

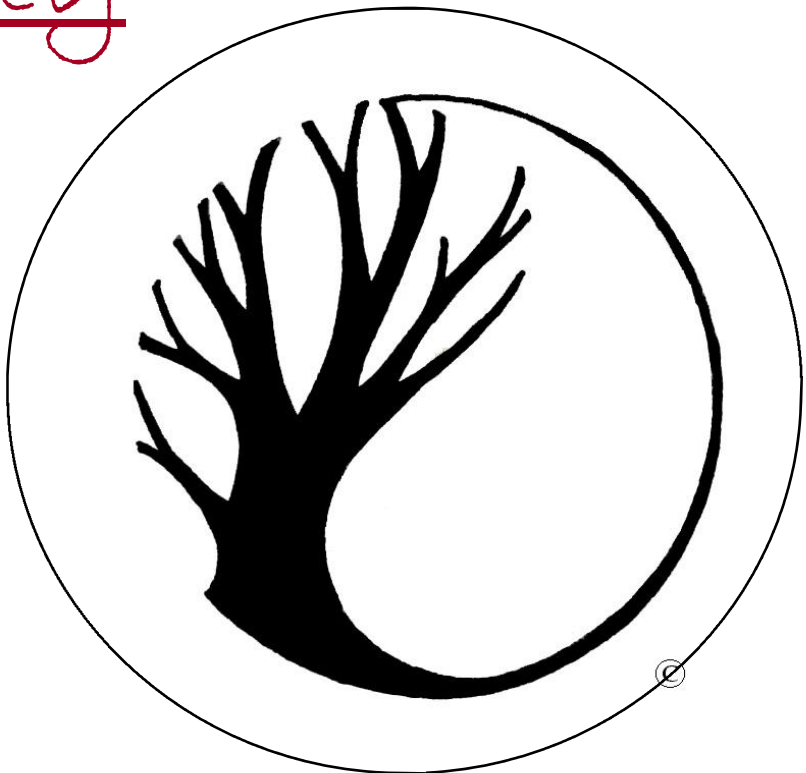
# *Thought in Action:*

## Humility

### **Welcome to Thought in Action**

*The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.*

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## *Be a Black Belt Leader*

## Lesson : The Power of Being Humble

*There once was an old man who lived on the side of a mountain right by the ocean. He was a stone cutter. Every day he would cut rocks from the side of the mountain to take to farms and sell them to make money.*

*One day while he was selling his stones to a farmer he saw that the farmers grew plants all day and didn't have to lift the heavy stones that he did. He said to himself, "they have it so easy, they don't have to do any work except grow stuff and then take it to the market to be sold. So he became a farmer and grew plants and took them to the market to sell.*

*One day while at the market he began to look at the shop owners and he thought to himself "they have it so easy, they don't have to grow plants and work hard to make money— they just have to sell things that they buy from me." So one day he decided to become a shop owner, and all he did was buy things and sell them for more money.*

*Then one day he was outside of his shop and a prince came by being carried in a sedan. When the prince's sedan passed by, everybody had to bow down in the mud. "He has it so easy, thought the now shop owner, all he has to do is sit in his sedan and have people carry him around. He doesn't have to work at all." So he became a prince.*

*One day while he was being carried around in his sedan worrying about some piece of governing that has arisen, it began to rain and he and his sedan began to get wet. "The rain has it easy, all it has to do is fall from the sky," he thought to himself. So he became the rain.*

*One day when he was falling from the sky in order that he might wet some fields for a farmer and a passing prince in his sedan, he looked up and thought, "as rain I have no control over when I get to fall, but the cloud over me has it so easy. It just sits in the sky and lets me loose when it will." So he became a cloud.*

*One day when he was floating around in the sky letting rain fall as he would he began to feel a gentle nudge, and he could no longer control where he was in the sky. It was the wind. "The wind has it so easy" he thought.... Then he became the wind.*

*One day when he was the wind he was having a great time blowing around some clouds over the ocean. But then he hit something hard. It was a mountain. No matter how hard he blew, he couldn't move the mountain. He was impressed and so he became a mountain because the mountain was so strong and had it so easy.*

*One day when he was a mountain he felt a small prick at his base. He looked down to see a man with a hammer and a chisel. "That man has it so easy," he thought....*

**The moral of the story is to be humble and to be happy with what you are. Life is a circle.**

### *Bring Your Practices into Your Daily Life*

To be humble means to be kind, considerate of others (while not disregarding yourself), and to do your best to be a good person. A humble person doesn't brag about him or her self. A humble person is not rude or unkind to anyone. A humble person is at peace with the community and the environment.

So does this mean that you are a push over and do not stand up for yourself or your ideas? Of course not. A person who is humble does indeed work towards what is right. But the difference is that a humble person does it without being unkind or disrespectful to others. A humble person stands up for themselves in a way that is logical and will most effectively deal with any given situation.

While a humble person doesn't brag about him or her self, it is still ok to tell people or be proud of your accomplishments. It is ok to share knowledge, but it is not ok to act like you are better than everyone. A humble person finds positive ways to share what they have learned, accomplished, or discovered.

So how can you fit this model of being humble into your life?

### *The Yin and Yang of Humility*

The Thing about being humble is that people in our society often confuse humble for weak, poor, and simple minded. This is not true. It takes more mental strength and power to be able to remain humble than to be a braggart.

One who brags all the time does so out of a lack of self confidence or self esteem. They for whatever reason don't feel good about themselves or some part of themselves. So they feel that they must do or say something to make themselves seem bigger, better, or more powerful than somebody else. Generally this will come out as bragging, putting others down, or generally being mean.

The problem with this is that when somebody does these things to make themselves seem better than somebody else, they feel on top for a little bit, but soon they feel worse about themselves than before. So they feel they must do it again. The person they are putting down may also feel bad about themselves. At the very least they will not like the person who is being mean to them.

So what happens when somebody is not humble is that they make everybody involved feel bad— including themselves! So if you ever catch yourself doing something mean or saying something to make somebody else feel bad, take a step back for a second and think about what you are doing. If you are humble and kind to others, then you are more likely to feel better about yourself, you will have more friends, and you will generally be a happier person.

## Task : Serving Your Community

## Lesson : The Power of Being Humble

### Task : Serving Your Community

Your community is the people who live around you. What does it really mean to be a member of your community? Quite simply, it means that you do things to help those around you. There are many ways to help others, often by contributing something of yourself to them. This could be contributing your time, energy, or even money to somebody or some group of people who need your help.

Your task for this testing cycle will be to take on a small Community Service Project. You must spend a minimum of three hours doing something to improve your community. Examples of this may include (but not be limited to) a clean up project, working at a homeless shelter, volunteering at a hospital, volunteering at the public library, or something else that you can creatively come up with. The idea is to do something good for those around you.

When you have completed your three hours of Community Service get the person, people, or organization that you have done something for to sign the attached letter and to write a quick note describing what you have done for them.

### Goals : Targets

**My Target Date For My Next Belt is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

**My Black Belt Target Date is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

Now set a goal for yourself to develop Humility by looking at something from a different point of view. Pick a time when you disagree with someone. See if it changes by looking at it from their side.

My Goal to gain new perspective is to try and see things from other points of view by

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Checklist for Belt Promotion

- 1) Have you completed your Task (Community Service)
- 2) Have you improved your conduct at home, school, and in the community? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Are your tuition and fees up to date?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Master Croley to earn your gold tip for your belt.

*Dear Parents and Teachers,*

*It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and/or at school.*

**Students**

**Name:** \_\_\_\_\_

**Teachers:**

- 1) How well do you feel this student has been working up to his/her ability in school?  
Excellent Good Average Poor
- 2) Please rate this student's respect for others.  
Excellent Good Average Poor

Comments: \_\_\_\_\_

**Parents:**

- 1) Do you feel that your son/daughter has shown improvement in attitude, behavior, and character?  
Yes No

Comments: \_\_\_\_\_

## Task : Serving Your Community

## Lesson 3: The Power of Being Humble



Reach Your Goals with  
**Croley's Martial Arts Center, Inc.**  
**The White Oak School**  
169 Charlotte St. Asheville, NC 28801  
www.CroleysMartialArts.com  
828-251-5807

*In order to receive the next belt, this student is required to participate in three hours of some form of community service. The reason for this is that at Croley's Martial Arts Center we are committed to giving our students the tools to succeed in life, and part of any success is the ability to give back. We appreciate your willingness to provide this student with the opportunity to learn by contributing to your organization.*

*As this is an important part of our student's education and promotion system, we do ask that you fill in the following information about the service that this student has provided.*

*Student's Name* \_\_\_\_\_

*Service Project* \_\_\_\_\_

*Please tell us what this student has done for you to help our community.*

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*Signed* \_\_\_\_\_ *Date* \_\_\_\_\_

*Title* \_\_\_\_\_ *Phone #* \_\_\_\_\_

*Company Mailing Address* \_\_\_\_\_

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*Thank You,*  
*Master Derek Croley*

**Task 3: Serving Your Community**