



“Two Gifts”

Why should the ability to be self-critical and concerned about improving be viewed as a gift to yourself as opposed to self-doubt and worry?

What is the value of having somebody you work with being completely honest and open about your shortcomings? Why should this be viewed as a gift not an attack on you?

How can you improve without critical input from yourself and others? How do you avoid getting your feelings hurt or having doubts about yourself?
