



The Virtue of Modesty

Modesty is having self-respect. When you value yourself with quiet pride, you accept praise

with humility and gratitude. Modesty is being comfortable with yourself and setting healthy boundaries about your body and your privacy.

You are practicing Modesty when you:

Are comfortable being who you are

Respect yourself

Do not permit anyone to abuse your body

Set boundaries about your right to privacy

Accept praise with humility and gratitude

Share your victories without boasting

Affirmation

I am modest. I have no need to brag. I dress in a way that shows respect for myself and others. I protect myself from disrespectful attention.

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