

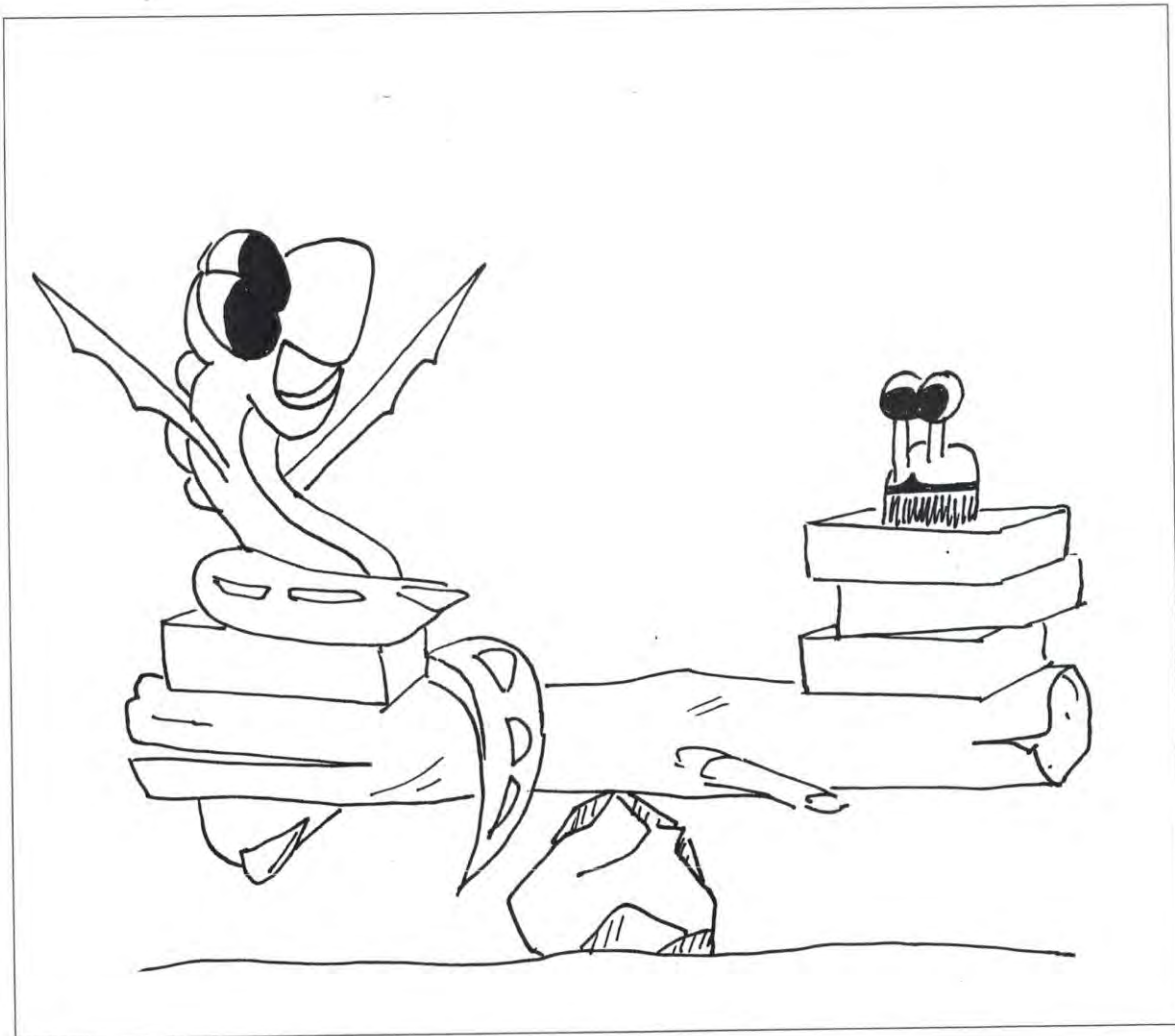
## A Balancing Act

Learning to balance takes practice and you must start with simple exercises before you can progress to more difficult moves.

The three levels of humility are:

1. **Willingness** to understand personal strengths and weaknesses.
2. **Commitment** to overcome weaknesses.
3. **Forgiveness** of self and others. This is achieved by showing response control when wronged, misunderstood, persecuted, betrayed, offended, or victimized.

Directions: Color the picture below. Sami represents Humility and Harvey sits atop the three levels of humility. Print these words in the appropriate places on the picture: **Humility**, **Willingness**, **Commitment**, and **Forgiveness**.



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