



# Humility

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The definitions of humility in the lesson highlight the importance of being honest and realistic about who we are as individuals and who we are in relation to others within a community.

- Which humility attributes suggest accurate self-assessment?
- Which suggest an understanding of self in relation to others?

*Consider this scenario:*

A young scientist has been offered the opportunity to give a talk at a conference. As she prepares for her presentation, she admits to one of her colleagues that she is more concerned about the 5 minutes of Q&A that follow the talk than the talk itself.

- Why might this be the case?
- How might the practice of humility help to reframe what happens during the Q&A session and make this time productive for both the presenter and audience members?