

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“It ain’t the heat, it’s the humility.” -- Yogi Berra*

## Why We’re Big Fans of Humility

In Wisdom and Wellbeing, we talk a lot about humility. Intellectual humility is “an appropriate awareness of our intellectual limitations and the recognition that beliefs we hold may be inaccurate or misguided.”

Humility doesn’t mean not trusting yourself. It means weighing your beliefs against evidence. It means having “aha” moments and occasionally changing your mind.

There are many benefits to humility – in healthcare, civic life, and personal relationships.

Intellectual humility can help you learn new things. It’s linked to curiosity.

Intellectually humble people are more likely to spend time fact-checking and investigating conflicting statements.

Intellectual humility makes for better relationships. Do you enjoy spending time with people who think they’re always right? People rated as humble were also considered warm, friendly, and generous. They ask a lot of questions.

How humble are you? Take the quiz in the Learn More link!