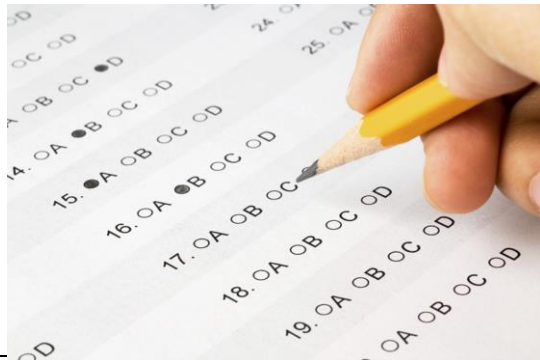


MODESTY means keeping your skills to yourself. Don't tell people how awesome you are; don't even show them. Just be awesome. Everyone has things that they're good at. However, bragging about those skills is not something a martial artist does. While we always do our best at everything we do, we don't "show off" or try to be the center of attention when we do great at something.

There's a test in class in your best subject! As the teacher is passing out the test, you:

- A. Tell your friends "Watch how great I do on this!"
- B. Take the test, and hand it in. On your way back to your desk, say "nailed it!"
- C. Take the test, hand it in, head back to your desk, have a seat, and know you nailed it.



At school, someone asks you if you know martial arts. You respond by:

- A. Saying "yeah, I do martial arts. It's awesome!" (cuz it is awesome!)
- B. Doing your coolest martial arts move with a dramatic "kiai!", and say "what do *you* think?"
- C. Telling him you know karate, and asking him if he would like you to demonstrate your karate moves on him



Think about what the opposite of MODESTY is. Write down some words that mean the opposite of MODESY: _____

Why is it important for us to show MODESTY? _____

If we are really great at something, and we want to share that with our friends and family, can we do that while still showing MODESTY? _____ (hint: YES!!)

If so, how? _____

One way to think about MODESTY is to do good things in private, without bragging or calling attention to the good you're doing. Think of one way that you can (or maybe already) do something good without needing to call attention to it: _____

