

Date: _____

Self-Reflection Activity: Expressed Humility - Teachability

Expressed humility is an interpersonal characteristic in which one willingly views oneself accurately, displays appreciation of others' strengths and contributions, and responds well to the feedback of others. One component of expressed humility is *teachability*, the openness to learning, feedback, and new ideas from others.

Think about your experiences **in the past 7 days**. Was it easy for you to accept feedback, new ideas, and instruction from others? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *teachability*.

Rating

- _____ 1. I was willing to learn from others last week.
- _____ 2. I was open to the ideas of others last week.
- _____ 3. I was open to the advice of others last week.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit teachability? Explain.

In your peer relationships, do you identify more as a teacher/mentor or a learner/mentee?

How do you typically express teachability in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they are teachable, even as a mentor themselves?

When you struggle, how might being teachable help you persist?

What are one or two small steps you might take to become a more teachable person?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* demonstrate teachability. What were some outcomes? Would you do anything differently next time?
2. It can be difficult to accept instruction from others, especially those younger or less experienced than yourself. Practice expressing humble teachability by asking for advice from someone who you would normally expect to ask for your advice, like a younger sibling or mentee.