Days 1 and 2

Note briefly what happened when you chose humility instead of pride, and the shift in your body, mood, or relationship.

Day 1: _____ Date: _____

Everyday humility action chosen

☐ Listened fully ☐ Clean apology ☐ Let someone else be right

☐ Accepted help ☐ Quiet kindness

Moment I noticed ego soften

_____

_____

How it changed my peace

_____

_____

Day 2: _____ Date: _____

Everyday humility action chosen

☐ Listened fully ☐ Clean apology ☐ Let someone else be right

☐ Accepted help ☐ Quiet kindness

Moment I noticed ego soften

_____

_____

How it changed my peace

_____

_____

Days 3 and 4

Note briefly what happened when you chose humility instead of pride, and the shift in your body, mood, or relationship.

Day 3: _____ Date: _____

Everyday humility action chosen

☐ Listened fully ☐ Clean apology ☐ Let someone else be right

☐ Accepted help ☐ Quiet kindness

Moment I noticed ego soften

How it changed my peace

Day 4: _____ Date: _____

Everyday humility action chosen

☐ Listened fully ☐ Clean apology ☐ Let someone else be right

☐ Accepted help ☐ Quiet kindness

Moment I noticed ego soften

How it changed my peace

Day 5 & Notes

Note briefly what happened when you chose humility instead of pride, and the shift in your body, mood, or relationship.

Day 5: _____ Date: _____

Everyday humility action chosen

☐ Listened fully ☐ Clean apology ☐ Let someone else be right

☐ Accepted help ☐ Quiet kindness

Moment I noticed ego soften

How it changed my peace

Notes