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Seek Critique Not Compliments.

Compliments help our self esteem, however compliments do not help us improve.

Who are the people in your life that always say good job?

Who are the people that always come to you with a compliment?

Do you have them in your mind?

Do Not Seek Them Out!

Who are the people that give you the truth?

Who are the people that love you enough to tell you when you dropped the ball?

Who are the people that want you to succeed so badly they lovingly correct you.

Do you have them in your mind?

Go find them often!

Questions:

- 1 - How open have you been in the past for these trusted people to speak into your life?
When someone critiques you, what is your first reaction?
- 2 - List four things that you want / need to become better at doing?
- 3 - Who do you know that has your best interest in mind?
Who do you know that could speak into the four things you want to improve at?
- 4 - Would you be willing to humble yourself and ask them for critique?