

Date: \_\_\_\_\_

## Self-Reflection Activity: Intellectual Humility

*Intellectual humility* is the ability to recognize that a particular personal belief may be fallible and acknowledge one's own limitations in obtaining and evaluating information.

Think about your experiences **in the past 7 days**. Was it easy for you to recognize your own intellectual limitations? 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 *intellectual humility*.

### Rating

- \_\_\_\_\_ 1. I questioned my own opinions, positions, and viewpoints last week because they could have been wrong.
- \_\_\_\_\_ 2. I reconsidered my opinions when presented with new evidence last week.
- \_\_\_\_\_ 3. I recognized the value in opinions that are different from my own last week.
- \_\_\_\_\_ 4. I accepted that my beliefs and attitudes may have been wrong last week.
- \_\_\_\_\_ 5. In the face of conflicting evidence, I was open to changing my opinions last week.
- \_\_\_\_\_ 6. I like finding out new information that differs from what I already think is true.

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### Digging Deeper

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

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Try to describe the relationship between truth-seeking and intellectual humility as you view it.

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How do you typically express intellectual humility in day-to-day life?

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Consider a past or current role model/mentor. What is admirable about the way they express intellectual humility?

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

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### 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 intellectual humility. What were some outcomes? Would you do anything differently next time?
2. Intellectual humility requires empathy for the perspectives of others. To practice expressing intellectual humility, engage in a conversation with someone who might think differently than you do. Ask them questions and listen nonjudgmentally without sharing your own perspective unsolicited.