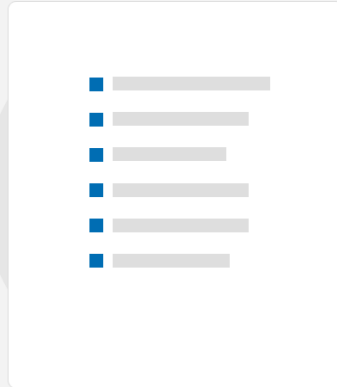


7 Tips to Take Criticism Like a Champ

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