7 Tips to Take Criticism Like a Champ

We need to try to focus on how we can learn from criticism and grow in a positive way.



- [ ] 1. Take a Deep Breath
- [ ] 2. Listen Closely
- [ ] 3. Find the Facts
- [ ] 4. Acknowledge the Speaker's Point Of View
- [ ] 5. Don't Hold a Grudge
- [ ] 6. Accept That You Are Not Perfect
- [ ] 7. Don't Take it Personally

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