

# **“3 Moves You Can Make to Help You TAP into Valuable Feedback.”**

If you sincerely want to improve, you must make the first move when it comes to corrective information. Some people refer to feedback as constructive criticism, but we just don't like that term at I've Decided, INC. Valuable feedback sounds so much better, doesn't it? We think so.

Anyway, one thing is for sure, success most definitely requires you to seek and listen to valuable feedback. Feedback may not always feel good or positive because it usually means you're having to listen to certain ideas or things that you may be applying that aren't working or isn't getting the right message across. After working so hard on a project, it's hard to hear what you did wrong or what didn't work as well as it should have. No one wants to hear the bad. As humans, we thrive on reward, recognition, and praise. However, if you can create a habit of tapping into valuable feedback on a regular basis, you will see the positive difference it will make in your life.

## **Using the acrostic T-A-P, we have compiled three moves you can make to tap into valuable feedback.**

### **Trust the source –**

When you trust the person who is giving you feedback, then you have the reassurance that they care about your success. When you know that a person cares about you, it's much easier to hear the good and the bad. You can trust that they have your best interest at heart and only want what is good for you. If you don't fully trust the person you are getting feedback

from, how can you be certain what they say is genuine. Believing the feedback that you're tapping into is honest and sincere is very important.

## **Ask for it –**

Once you have someone that you know you can trust for honest valuable feedback, now you must ask for it. You can't just wait for feedback to come to you. If you sincerely want to improve, you have should make the first move. When you take the initiative to ask for corrective information or feedback both good and bad, it shows that you are committed to being the best you can be and that you care about your performance. Don't wait for feedback, ask for it!

## **Put it to practice –**

You know what they say, "Once you know better, do better." Knowledge is only power if you act on it. Learning can be a form of procrastination. Did you know that? It's true. We can spend so much time learning and then never take the time to take what we learn and put it into practice. If you have asked for valuable feedback from someone that you trust, it only makes sense that you would apply the new information they have shared with you.

When getting corrective feedback, it can make you bitter, or it can make you better. Let it make you better. Decide today that you will tap into valuable feedback as a regular part of your routine so that it becomes a more natural occurrence. Get ready for the positive difference it will make in your life.

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