



10

*Steps to Turn Critique  
into a Benefit*

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## *10 Steps to Turn Critique Into a Benefit*

- Read the critique, review, feedback out loud
- Spend five minutes in silence and solitude
- Say how you feel then write this down
- Share how you feel with someone you trust
- Discuss if this critique is viable. If it's not, then say out loud why it isn't.
- If viable, say what is the main critique to work on
- Write the main critique to work on
- Say out loud the first step to address critique
- Share with someone the step you're going to take
- Check your progress after a certain length of time

*How do I feel reading the  
Critique?*

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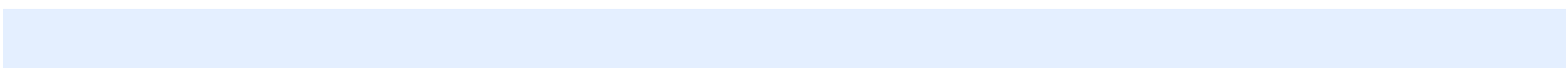
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*What step can I take to turn  
critique into benefit?*

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