Fruits of Humility & Usefulness

Check what you already notice, then name where you can help.

Fruits of Humility Growing in Me

- ☐ Less need to prove or defend myself
- ☐ Easier to say “I don’t know” or “I was wrong”
- ☐ Deeper empathy for imperfect people
- ☐ More comfort receiving help gracefully
- ☐ Quieter ego and steadier peace
- ☐ Genuine joy in quiet everyday service

Where I Feel Called to Be Useful Now

Three simple ways I can bring steadiness or service to my home, work, or community this month:

1. _____

2. _____

3. _____

Turning Toward Step Eight

Amends readiness, held gently.

Turning Toward Step Eight (Amends Readiness)

As pride softens, how does my heart feel about making peace with people I harmed?

Date & Signature

Keep this page where you will see it on ordinary days.

Date completed: _____

Signature: _____