledge and experiences.
3. **Better decision-making:** Humility helps individuals consider multiple perspectives and make more informed decisions.

### EXAMPLES OF HUMILITY

1. Admitting your mistakes,
2. Listening more than you speak,
3. Giving credit to others,

### HOW TO BE MORE HUMBLE

1. -Be aware of your own **shortcomings**, strengths, and limitations.
2. -Be open to **learning** and adapting from your colleagues.
3. -Be a **good listener** and ensure others feel heard and understood around you.