



Humility

Anavah - ענוה

Core Principle: Intention

Overview: Our athletes will learn Humility by discovering the right ways to play the game, while also giving teammates and the game the respect it deserves

Sample Texts:

Sports "Texts":

- [After winning the World Series, Alex Gordon focuses on the team and the fans, rather than his upcoming free-agent contract](#)
- There is an expression for when football players score: "Act like you've been there before," and show humility in the way you celebrate your victories
- [College football teams often do not put player names on the back of their jerseys, instead writing the team name or a value, like Northwestern in 2013](#)

Jewish "Texts":

- When God tells Moses to lead the Israelites, Moses declines, saying "Who am I that I should go to Pharaoh and free the Israelites from Egypt?" (Exodus 3:11)
- God reminds Adam and Eve of their mortality by saying "For dust you are, and to dust you shall return." (Genesis 3:19)
- After leading the Israelites through the desert, Moses is not allowed into the Promised Land, and must stay outside, even though it isn't what he wanted

Daily Application:

On-field:

- Athletes will show respect to their sport and their peers by behaving humbly based on their accomplishments
- Athletes will find appropriate ways to show their individuality, while not overshadowing the others around them

Off-field:

- Athletes will learn how to share success, while also maintaining their place as one within a larger community
- Athletes will find ways to keep their ego at bay and do what is right for the team, even when that may not be what is right for the individual

My Notes:
