

Mother Teresa

“If we have no peace, it is because we have forgotten that we belong to each other.”

Why is she inspiring?

She spent 45 years of her life helping the sick, poor and dying while raising consciousness for her organization: “Missions of Charity”. Her work began in India then extended to other parts of the planet.

What can she teach?

We are all one, you are not by yourself in this journey of life, and for that reason you shouldn't see yourself as more or less than anyone else.

How To Be Humble

Give thanks

Make certain you take every chance you have to thank other people for what they do and what they assist you with. Individuals don't achieve anything on their own and it always takes assistance from others. Thank them for this assistance.

Redirect Praise

Redirecting praise is of value to be more humble and modest. If you don't take praise outright and rather, redirect it to others who assisted you, trained you or even let you do something, you pass on that praise to other people without accepting the credit directly.

You Don't Have to Be Correct

A humble individual never tries to outmatch someone else and make themselves look better or brighter. This includes having to be correct. When you try to show you're correct, or even when you say something simple like "I know", you're showing dominance over the other individual. Rather than wanting to be correct, even if you know something already, merely say, "intriguing, thanks for that."

It's Not All You

Individuals are perpetually reaching for success and they often feel really proud of themselves for getting to where they are. Humble individuals are not proud and

recognize that they didn't get themselves here. They recognize that other people helped them, boosted them and assisted them to get to where they are.

Don't Go First

First isn't necessarily a bad thing, but being first can resonate as competitive, self boosting or demoting of others. None of those things are usual for a humble individual. In a group or workplace, if you don't be first to verbalize, participate or get involved, you give other people a opportunity to be first.

Value Everything

So many matters around us are not our doing, we often forget to realize our own insignificance since we get so centered on our own lives and achievements. Well to be humble, it's crucial to acknowledge and appreciate all the fantastic things around us. Value the place you live, the wellness, wealth and happiness you receive or have opportunity for. Valuing things adds greatly to a person's humility and recognizing that we have so much to be grateful for builds on many of the additional items in this list.

Hear More Than You Talk

Like the item above, "Don't Go First" it applies to hearing in a fuller sense. Hearing more than you talk can be very mighty and if you use this you can learn a lot of things about other people and practice humility in how you react.

Don't Judge Other People

Finally but not least, a very significant aspect of being humble is to not judge other people. Judgment is a grievous thing and you can't stay open minded, receptive to ideas, empathetic or appreciative of others if you're judging them or their thoughts. Everybody is different and have different thoughts and when you judge those, you're really showing that you have some overseeing significance or might to make a judgment call, which you surely don't if you want to be a humble person.

Daily Prayer

I will be more loving, humble, forgiving, giving, kind and patient with others and myself.