



**W**e build our character through the virtues. Humility is a virtue often misunderstood and is challenging to many of us. Here is a **30-Day Plan** to use alongside other Virtuous Leadership system tools. If you have not already taken the **free Temperament Test**, please do so.

**T**he Temperament Test takes less than 10 minutes and will identify your primary, and if applicable, your secondary temperament. When you know your temperament and take our courses then you will know where you are challenged in Humility.

<p><b>DAY 1</b></p> <p>Download and watch the Master Class "Practicing Humility."</p>	<p><b>DAY 2</b></p> <p>Take the Temperament test to know your Temperament.</p>	<p><b>DAY 3</b></p> <p>How is your Temperament challenged by the virtue of Humility?</p>	<p><b>DAY 4</b></p> <p>Reflect on the virtue of humility - read about its meaning and importance.</p>	<p><b>DAY 5</b></p> <p>Ask a trusted friend for feedback on when you lack humility. Receive it gracefully.</p>
<p><b>DAY 6</b></p> <p>Admit and apologize for a mistake you made, without excuses.</p>	<p><b>DAY 7</b></p> <p>Volunteer to help someone in need, without expecting praise or a reward.</p>	<p><b>DAY 8</b></p> <p>Make a list of your talents and abilities. Reflect on them as gifts, not your own doing.</p>	<p><b>DAY 9</b></p> <p>Explore and increase awareness of your flaws</p>	<p><b>DAY 10</b></p> <p>Deepen your understanding of human dignity.</p>
<p><b>DAY 11</b></p> <p>Appreciate the beauty of your creation.</p>	<p><b>DAY 12</b></p> <p>Identify a role model to learn from. Study their words and actions.</p>	<p><b>DAY 13</b></p> <p>Have a conversation with someone you disagree with. Aim for understanding, not winning.</p>	<p><b>DAY 14</b></p> <p>Let someone else take control of a group project. Don't insist on leading.</p>	<p><b>DAY 15</b></p> <p>Thank someone who helped you, even if you could have managed alone.</p>
<p><b>DAY 16</b></p> <p>Admit when you don't know something rather than pretending to be an expert.</p>	<p><b>DAY 17</b></p> <p>Appreciate and validate others' perspectives, even when differing from your own.</p>	<p><b>DAY 18</b></p> <p>Compliment others sincerely and often for their contributions and strengths.</p>	<p><b>DAY 19</b></p> <p>Forgive someone who wronged you. Don't hold on to anger and resentment.</p>	<p><b>DAY 20</b></p> <p>Ask yourself – why do I want to improve my character?</p>
<p><b>DAY 21</b></p> <p>What is your motivation to make money?</p>	<p><b>DAY 22</b></p> <p>Perform an anonymous act of service or kindness for someone.</p>	<p><b>DAY 23</b></p> <p>Ask yourself: "why serve other human beings?"</p>	<p><b>DAY 24</b></p> <p>Ask yourself: "why serve God?"</p>	<p><b>DAY 25</b></p> <p>Encourage others to share their ideas and opinions, don't dominate discussions.</p>
<p><b>DAY 26</b></p> <p>Adopt a beginner's mindset, open and eager to learn.</p>	<p><b>DAY 27</b></p> <p>Laugh openly at a funny joke made at your expense, don't take yourself too seriously.</p>	<p><b>DAY 28</b></p> <p>Acknowledge your limitations and weaknesses honestly when relevant.</p>	<p><b>DAY 29</b></p> <p>Seek wisdom by listening more than speaking.</p>	<p><b>DAY 30</b></p> <p>Contemplate living humbly, guided by truth and service to others.</p>