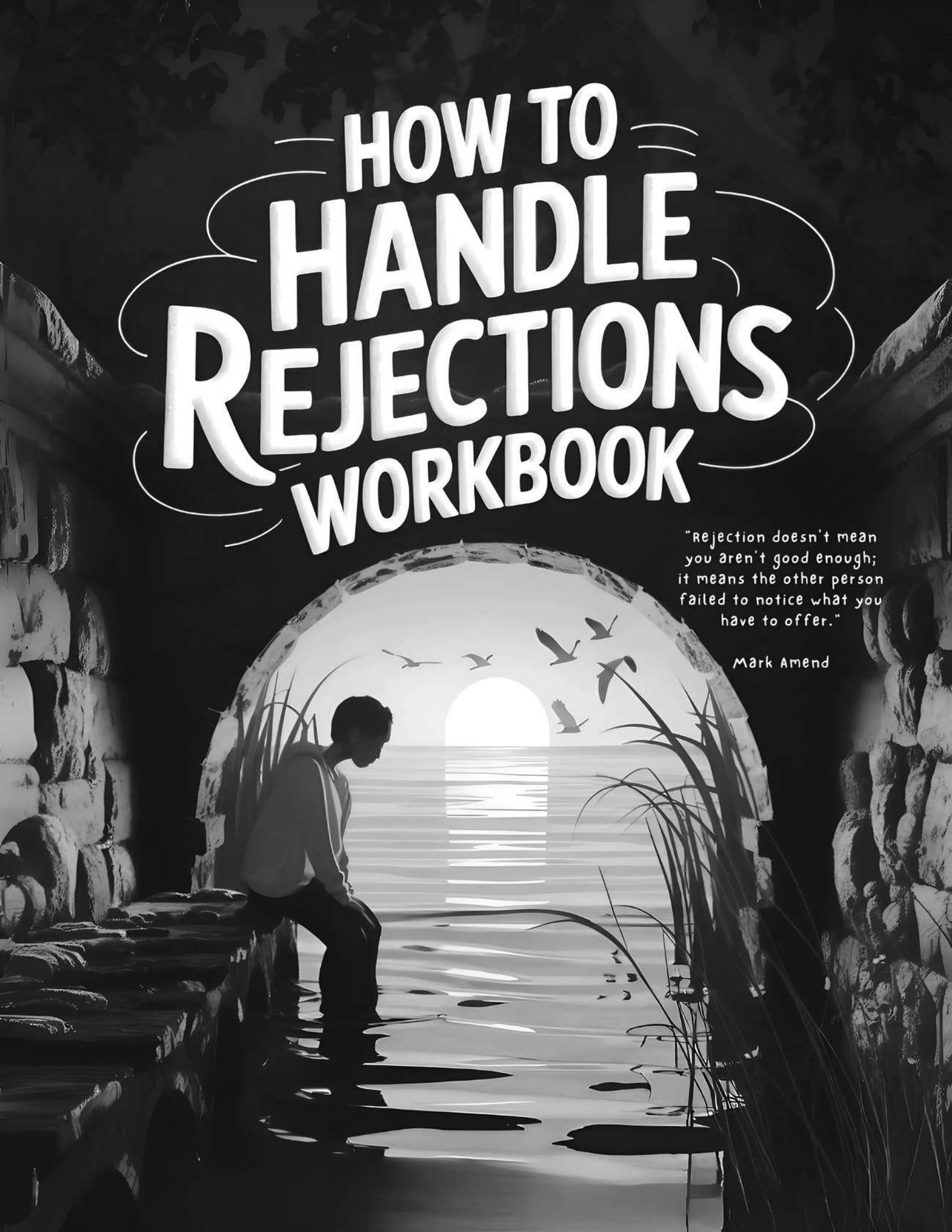


HOW TO HANDLE REJECTIONS WORKBOOK



"Rejection doesn't mean
you aren't good enough;
it means the other person
failed to notice what you
have to offer."

Mark Amend

when things don't go my way

Rejection stings, no matter where it comes from—friends, work, relationships, or even personal goals that didn't work out. It's easy to dwell on the disappointment, replaying what went wrong and questioning if things could have gone differently. But rejection isn't just an ending; it's also an opportunity to learn, grow, and find a better path.

Everyone faces rejection at some point, even the most successful people. What separates those who stay stuck from those who move forward is how they handle it. Instead of seeing a “no” as proof of failure, it can be a lesson, a redirection, or even a chance to build resilience.

Here are two real-life rejection stories that show how setbacks can lead to growth and resilience.

J.K. Rowling and the 12 Rejections

J.K. Rowling was rejected by 12 publishers before Harry Potter was finally accepted. She kept pushing forward despite the setbacks, believing in her story. Today, her books are among the best-selling of all time, proving that rejection isn't the end.

Michael Jordan's High School Rejection

Michael Jordan was cut from his high school varsity basketball team, which devastated him. Instead of giving up, he trained harder and came back stronger the next year. His rejection became the motivation that helped him become one of the greatest basketball players in history.

This workbook will help shift the perspective on rejection—turning self-doubt into self-growth. It's about learning to take setbacks in stride, recognizing self-worth beyond external validation.

get to know me time!

Hello! My name is...

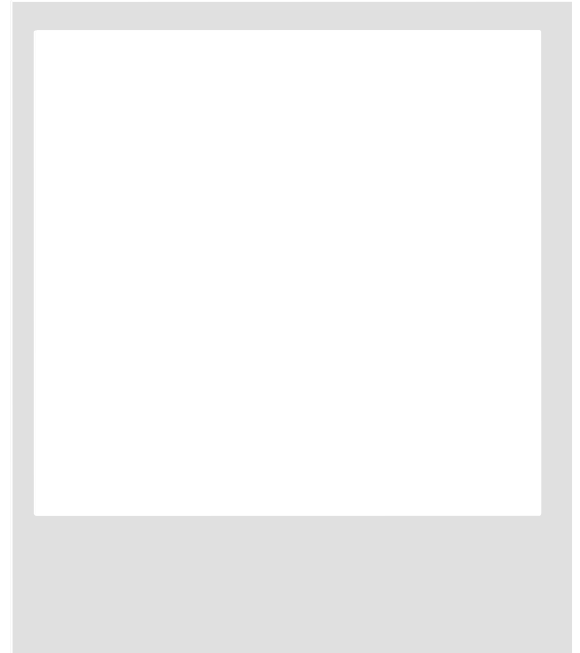
Nickname

Age

Address

Birthday

Zodiac Sign



My Hobbies are...

Fun Facts About Me

My Favorite

Color:

Food:

Pet:

Song:

Movie:

My Motto in Life