# Tenet Lesson

LITCHFIELD
TANG SOO DO

## Humility

## What does it mean?

*Having humility means we do not think we are better than others.*

*It is ok to be confident but humility means we do not brag or boast about being better. In fact we help people rise by lifting them up.*

*Example:*

You win a trophy at a tournament.
Do you tell everyone you are better or are or are the best?
No!

You get straight A's on a report card.
Do you tell everyone you are smarter then they are?
No!

When people compliment you do you answer "I know, right? "
Or do you say "Thank you?"
I know you know the answer!
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## Homework:

Share your example of how you demonstrated or witnessed humility.
Write it down, draw a picture or tell us a story!