

RECEIVE CRITICISM

Do you know what criticism is? It's that unpleasant thing that happens when you have done something and then someone comes along and tells you how you didn't do it very well. Or how you should have done it some other way ... kinda makes you feel bad. But as long as you are in this world, this is something you are going to have to deal with. And, as a Trailblazer, we can turn a negative into a positive for sure.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Deal appropriately with any criticism over the next three weeks and discuss your experiences with your parents. They may have some great advice. I'm certain they would love to hear about it and how you handled it.

LEVEL C

B5

First of all, there are different people that may criticize what you are doing. So understanding why they are doing what they are doing may help you a whole lot.

- Some people may genuinely want to help you. Your parents, for instance. They see what you have done and want to encourage you to do it better or they have an easier way of doing it. Make sure you receive this in the spirit it is meant. Don't be discouraged, but thank them for their suggestion. I'll say it again because I really mean it: Thank them for their advice and then give it a try their way next time. Remember, they love you and want you to do even better next time.

- Now there are also people that ... well, they're simply not that nice to be around sometimes. Some of them may be good at doing something and they make themselves feel super cool by pointing out what you have done that they think should have been done better. In this situation, thank them. It's far better than getting into an argument. So thank them for their advice and don't sweat the small stuff.



Even someone who is a little mean-spirited may have something good that they tell you. Frankly, if you don't get emotional, criticism can be a really good way of discovering what you can do next time to do something better. We should be trying to get better and better at everything we do. So don't allow criticism to get you down. Think about it and see if you think that it might be worth listening to, no matter who said it. And don't forget to say thank you. It can make a huge difference.