

## *Between a Rock and a Hard Place*

# **Dealing With Rejection**

### 10 Tips for dealing with rejection:

1. Be open. Be open to criticism and rejection. Be open to the possibility of the rejection or criticism being feedback for you to make a decision or help you improve!
2. Be Consistent. Keep doing what you are doing. Remember that you are the pilot of your goal, challenge, or position and don't let rejection hold you back.
3. Be Focused. Remain focused on the big picture and your ultimate outcome. Don't let some turbulence - rejection - bounce you off track.
4. Be Resilient. Have self-belief from within. Never let external actions or comments keep you from achieving your dreams and goals.
5. Be Positive. Have you ever seen a negative successful person? Remain positive to yourself - create positive thoughts and have positive actions. Thoughts into Actions = Results.
6. Be Clear. Be happy with the outcomes you are getting.
7. Be Grateful. Be grateful to your critics. If it wasn't for them you wouldn't understand the reality of a challenge.
8. Be Responsive. Make a conscious decision before you respond. Ensure you acknowledge people who take the time to give you feedback.
9. Be Selective. Select what you are going to do with the rejection or criticism. Remember not to take feedback personally - rejection or criticism is simply one point of view.
10. Be Loving. You are probably your number one critic. Be loving towards yourself and your critics.

Use this time to research and analyze what went wrong and how to deal with the rejection in the positive light. Summon your fighting spirit; your character that says "I will not quit".

*There is no use worrying about things over which you have no control, and if you have control, you can do something about them instead of worrying.*  
- Stanley C. Allyn

Tips are from Adam Baird and found here:  
<http://www.tradechallenge.co.nz/articles/article/4623711/80555.htm>