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Thank you for your respond

Nobody likes criticism, which is silly. Criticism is a good way to improve yourself. If you want to get better feedback and improve your response to it, respond to criticism with a heartfelt thank you. As Business Blog Inc. points out, the entire review process can be uncomfortable for both sides. The person who gives criticism can feel as if they are mean, while the person who receives can feel that they are being reprimanded. By showing gratitude for the feedback, you communicate with yourself and the other person that you realize that you are participating in a positive process. Not negative: Constructive criticism can be a challenge. Show your grace by thanking your boss or colleague for his honesty and professionalism when he gives feedback. Ask for clarification if you have any questions. Consider thanking the person for their contribution. Of course, it should be self-evident that this presupposes that you are dealing with constructive criticism, and not just someone who is a jerk. The distinction between the two is a completely separate problem. However, if someone gives you useful feedback, show that you are open to it, rather than being steadfast and, of course, still having to follow their advice (or instead of saying: I'm sorry). How to accept and give professional criticism with grace | Inc.Photo by Nate Grigg. Any gift to the Arthritis Foundation will help people with arthritis in the US live their best lives. Join us and become a champion of yes. There are many volunteers. Join to be among those who are changing life today and changing the future of arthritis. Proud partners of the Arthritis Foundation commit annually to directly supporting the foundation's mission. Any gift to the Arthritis Foundation will help people with arthritis in the US live their best lives. Whether it's supporting cutting-edge research, 24/7 access to individual care, resources and tools for daily living, and more, your gift will change on life. Make a donation Help millions of people who live with less pain and fund groundbreaking research to discover a cure for this devastating disease. Please donate your much-needed donation to the Arthritis Foundation now! Become a member of the Arthritis Foundation today for only 20 dollars. Get a year of Arthritis Today magazine, access to helpful tools, resources, and more. Make an honor or a Memorial Gift Honor to a loved one with a meaningful donation to the Arthritis Foundation. We send a handwritten to the Honored or his family, who inform them of your thoughtful gift. Gift planning I want information about ways to remember the AF in my will, trust or other financial planning vehicles. Other ways to give match gift Donate a car donor advise fund by participating in the Live Yes! INSIGHTS rating, INSIGHTS rating, among those who are changing lives today and changing the future of arthritis are themselves and for 54 million others. And all it takes is only 10 minutes. Your shared experiences will help: - Lead to more effective treatments and outcomes - Develop programs to meet the needs of you and your community - Design a powerful agenda that fights for you Now is the time to make your voice count for yourself and the entire arthritis community. Currently, this program is for the adult arthritis community. As the needs of the juvenile arthritis (YES) community are unique, we are currently working with experts to develop a tailored experience for YES families. By sharing your experiences, you show decision makers the realities of life with arthritis and pave the way for change. They help break down barriers to care, inform research, and create resources that change people's lives, including your own. Getting Started As a Partner, you help the Arthritis Foundation provide life-changing resources, science, advocacy, and community connections for people with arthritis, the leading cause of disability. Join us today and help you as Champion of Yes. TrailblazerS Our Trailblazers are dedicated partners who are willing to show the way, get active and fight for daily victory. They carry 2,000,000 to 2,749,000 US dollars visionary Our Visionary Partners help us plan for a future that includes a cure for arthritis. These inspired and inventive champions contributed 1,500.00 to 1,999,999 US dollars. Pioneer Our pioneers are always ready to explore and find new weapons in the fight against arthritis. They contribute between 1,000,000 and 1,499,999 U.S. dollars. Pacesetter Our pacesetters ensure that we can set the course for a cure for those who live with arthritis. They contribute between 500,000 and 999,000 US dollars. Signature Our Signature Partners make a name for themselves by identifying new and meaningful resources for people with arthritis. They contribute between 250,000 and 499,999 US dollars. We support our supportive partners with active champions who encourage and support the arthritis community. They contribute between 100,000 and 249,999 US dollars. More about partnerships The holidays are an ideal time to express gratitude for everything we have. Many of us have experienced more turmoil, conflict, disillusionment and frustration in recent months than before, and it is easy to forget how happy we are and for which we can be grateful. During this holiday season, I would like to see things differently, to bring more hope and gratitude into my life. I invite you to do the same. It's all the way you see things -- and little things still mean a lot. I know it's difficult -- maybe impossible in some cases -- and a lot of people are struggling with bigger problems than the ones I've outlined here. But in the spirit of the season, why not try to press the reset button and and the reflexive thoughts that make you short-breathed and disturbed?So... what if you thought otherwise?1. You have complained about the election results and were