

SELF-CONFIDENCE & HANDLING REJECTION



Main Reasons Why People May Reject You

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8 Ways to Avoid Rejection with Confidence

1. Make your _____ one that the other person can accept.
2. Be sure your _____ is clear.
3. Keep it short and _____.
4. Don't leave out anything _____.
5. Keep it _____.
6. Provide a compelling _____.
7. Use the right _____ (and body _____).
8. Don't _____.

8 Ways to Overcome Rejection with Confidence

1. Acknowledge Your _____.
2. View Rejection as _____ YOU are _____ the Limits.
3. Refuse to Let Rejection _____ You.
4. Learn _____ Rejection.
5. Connect to those who _____ and love you.
6. Treat Yourself With _____.
7. Take a _____.
8. Try again _____.

8 Quick Tips to Handle Rejection with Confidence

1. Learn to be _____
2. Know when to _____
3. Be done with it / stop _____ on it
4. Use the rejection as a _____ experience
5. Look at it _____, not _____
6. Work on your _____
7. Work on your _____
8. Surround yourself with _____ _____