

We can't all have the same experiences. Your values, perceptions and everything else you believe to be true in life are unique to you. A better way to know others, influence people and form better relationships is to form rational opinions about them — get to know where they are coming from, what they have been through, and where they are going in life.

Give people the benefit of the doubt. Most people do the best they can with what they've had or what they have at the moment. Give others the same consideration that you'd give yourself.

### To Be Less Judgemental, Get to Know Yourself Better

**"When you judge others, you do not define them, you define yourself,"** says Earl Nightingale.

Judging others defines who we really are — our fears, insecurities and shortfalls. The urge to judge is often rooted in our vulnerabilities.

Instead of spending more time criticising others, concentrate



on how to strengthen yourself, overcome your weaknesses and make yourself a better person.

Life coach Esther Gonzalez Freeman tells BuzzFeed that learning to "redirect our thoughts toward curiosity" about ourselves can help us uncover why we feel the need to judge in the first place. She recommends asking, "What is about me?" or, "Why did that push my button?"

You can also find out when you are most judgmental to know how to consciously take control of your thoughts and opinions.

Are you more judgmental when you're stressed? Around specific people? In the morning or evening?" The knowledge of your actions and when you tend to be more judgemental can help you detach yourself from your thoughts and tame those feelings when they start to arise.

You can win friends and influence people by practising kindness towards others and yourself. Don't compare and compete, but explore your own unique self and how can be curious about others and learn more about them.

## The trait that takes you from average to spectacular is not your IQ

The making of an expert

You are unique, and so is everyone else. Success means a lot to every person. It's a weighted combination of power, status, money, family, and work. You can define success in your own terms, because what brings you fulfillment and meaning is not the same for everyone.

People pursue success for different reasons. The fortunate few with a high IQ advantage may find it easy to pursue specific careers in life. And what could take you twice as long to learn and achieve will be an easy pursuit for them.

**Deliberate, purposeful and systematic practice have a lot more to do with your success than you think.**

Talent is overrated. Thousands of hours of hard work can compensate for what you think is a weakness. You can master any skill if you put your mind to it and commit to relentless practice.



In *Talent Is Overrated*, Geoff Colvin argues that deliberate, methodical, and sustained practice is the way to achieve true mastery. "Deliberate practice is hard. It hurts. But it works. More of it equals better performance. Tons of it equals great performance," Colvin writes.

You could argue that a set of genes give rise to some particular skill and that Einstein had the physics gene and Mozart had the symphony gene. But guess what? Even those with some kind of talent have to work hard to reach the peak of their selected careers. Einstein and Mozart had to work damn hard to achieve.

**Mozart once wrote to a friend: "People err who think my art comes easily to me. I assure you, dear friend, nobody has devoted so much time and thought to composition as I. There is not a famous master whose music I have not industriously**