grateful for your right to vote and to vote.2. We wish you had a higher-paid, more fulfilling career, you were grateful for a job that supports you.3. You criticize members of your family and feel grateful for a family that is doing its best. Frustrated that they don't have the latest model car, you felt good about the fact that you have one.5. You felt tired of the same old furniture, you realized that you were lucky to have furniture.6. When you abhor your supposed enemies, you understand how powerful their influence was in your life when they taught you about strength and shaped your character.7. If you complain that your favorite food is not on the table, you've realized the abundance that's being made available to you.8. Frustrated by tangled Christmas tree lights, you realized that you have at least one tree to decorate.9. Piling credit card debt so you can buy the latest, biggest gifts, you realized that the best gift is that meaningful time spent with your friends and loved ones.10. You've buried yourself in your electronics and spent time with your friends, spouses, or children.11. As you moved on to your life situation, you realized that your heart, mind, and spirit would pull you up again -- finally.12. They complain that there is nothing to watch on TV, and they have listened to music to lift your mood.13 Frustrated by too many social engagements, you were grateful for the friends and family you included.14. If you think negatively, you have allowed laughter to bring more joy to your life.15. They felt guilty about the mistakes you made, and they realized that they were there for you to learn from her all the time, and you became a better person for it.16 When you were annoyed with those who wronged you, you realized that as much as you wish to retaliate, they were your most effective teacher.17. When you grumble about the Christmas cold you suffer from, you were grateful for an immune system that would make you healthy again.18 You've been arguing with your partner or family about endless holiday details, highlighting the stress, and trying to make each other laugh.19. When you go for yourself to feel like you're losing a few pounds, you've honored a body that supports you and generates energy from the food you put into it.20. When you talk condescendingly of others, you have them -- by building your soul.21. Wishing that the holidays would be over, you realized that it's like wishing for an important piece of your life was missing -- and even if it challenges you, you have to seize it and always appreciate it. Posted on November 23, 2020 Your neighbors below play loud music. Again. How do they not tire of celebrating? Celebrate? Why do they choose songs with such a heavy downbeat that the glass in your closet vibrates every two seconds? What can you do to get some peace you deserve? What should you? The human mind tends to go in circles when confronted with a problem without a clear solution. It will be easy to forget the big picture and get lost in anger and self-pity and waste our precious time, energy and enthusiasm. Wouldn't it be nice if we always remembered to play things in perspective? Wouldn't it be more efficient to face all sorts of problems, from tiny annoyances to life-changing emergencies, with a calm demeanor, sharp focus and fearless determination to take the most efficient action as quickly as possible? Unfortunately, people are not like that. Too often, we let fear or greed get the best out of us and make a hasty or short-sighted decision that we quickly regret. Other times, we spend weeks or months in a

dead end that repeat exactly the same arguments, unable to accept the compromise needed to move forward with one of the available options. Buddhists talk about getting lost in the small self. In this state of mind we literally forget the big picture and concentrate on the small. We are beginning to take our daily problems to personal is becoming less able, paradoxically, to solve them efficiently. And that's the opposite of Big Picture Thinking. Let me share with you a story related to thinking on a big picture... In 1812, Napoleon Bonaparte's French army invaded Russia. After a decisive battle of Borodino, the conquest of Moscow, and thus Napoleon's victory in the war, seemed inevitable. Unexpectedly, Russian Commander-in-Chief Mikhail Kutuzov made a highly controversial decision to withdraw and allow the French to conquer Moscow. A large part of the population had been evacuated to take supplies with them. The city itself was set on fire and large parts of it burned into the ground. After waiting in vain for Russia to surrender, Napoleon had to withdraw in the midst of a bitterly cold winter. He won the battle, but lost the war. The campaign ended in disaster and near-destruction of the French army. What can we learn from this historical lesson?1. Focus on the consequencesNapoleon focused on the important part: the conquest of Moscow. No one could accuse him of thinking small. Nevertheless, he overlooked the fact that the Russian army could still fight even after the abandonment of the country's most important city. War Moscow not an important goal? Success expert Brian Tracy has a litmus test: things are important in that they have important consequences. Things are unimportant in that they have no important consequences. When you face an election, you wonder what the consequences of each option would be? Want to spend an hour studying or watching the new series on Netflix? What would be the consequences of each option? Netflix Netflix sometimes be a better choice, but it helps to put things in perspective. Would you like to maintain your own apartment or pay for a cleaning service? Would that be the consequences of any option? Would you like to meet up with your friend for coffee or do your job instead? What would be the consequences of each option? The choice may be different for different people. A budding