

The Courage Principle of **CRITICISM**



If you learn from criticism you will earn position with great men, if you reject criticism you will damage your own interest.

PRINCIPLE OF THE WEEK

“I hate it!” is the most common response to the word criticism. By definition it is the act of analyzing or passing judgment. As strange as it may seem, we can benefit in our business and in our personal lives by receiving criticism. Since we all want to grow and have a great life, we had better be prepared to listen to the critics.

Some people think that all criticism is just a negative approach to things. To say that all criticism is wrong is the same as saying that we cannot bring correction to anything; that is not common sense. Nobody likes a critic, but we can learn from them. What they say may be true, so we should always be open to receive.

A critic is usually branded as a faultfinder with a rotten attitude. In most cases he is not listened to because of his approach, but we should be thankful for the critics, at least they have the nerve to tell us what they think. Others may feel the same way about us but would never have the courage to confront us, denying us the opportunity to grow. If we accept criticism we will profit. The criticism may not be true, but then again, it may! The value is in listening to it, and not measuring it by the person giving it. Yes, some criticism may stem from fault-finding people with a bad attitude, but we must still choose to carefully consider what they are saying. It may be something we need to hear that our friends would never have the courage to tell us.

When we are criticized we need to look for the legitimacy in it. Criticism should not bother us if we are committed to knowing the truth and we desire to improve and be a better person. We need to understand that criticism can be a valuable tool

for us. Critics may come across as accusatory because they discover aspects that we did not take into account, we need to pay attention to the things they say and realize it is important information to help us change and mature.

Benefits

1. We become wiser. We can always learn from criticism whether it is done well or not.
2. We grow as a person and develop our character. When someone we admire gives us a truth about ourselves we gladly accept it, but when a critic insults us, provokes us, or makes us uncomfortable, we immediately defend or justify ourselves. In both cases there is opportunity for growth.
3. We gain good judgment. If we value the truth over the personality presenting it, we are able to judge the criticism as viable or not.
4. We become good listeners and are able to analyze the information. If we keep an open mind we then value the critic, understanding that there is an opportunity to better our actions and build more significant relationships.

Steps to Follow

1. Take a look at the criticism that you are receiving, is there a value or a principle that you are breaking? The criticism could be a warning sign that serves to bring about the right change

Action Plan for

CRITICISM



at the right time.

2. Receive the criticism and evaluate it. The key is to realize that there could be something useful in it. Many times people don't receive criticism simply because of pride.
3. When giving criticism, do it privately. No one likes to be singled out or humiliated.
4. Recognize and say what is valuable in a person before showing them what needs to change.
5. Show the benefits that will be theirs by bringing about the change.
6. Be objective just say what you see that as wrong don't make it emotional or personal. After you show what needs to be changed you can say you don't know why they did that. This can open a deeper dialogue and it also takes away accusations and judgment.

Everyone who has an honest heart, that really wants to learn and grow is open to criticism and even asks for people to analyze them. It makes it easier for others to make observations if we ask them and they will give us answers that will cause us to improve.

A mature person is not offended with criticism. That does not mean that they necessarily agree with everything that is said, but they don't get offended because they honestly want to know and understand the truth. Those who get offended with criticism become negative and slow down their growth instead of taking advantage and growing faster.

So be grateful for the critics. In fact it takes courage for someone to tell us what they think. A good

friend tells us the truth and they are valuable in our lives to help us grow. Even when people have not told us things properly and it was done in the wrong spirit, if we are honest and look at what they said objectively, we can get value from it.

Remember... Thoughts become actions. Actions become habits. Habits become our destiny.

Reflect and respond

What is your attitude when you are criticized?

What affects you most, the criticism or the person who is doing it?

Do you know how to criticize?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed