

The word MODESTY is a word that can, perhaps, be more easily thought of as it relates to other words: it's like a lack of arrogance, or having humility, being humble. While it is important for us to have confidence in ourselves and our abilities, we must make sure, as martial artists, to temper that with MODESTY.

Think of at least three parts of your life where you could have MODESTY (dress, speech, etc)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now, for each thing listed above, describe what you think it means FOR YOU to show MODESTY in that area of your life

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_



BONUS QUESTION: Does the picture above demonstrate MODESTY? Why or Why not?

\_\_\_\_\_

Name one thing at which you are excellent: \_\_\_\_\_

When we excel at something, it can sometimes be difficult to still demonstrate MODESTY, especially as it relates to something we are good at. As martial artists, we must not become arrogant or boastful about our abilities. How can you show a healthy confidence in that skill that you listed above, while not crossing a line and becoming arrogant about your abilities? \_\_\_\_\_

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