HOW TO LEVERAGE FEEDBACK FOR GROWTH

Being Better Series Episode 5

I KNOW IT'S DIFFICULT

When you do something good, put in efforts but some random person just comes in and says random things

WHAT TO DO WHEN YOU GET CRITICIZED?

Follow These Steps

1. Appreciate your self and be super happy!
   - First, not everyone dares to do good things
   - People don't go out of comfort zone, but you did!
   - World is full of noise, not everyone gets attention
   - Not only did you do something big, but you also got visibility
2. Now, take a step back, turn off your internet and relax for 5–10 mins.
3. Listen to the other person, try to understand, he might be saying something useful?
4. Have Empathy, maybe the other person was actually thinking good about you
5. Try not to get too defensive, don't end up wasting your time
6. End the conversation by saying "Thanks for help, god bless you", this is much better than wasting your time.
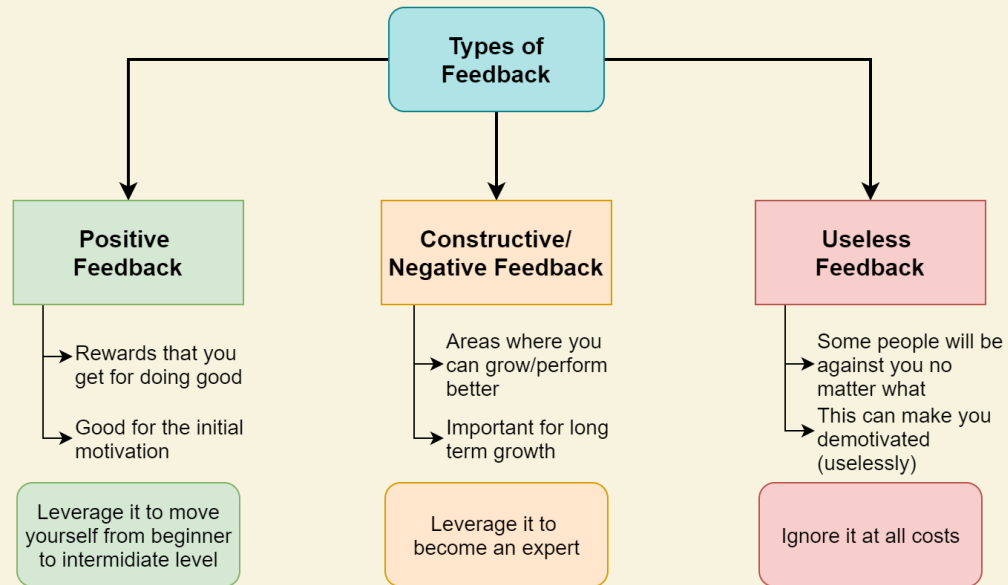
GROW FROM FEEDBACK

✨ Let Me Break It Into Steps For You ✨

The 3 Types Of Feedbacks

The Power of Feedback

Types of Feedback

Positive Feedback

→ Rewards that you get for doing good

→ Good for the initial motivation

Leverage it to move yourself from beginner to intermidiate level

Constructive/ Negative Feedback

→ Areas where you can grow/perform better

→ Important for long term growth

Leverage it to become an expert

Useless Feedback

→ Some people will be against you no matter what

→ This can make you demotivated (uselessly)

Ignore it at all costs

But make sure that it is coming from multiple sources,
From a single source, it is "Opinion" which might be relative/biased
From multiple sources, it is "Feedback", it will show you your area of growth

1. THE POSITIVE FEEDBACK

The "rewards" that you get for your good performance

Good for initial motivation, but won't help you become an expert

USE THIS TO MOVE YOURSELF FROM BEGINNER TO INTERMEDIATE LEVEL

THE LEAN PROGRAMMER

2. THE CONSTRUCTIVE FEEDBACK

When people let you know of your areas of potential growth

Important for long term growth

USE THIS TO MOVE YOURSELF FROM INTERMEDIATE TO EXPERT LEVEL

BUT WAIT!

The timing of these two can make a huge difference

If you get negative feedback when you are just starting, you will get demotivated (So reward yourself)

If you just get positive feedback, you will never know your flaws

THESE FEEDBACKS CAN ACT AS A BLESSING OR A CURSE DEPENDING ON THE TIMING

3. THE "USELESS" FEEDBACK

On your journey, you will find people who will hate you no matter what you do

Their feedback can be disastrous for you, so learn to ignore it at all costs!

START WITH POSITIVE, LEARN FROM CONSTRUCTIVE, AND IGNORE USELESS

BUT, MADHAV...

How to know if a feedback is "Useless"

SIMPLE, GET IT FROM MULTIPLE SOURCES

Remember, From A Single Source, It Is "Opinion"
Which Might Be Relative/Biased.

But, From Multiple Sources, It Is "Feedback"
It Will Show You Your Area Of Growth!

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