

THE HUMILITY PRINCIPLE · FREE GUIDE

Five Questions That Keep You Teachable

A short reflection guide from The Humility Principle — the flagship teaching series of the Unplug & Recharge project.

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THE THOUGHT THAT STARTED IT

Intelligence is not immunity

> *Humility isn't thinking less of your intelligence. It's recognizing that intelligence doesn't make you immune to ignorance.*

Ignorance is not stupidity. Ignorant just means you didn't know — you were working with less information, or less emotional understanding, than the situation required. That's a description, not a verdict, and it can be changed by learning.

This guide is built on five questions — one from each pillar of The Humility Principle. They aren't a test, and there are no scores. Sit with one question a week, or take all five to a single situation that's been on your mind. Write by hand if you can.

PILLAR ONE

Intelligence does not cancel ignorance

Being smart in one domain doesn't mean being informed, emotionally mature, or self-aware in every domain.

> *What did I once feel certain about that I understand differently today?*

PILLAR TWO

Humility keeps the door open

Being teachable means encountering corrective information without treating it as an attack on your worth.

> *What am I protecting when I refuse to reconsider my first interpretation?*

PILLAR THREE

Accountability is a practice, not a label

Impact matters, even when harm was unintended. Name it, listen, correct it, repair what you can.

> *What would be visibly different if I had truly learned this lesson?*

PILLAR FOUR

Karma can be understood as a chance to change

Repeated situations may reveal unlearned lessons — and choosing differently can break a harmful cycle. This is Dee's personal philosophy of karma, offered as her view — not a universal doctrine; traditions define karma in their own distinct ways.

> *What pattern keeps returning, and what choice within my control could interrupt it?*

PILLAR FIVE

Gratitude and humility preserve perspective

Gratitude is active recognition of what remains meaningful — not an instruction to tolerate mistreatment or suppress grief.

> *What small thing can I genuinely appreciate without pretending everything is fine?*

TAKE IT WITH YOU

The reusable reflection sheet

The five-step model behind the questions. Photocopy this page, or copy the headings into a notebook — one sheet per situation, whenever life offers the same lesson in a new outfit.

STEP	ASK
Notice	What happened? What did I feel? What did I assume?
Own	What was within my control? What impact did my choices have?
Learn	What was I missing then? What do I understand now?
Change	What specific behavior, boundary, apology, or decision will be different?
Appreciate	What can I acknowledge with gratitude, even if the experience was difficult?

The process is non-linear, and sometimes the right conclusion is a boundary, not a reconciliation. No one owes the world a transformation story.

Go deeper

The flagship book, *The Humility Principle: Intelligence, Ignorance, and the Courage to Keep Learning*, is in preparation — no price, no preorder, just the work. The anchor essay, "Intelligence Doesn't Make You Immune to Ignorance," and the full pillar teaching live free at only1deelopez.org/the-humility-principle.