

THE AMERICAN DREAM PODCAST

HUMBLE OR SMALL?

A COMPANION WORKBOOK FOR HONORING WHAT YOU KNOW, BECOMING VISIBLE, AND PRACTICING GROUNDED CONFIDENCE

Humility means I don't believe I'm better than anybody else. Making myself small means pretending I am less than who I actually am.

Name:

_____

Date:

_____

1. Find Your Line

The goal is not to become louder than everyone else. It is to see yourself accurately and stop living beneath yourself.

STATE	WHAT IT SOUNDS LIKE
Humility	I am not better than others. I can learn, listen, give credit, and admit when I am wrong.
Confidence	I know what I know. I can name my value accurately and remain teachable.
Smallness	I must minimize myself so other people feel comfortable or approve of me.
Arrogance	My knowledge or value makes me better than others, and I do not need correction.

Where have I been calling it humility when I have actually been making myself small?

Where might confidence be drifting into arrogance or defensiveness?

What would grounded confidence look like instead?

2. I Know What I Know

Someone else's level does not erase yours. Confidence is accuracy, not superiority.

Choose one skill, body of knowledge, or lived experience I tend to minimize:

MY LEVEL	EVIDENCE I HAVE EARNED IT	WHAT I AM STILL LEARNING
Level 3		
Level 6		
Level 9		

Complete this sentence: I do not know everything, but I do know...

Whose expertise can I celebrate without using it to diminish myself?

Where am I claiming zero when the truth is that I have earned level three, six, or nine?

3. Comparison Without Self-Erasure

Comparison becomes harmful when it stops being information and starts becoming a verdict on your worth.

- ◯ I can admire someone else's strengths without making mine irrelevant.
- ◯ I can be a beginner without calling myself stupid.
- ◯ I can learn from someone without surrendering my judgment.
- ◯ I can celebrate another person's success without treating it as evidence that I am behind.
- ◯ I can identify what I want without copying someone else's life.

Who or what most often triggers comparison for me?

What information is useful in that comparison?

What judgment or story do I need to release?

The Value Reframe

Try replacing: 'That is ridiculous. How could anyone charge that?' with: 'I respect that price. It is outside my budget, so I will choose another option.'

Where have I reduced someone else's value because it did not fit my budget, taste, or circumstances?

Where have I allowed someone else to reduce my value for the same reason?

4. The Visibility Audit

Visibility can carry real social and physical risks, especially for women. This page is about discernment and authentic expression - not pretending those risks do not exist.

What part of myself have I hidden to avoid envy, rumors, rejection, or unwanted attention?

What have I been taught people will assume about me if I am fully seen?

Where is invisibility protecting me - and where is it costing me?

Choose Your Form of Visibility

- ◯ Speak clearly in a meeting.
- ◯ Wear what feels authentic without apologizing.
- ◯ Write the honest version of my bio or resume.
- ◯ Name an accomplishment without minimizing it.
- ◯ Share an idea through writing, audio, video, teaching, or another format that feels true to me.
- ◯ Set a boundary around who gets access to me.

My authentic form of communication is:

One safe, specific visibility step I will take this week is:

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5. Feedback Without Losing the Map

Feedback may improve your work. It does not get to determine your worth.

CHECK	QUESTION
Source	Does this person understand the work, context, or goal?
Specificity	Did they identify something concrete I can evaluate?
Usefulness	Will applying this improve the intended outcome?
Identity	Am I evaluating the work - or turning their opinion into a verdict about me?

The feedback I am evaluating is:

The useful information is:

The projection, noise, or identity judgment I am releasing is:

My decision after using my own judgment is:

6. Daily Mental Hygiene

You brush your teeth every day. Your inner voice, goals, and boundaries need a routine too.

Morning: Set the Truth

What do I know to be true about myself today?

What matters most today?

Midday: Check the Inputs

What am I feeding my mind?

How am I allowing people or situations to speak to me?

Am I following my goals, or reacting to the room?

Evening: Return to Yourself

Where did I honor myself today?

Morning: Set the Truth

What do I know to be true about myself today?

Where did I shrink, overreach, or lose the map?

What will I practice differently tomorrow - without self-abuse?

7. Your Grounded Confidence Meter

Use this when you are unsure whether you are being humble, confident, small, or arrogant.

QUESTION	YES	NOT YET
Can I name what I know without claiming what I do not know?	□	□
Can I receive useful correction without collapsing?	□	□
Can I celebrate another person's excellence without resenting it?	□	□
Can I honor my value without needing to reduce someone else's?	□	□
Can I be visible while using discernment and boundaries?	□	□
Can I admit what needs healing instead of projecting it?	□	□
Can I recognize God's help and the people who support me?	□	□

The area that needs my attention right now is:

The grounded response I want to practice is:

8. One Week of Not Living Beneath Yourself

Choose one small act each day. Confidence grows through repeated, truthful action.

DAY	TRUTH I NAMED	ACTION I TOOK	WHAT I LEARNED
1			
2			
3			
4			
5			
6			
7			

My Commitment

This week, I will stop living beneath myself by:

The person, practice, or prayer that will support me is:

I do not have to stand above anyone. I do have permission to stop living beneath myself.

Notes and Reflection

Continue the conversation at TheAmericanDreamPodcast.com
This workbook is a personal reflection resource and is not a substitute for professional mental health care.