



4 Keys To Dealing With Criticism

Wondering how to overcome fear about being criticized by others? It's something we all deal with at some point.

1. We're all judged and criticized, right now. It's a normal part of being human to judge and be judged by others. You can overcome the fear of being criticized by realizing it's something we all do all the time.
2. The bigger game you play, the more criticism you'll receive. The more you put yourself out there, the more people will try to tear you down. To overcome fears of criticism, keep in mind that opinions are like a certain part of the human anatomy – everyone has one, and most of them stink.
3. Who are you really gonna listen to? Most successful people are too busy creating and living their lives to criticize others. The majority of the people who criticize you are creative cowards. It's easy for lazy people to point out what you're doing wrong, but are you really going to let them have power over your life?

4. Most criticism is irrelevant. Overcome the fear of being judged by realizing most criticism is not constructive, it's really just that person's opinion.

We all need to remember this quote that's a personal favorite of mine when we're about to judge someone else: Judging a person does not define who they are, it defines who you are.

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