

Week 5 - Humility

Day 2

George Foreman

During his first retirement from the ring, George Foreman (the Heavyweight Boxing Champion) was living in Marshall, Texas. On several occasions, Foreman spoke with my football team, giving them the best talks on humility and the importance of being humble. This is my recollection of one of those talks.

“Being humble is the first step to greatness. You have two choices in life: be humble or be humiliated. When I was training to fight Joe Frazier for the Heavyweight Championship, I was scared to death; I was humble, and I worked hard. Because of this, I was able to defeat Joe Frazier and become the Heavyweight Champion of the World. After the Frazier fight, I signed up to fight an old ex-champ in Africa. When I began to train, all my “friends” told me, “You don’t need to train, you are the greatest.” My manager tried to intervene, but I was full of myself and I listened to my friends. I did not train and ended up losing to Mohammad Ali due to sheer exhaustion. I was humiliated. I did not humble myself. Ali humbled me. You have that same choice today. Maintain or gain humility or risk humiliation.”

Choice: humility or humiliation? Why?

Humility allows us to do what?

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Day 3

George Washington

First Story

A rider came across a few soldiers who were trying to move a heavy log of wood without success. The corporal was standing by just watching as the men struggled. The rider couldn't believe it. He finally asked the corporal why he wasn't helping. The corporal replied, "I am the corporal. I give the orders."

The rider said nothing in response. Instead, he dismounted his horse. He went up and stood by the soldiers and as they tried to lift the wood, he helped them. With his help, the task was finally able to be completed.

Who was this kind rider?

The rider was George Washington, the Commander-in-Chief.

He quietly mounted his horse and went to the corporal and said, "The next time your men need help, send for the Commander-in-Chief."

Second Story

Once George Washington was riding near Washington City with a group of friends and they came to a place where they had to leap over a wall.

In the process one horse knocked off a number of the stones from the wall. Washington said, "We better replace them." His friends told him, "Oh, let the farmer do it."

But Washington didn't feel right about that.

When the riding party was over, he went back the way they came. He found the wall and dismounted. Then he carefully replaced each of the stones.

His riding companion saw what he did and said, "You're too big to do that."

His only response was, "On the contrary, I am just the right size."

(These stories were found on the website: Baybusinesshelp)

"Pride makes us artificial and humility makes us real." Thomas Merton
What does this quote mean to you?

When George Washington helped move the log, was he "artificial" or was he "real"? Why?

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Day 4

Four Stages of Knowing

I have learned there are four stages of knowing. I had an assistant coach tell me that our problem when we took over a program, was that the players, “don’t know they don’t know.” This sounded silly to me, but he explained, “If you don’t know what first class is, if you don’t know what it means to give of yourself for something or someone greater, you never look for an answer. The second stage is to know you don’t know. This is the stage of being humble enough to admit you don’t know. When you are at this stage, you look for answers. You are trying to learn. The third stage only comes after you are humble enough to search for answers and then you know you know. Very simple. The fourth stage is when you become elite in an area. You don’t know you know. This is the race car driver making the move to win the race and when asked why he did it, he just knew to do it. It is Michael Jordan making an unbelievable move and later being unable to explain why. This stage is available to anyone willing to dedicate 10,000 hours of practice. So many never get out of the “don’t know they don’t know” stage in reference to religion, marriage, sports or career. Until you humble yourself and realize you know you don’t know, you have 0% chance of reaching elite level in anything.

In your field, what is elite?

Of the four stages, which one can you identify with?

Which do you think is the most important?

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Evaluate Your Week

We've been focused on "Humility" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Humility" this week.

Of the three stories, "George Foreman", "George Washington", "Four Stages of Knowing", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____