

KEY TO VIRTUE OF HUMILITY:

1. Never speak a word in praise of myself.
2. Take no pleasure in being praised or spoken well of, but humble myself seeing that I am so far removed from what I am thought to be or should be. Rejoice on hearing others spoken well of.
3. Do nothing to attract the esteem of men but do all for the glory of God alone.
4. Never excuse my faults.
5. Drive away all thoughts of pride or conceit.
6. Prefer everyone above myself and treat everyone as though they are my superiors.
7. Welcome all opportunities of humbling myself and do this in 3 steps:
 - a. Accept my crosses promptly and readily.
 - b. Bear my crosses with patience.
 - c. Embrace my crosses with joy.
8. Do not stop till I am glad to suffer affronts and contempt, the better to resemble Jesus.
9. Perform interior and exterior acts of humility daily, till I have adopted a perfect habit of humility.

(Retracted from book "Christian Perfection" by Alphonsus Rodriquez)