

Weekly Wisdom

Grow the Green for You and Your Team



"No matter how knowledgeable or skillful I might be, there's always more to learn." -- Ravi Chandra

Eight Types of Humility

As we all know by now, humility is a characteristic of wise people. It's good for us, too.

"Psychologists have recently linked intellectual humility to a host of benefits: showing more persistence in the face of failure, holding less polarized beliefs and attitudes, and being received as warm and friendly by others,"

Humility reminds us that there are people with different experiences and

perspectives. These people can enrich our lives and teach us.

In addition to intellectual humility, there are 7 other types of humility described in the linked article:

- Cultural humility
- Familial (or intergenerational) humility
- Humility of knowledge
- Humility of skill
- Humility of wisdom
- Humility of awe
- Humility in the face of suffering