

# LET'S BE: HUMBLE!

Humble is being not proud or not believing that you are important. Being humble is an act of being ordinary and modest.

## WHY DO WE NEED TO BE HUMBLE ?

People will feel comfortable and valued around you

Keeps you grounded

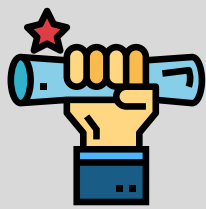
Allows you to live in the moment

## HOW WE CAN BE HUMBLE ?

1. Get reviews - Being humble means you not only evaluate yourself with honesty, but also always seek honest feedback from people who matter.
2. Ask Question - Humble people are always up for self-improvement and are not afraid to ask questions.
3. Pay attention - Humble people are self-centered. They observed and remember small things about those around them-their strength, habits and preferences

## WHAT QURAN SAY ABOUT HUMBLE ?

Successful indeed are the believers who humble themselves in their prayers.



[Surah Al-Mu'minun 23:2]

Give good news to the humble-hearted

[Surah Al-Hajj 22:34]

Call upon your Lord with humility and in private.

Verily, He does not love transgressors.

[Surah Al-A'raf 7:55]

## LESSON LEARNED OF BEING HUMBLE

Humility is one of the most powerful and important attributes of growth, both in and out of the ring. Humble people shows all things that can only serve to draw us closer to others and also helps to build trust and facilitates learning. They can handle stress more effectively and report higher levels of physicals and mental well-being. Humility is that attribute which we all need to practise for a better life and a trustworthy society.