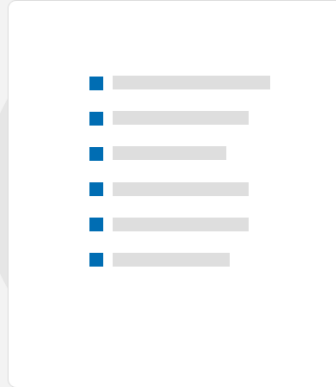


7 Tips to Take Criticism Like a Champ

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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