

confident humility

a relaxed belief in self, rooted in a respectful appreciation of the strengths of others and a lack of personal pretension

We're attracted to confidence—the true, deeply felt kind that inspires us to follow great leaders to the ends of the earth. But go one shade darker and we find arrogance. What's the line between the two? It seems to be humility. True confidence can stand up to a lot, and the biggest thing it can do is stand back and make room for others' thoughts and ideas.

Many of us would say that to be confident and humble at the same time presents a bit of a conundrum. How do we step into confidence and remain humble enough to sit at the feet of others and glean from them?

Read on to discover how the two elements of confidence and humility intertwine in every interaction we have, and learn how to develop the perfect blend of both:

Remain Open to Feedback Humility involves having an accurate view of ourselves. Humble people allow others to speak into their lives, giving their open, honest opinions. When we are open to feedback, we give people permission to tell us what they truly think. When we receive that feedback, we can listen to it and choose which parts to leave and which to keep.

Stay Grounded The Latin word “humilis” is translated into English as “humble”, but also as “grounded”, or “from the earth” since it derives from “humus” meaning earth. Being grounded means existing in a place of the infinite and living from the soul. When people are living from their soul, they feel more free and don't hold on to things too tightly. They are not prideful when living from that place because the soul encompasses love and peace.

Humility involves centering around a place that recognizes something bigger than ourselves.

Take Leaps of Faith If we aren't making mistakes or failing some of the time, then we probably aren't taking enough risks or going deep enough into ourselves to really make a difference in this world. We serve ourselves well by choosing to be humbled by our experiences in life; *accepting challenges and taking leaps of faith.*

Live Into Your Potential We all have potential and often we don't truly live into it. Being humble does NOT mean that we make ourselves small and avoid embracing our true potential and purpose in life. Humble people don't avoid these things, they know who they are and where they stand so they are able to move forward into possibility. They drop the worry and concern that they will be seen as someone living from a place of pride. They have confidence in the abilities they've been given and rise to the people they are meant to be. They do this without putting themselves above others.

Be Present When confidently humble people are with others, they listen to them. They don't just listen to respond or give their own opinion — they listen to understand, seek more wisdom and connect with the other person. They listen because they may learn something significant when they aren't in their own heads, thinking about what their response is going to be. As confidently humble people, we choose to be present with the people we're with and to be open to thinking about things differently. When someone is sharing, humble people don't interrupt and they often practice waiting a few seconds before responding.
Giving the speaker that space allows us to learn.

Humility is a strength, a positive force in the world. It is a way of being that helps move us, and the people we interact with, forward. Confidence, used in the right way, has an ability to create a space that guides others into a better place of being.

When we choose to be both, we can open up a world where we are absolutely able to achieve our goals and dreams and support others to do the same.



CareGivers
of America
Home Healthcare Services