



OFF THE TOP OF MY HEAD!

ExecuCoach360 Newsletter

“Finding Your Direction is Only the Beginning”

Humility

Admitting you are wrong – It's Not That Bad

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Humility is an awareness of our continual need for growth, and having a proper respect for the contributions that others have made to our success. It is not always easy to be humble and say 'I made a mistake' or 'I'm wrong'. We all like to be right because it makes us feel good and accepted. It boosts our ego and self-worth. As good and right as we may be or want to be, we all make mistakes. Living is learning based on practice and mistakes. The problem is not in making mistakes, but continually making mistakes mainly because we fail to recognize our failures.

The judicial system says to not admit or say anything because it may be held against you in a court of law. This encourages us to believe we can get away with anything that cannot be proven and to hide our wrongdoing and consequently live with guilt. Guilt is of the heart, not only when proven by law. This makes us hard and we become defensive and protective. We must recognize that we are not always right or complete in ourselves. If we refuse to admit our mistakes we stop growth and progress in our lives.

We can't change or heal what we won't acknowledge. When we make a mistake the only way to bring about real change is to admit it as quickly as possible, accept our responsibility and get ourselves back on track. Whoever admits to making a mistake practices humility in the situation. This means accepting the responsibility for our behavior. The most serious mistake we can make is to know we are wrong and not do anything to make it

right or to change it. When we are truthful and admit our mistakes we help ourselves and those around us and have a chance at another opportunity.

Some people think that humility is in some way a type of inferiority and avoid this attribute of character. In fact those who are not humble have to defend themselves with false self justifications with every mistake they make and they end up destroying their character and generate negative feelings in people around them. In reality to not be humble is a problem of an over excessive ego. Many times when we fail to practice humility, we accept false flattery from our friends, family, or the people who are just meeting us. It is possible that we also give false opinions to others in order to not hurt their ego. Where is the honesty? With this conduct we will never learn to be humble and we impede our personal growth and the growth of others we are not honest with.

BENEFITS

1. We will have personal peace because we will not be on the defensive since we will have nothing to hide.
2. We will be at peace with others because we will look for and recognize the good qualities in others rather than having an over-inflated opinion about ourselves.
3. We will gain favor from others because we are transparent and not afraid of criticism. We will know when to be on offence or defense.

A humble person will genuinely admire the success of others and also recognizes and gives credit to them. Truly successful people always give credit to others rather than boasting about how great they are.

Thought Provoking Question:

What has been your experience when you have admitted your mistakes?

Source: [GLOBALPRIORITY, 2010](#)

Thought of the Month

Remember thoughts produce actions, actions produce habits, habits form our character, and character determines our destiny!

Did you know?

That this newsletter has 650 words and should take 5 minutes or less to read?

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