OTHER PEOPLE'S OPINIONS

a flow chart

Someone has an opinion about you!

Did you actually hear them say it?

Don't worry about it!

Do you value their opinion?

Yes →

Seriously, don't worry about it!

Did they offer that opinion with love?

No →

Don't worry about it!

Yes →

Was their opinion helpful and constructive?

Yes →

Give it some thought.

 Decide what's best.

DON'T WORRY ABOUT IT.

No →

Oh, crap, DEFINITELY don't worry about it!

Do you actually know this person?

Nope →

Don't worry about it!