Giving up personal wants and needs for the sake of others or for a cause.

During the Holocaust there were individuals who showed self-sacrifice in rescuing Jews.

**Jadwiga Konochowicz**  
Poland  
Jadwiga, her parents, and her seven siblings sheltered a Jewish family on their farm for more than a year. Although they lived in poverty, Jadwiga and her family put the welfare of the eight Jewish strangers before their own.

**Aristides de Sousa Mendes**  
France  
A Portuguese diplomat in France, Aristides issued visas to thousands of Jews so they could travel through Spain to Portugal. Furious about his actions, the Portuguese government recalled Aristides and dismissed him from his post.