



Limitless Growth Strategies
Building Dreams, Growing Giants.

Reasons to Embrace Criticism

Criticism can be a tough to deal with and it can make you feel uncomfortable, but there are benefits to criticism, too. If you're willing to grow from it, criticism can be valuable.

Use these ideas to reframe criticism to your personal and professional advantage:

- ***Criticism can serve as a cue to be focused and mindful.*** When you receive criticism your normal reaction is to lose focus. Instead of focusing on the negative comments, use criticism as a “trigger” to refocus and bring your attention back to what is most important.
- ***Criticism makes you strong.*** If you embrace criticism instead of allowing it to dominate your thoughts and actions, you can develop mental strength and resolve.
- ***You learn that no universal standards exist.*** Much of the criticism you receive is personal opinion or preference. Learn to tell the difference between constructive and destructive criticism.
- ***Feedback can be helpful.*** You have the opportunity to learn something that you might not have considered about your idea, product, or service.
- ***It helps you to be better at providing constructive criticism.*** You've received criticism you appreciated. You've also received criticism you didn't appreciate. You've learned something about delivering criticism. It may also make you kinder when you provide feedback.
- ***You become better at receiving criticism.*** Practice makes perfect. You're developing skills at receiving criticism. It gets a little easier each time.
- ***You learn something about the person giving the criticism.*** You learn a lot about someone by the way they choose to present criticism. What does that reveal about their personality?
- ***You learn something about yourself.*** Why do some criticisms hurt more than others? By answering that question, you may have more insight into yourself. Everyone has a unique emotional response to criticism. Understand your triggers and how best to manage them.
- ***Criticism provides an opportunity to learn to handle discomfort gracefully.*** Your ability to navigate uncomfortable situations is one determiner of your ability to be successful.
- ***Your problem solving skills get a workout.*** Criticism often creates a challenge or disagreement. You might think you have a great idea, but your friend, spouse, or coworker does not. How will you reach a compromise?
- ***You must be doing something important.*** When you take risks, you open yourself up to criticism. There's the chance something great will happen if you're taking a risk. People are paying attention to you. You must be on someone's mind for them to criticize you in the first place.

Embrace criticism and learn from it!

Reframe it in a positive way, make it work for you, and you will grow!