filmmaker may have a legitimate reason to choose Netflix. Personally, cleaning your own home can be relaxing and nourishing, even if the economics of hiring a detergent look convincing because you deserve a high hourly rate. Here you need a basic idea of who you are – what are your goals, values and aspirations.2. Flip Defeat In the victoryKutuzov succeeded in turning Russia's defeat into a historic victory by reshaping the problem in a broader context: losing Moscow does not have to mean losing the war. Despite the symbolic significance attached to the Kremlin, the churches, the invaluable treasures that have been kept in the city for centuries, the outcome of the campaign was ultimately determined by the strength of the remaining armies. If you can take this results-oriented perspective, many of your personal defeats can also be turned into victories. Few events in a human life are absolutely good or absolutely bad, and it usually takes many years to realize in hindsight what role a particular encounter has played in your story. That is why we have every reason to look for the good in the things that happen to us. This is a very practical attitude, anything but reasonless positive thinking. Because if something unfortunate has happened to you and you find good sides in these circumstances, you will be better able to use these good sides. Say that your noisy neighbors affect your productivity. What if it's a disguised blessing? How can this defeat be turned into a victory? Maybe you are too serious about life and could learn how to have more fun. Join your neighbors or go for a walk instead of work; Maybe you just wanted to be productive while postponing on social media instead. Now that your procrastinating has been interrupted, hold and acknowledge this much greater obstacle to your productivity; You may be too sensitive to interference. Take this opportunity to practice, ignore the noise and still do your best; Maybe you have a victim mentality and the sense of injustice deprives you more than any actual harassment that your neighbors have caused Try to accept this decline in your productivity as you would accept bad weather. Get used to finding opportunities in your problems. This is the quintessence of great imagery.3. Ask for adviceBoth Napoleon and Kutuzov had trusted advisers to discuss their affairs. In general, a different perspective- or multiple - can be To inform your understanding and lead to better decisions. Just make sure that the people you advise are competent in the area where experience is needed. Paying money for advice can also be a smart investment. Lawyers, tax consultants, doctors spend years helping people like yourself live a more successful, fulfilling life. Quick legal advice can save you a fortune on the track or even save you from great difficulties. A medical check-up can reveal potential problems and help you stay healthy and active for years to come. Even large, complex dilemmas in your job or romantic relationship can be tackled more effectively by teaming up with a coach or therapist or, of course, with the help of a wise friend. Beware of biased adviceMany imperfect decisions come in response to an imperfect piece of advice you choose to act on. This advice often comes from a biased party. For example, we are often encouraged to buy something we claim to need: protect your skin from harmful UV rays by using a special lotion. Strengthen your health by taking multivitamins. Connect with your friends by sending them lavish gifts. Lighten your weekend by consuming a delicious pastry. Become more productive by getting a faster computer. However, most purchases are unnecessary. Some, such as the sunscreen, have legitimate benefits when used correctly. Others, such as multivitamins, only make a difference to a small group of people. Advertisers of these benefits inevitably want to limit your focus to overstate the importance of their product. They often present it as the only solution to your problem, whether real or imaginary. Finally, the skin can also be protected from the sun by wearing appropriate clothing. Health can be better enhanced by eating a balanced diet and regular exercise. Spending time or talking to your friends on the phone is the most important way to connect with them, and it's practically free. Your weekend can be brightened by doing something you love. You can become more productive by focusing on the tasks that have the most important consequences. A faster computer can actually reduce productivity by facilitating multitasking and enabling your favorite distractions. There are other sources of imperfect advice. Politicians also often want us to focus on a certain big picture excluding the alternatives. Even loving parents can be guilty of the same thing. They can advise their children to choose a career path that is safe and respectable, based on the big picture they need to earn in life. However, a child can disagree, on the basis of another big picture, that his or her life must have meaning and fulfillment. The bottom line is it human nature to make, make, make, make, these decisions later. You can protect yourself from poor judgment by striving to achieve the big picture when careful consideration is required. Focus on the consequences of your decision before you think about it. Play with the cards you've dealt, but look for opportunities in each situation and you'll find them. Ask expert mentors for advice, but beware of biased people who have an opinion but don't necessarily have your best interest in mind. But remember, true Big Picture Thinking comes from hard-won experiences. Legendary military commanders Napoleon Bonaparte and Mikhail Kutuzov were both wounded on the battlefield. Clear thinking comes from putting your big picture to the test. More tips for thinking Clear Made Photo: Haneen Krimly via unsplash.com unsplash.com

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