



Stay Humble and Stay Hungry

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Posted October 4, 2008

Isn't it amazing when we seem to be feeling pretty good about ourselves, something knocks us down a few notches?

Doses of humility are good for us, even if we don't feel that way in the moment. True humility comes when people recognize their gifts and strengths and are willing to use them to help others. It doesn't mean self-degradation, but realistic self-assessment and a commitment to serve.

Sometimes we're humiliated because success goes to our head. We need to fight the temptation to allow popularity to twist our perception of our own importance. It's much easier to be humble when we're not on center stage, but how do we react to high praise and rewards?

Let's look at five ways we can experience humility.

- **Illness or Injury:** Sickness and injury really shake us up. They help re-evaluate our fragility, because life's view from bed or from behind a cast is quite different. Appreciate each moment and show empathy for others.
- **Mistakes:** We often think pretty highly of ourselves. When we think we did pretty well in a game, watching game film might change our tune. Our goal should be to have the right perspective of our performances. A team reviewing film provides a collective examination of efforts. No one likes to be exposed, but humility enables correction before the next contest. Even though a little face might be lost, everyone is far better off from the humble lessons of the present.
- **Design:** Sometimes, humility needs to be implemented by design to offer reflection. For coaches or players it can be the off-season. This is meant to be a time of recharging the battery, or gaining new information to become better. Vacations, retreats, camps or clinics are all designed with this in mind. We live in an age of distractions and finding a time to get better at what we do, or simply get away, are important. Keeping a journal to learn from humbling experiences can be beneficial.
- **Attacks:** Personal attacks can humble our lives. If we look at criticism the right way, we can benefit greatly. Experiences strengthen our confidence when we use

them as motivation to get better and to persevere.

- **Death:** People often don't like to talk about death. Nonetheless, 9/11 might have been one of the most humbling days of our time. Our security was penetrated.

All our achievements will one day be over. Old age reminds us through aching bones, sore shoulders and glasses. Each reminder helps us get a better view of life and death. Wise people see that glory and fame are meaningless over the course of time. Achievements will be blips in time and no one will notice and remember us.

Death can shake us up so we put our worldly pursuits in proper order.

Accomplishments are wonderful things when thought of properly, so stay humble, and stay hungry.