



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”



hu·mil·i·ty – *to be humble is to have a realistic appreciation of your great strengths, but also of your weaknesses*

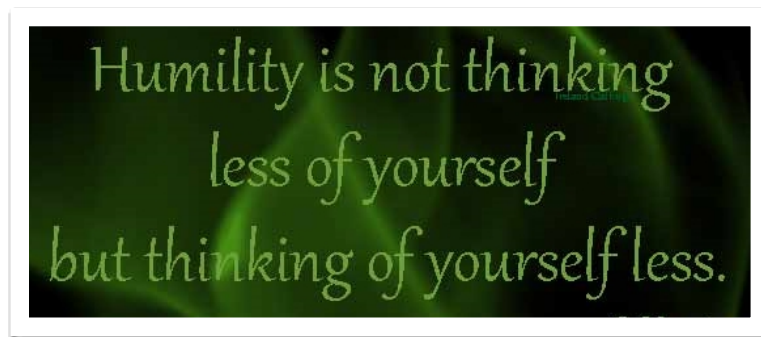
Humility is perhaps an under-rated virtue. It sounds like a very Biblical trait, but just because humility may seem “old-fashioned” it does not mean that it is no longer important.

Humility is not being a 'doormat', and allowing people to walk all over you but an understanding that every human is equally valuable: a recognition that you are worth no more or less than anyone else.

One of the reasons why humility seems old-fashioned is that we are often made to feel that we need to look out for ourselves, because nobody else will do so – it's a dog-eat-dog world!

This point of view suggests that you need to be assertive or aggressive to get what you need in life, which, along with pride, is perhaps the very opposite of humility. However, it's appropriate to be assertive: to be able to stand up for yourself and others, stating your point of view calmly.

Assertiveness is very definitely compatible with humility: it recognizes that everyone has an equal right to be heard, and enables everyone to put their point across. Not only is assertiveness compatible with humility, but humility is absolutely essential for developing assertiveness.



Traits of a Humble Person:

- ▶ They're Eager to Help Others
- ▶ They Listen
- ▶ They're Curious
- ▶ They Aren't Afraid to Speak Their Mind
- ▶ They Take Time to Say "Thank You"
- ▶ They Have an Abundance Mentality
- ▶ They Start Sentences With "You" Rather Than "I"
- ▶ They Accept Feedback
- ▶ They Assume Responsibility
- ▶ They Ask For Help
- ▶ They Are Grateful for What They Have

Why can it be so challenging for us to express humility? Is it because we often misinterpret it to be a sign of weakness, when in actuality it is an indication of tremendous inner strength?

Many people confuse humility with self-loathing. They look down upon themselves for some reason or think they are not worthy of being where they are in life or that they don't deserve the chances that others get. Humility is not the same as low self-esteem, and it is not the opposite of confidence. Humility is a sign of power, not weakness!

The Art of Emotional Composure

If you're having a hard time feeling and showing humility – the answer to changing that is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – you can turn off that switch that's keeping you from feeling and expressing humility. Time to take action and change it!

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