

Sources

-  [Humility predicts performance beyond IQ](#)
-  [Humility is accurate self-assessment](#)
-  [People overestimate their performance](#)
-  [Intellectual humility concept definition](#)
-  [Humility increases learning motivation](#)
-  [Humility improves student responses to failure](#)
-  [Curiosity drives learning differences](#)
-  [Humble people double-check assumptions](#)
-  [Humility increases openness to advice](#)
-  [Teacher humility improves student performance](#)
-  [Humble leaders encourage team contributions](#)
-  [Humility increases trust in leaders](#)
-  [People detect humility quickly](#)
-  [Prefer humble coworkers over skilled jerks](#)
-  [Humility improves friendships](#)
-  [Humility lowers depression and stress in couples](#)

 [Humility acts as social “oil”](#)

 [Low humility harms relationships](#)

 [Humility linked to empathy and altruism](#)

 [Gratitude and reflection build humility](#)

 [Third-person journaling increases humility](#)