

Rejection

Know that in just about every conceivable area you will face some form of rejection. It is how you handle each situation that will determine if you will be a normal part of society, which is what you want to be. When you are rejected you must remain humble at all cost and learn humility. You can marinate your skin to be tough like a hog but you must look at rejection as a learning experience.

- 1). **Do not fly off the handle**
- 2). **Do not get angry and become destructive or physically threatening**
- 3). **Do not act immature**
- 4). **Always remain poised and respectable**
- 5). **Learn from rejection**
- 6). **Ask (question) why rejection was rendered**
- 7). **Ask what improvements you can make**

Always keep in mind there are various reasons to get turned down-rejected. In some cases you may look within to locate the answer. It could have been the way you look, the way you dressed, what you said, how you conducted yourself, the timing or any other combination of things. It may very well not have been you who was the problem. The individual you had the conversation with may have been having a bad day or some other form of issue. Whatever you do you should never beat yourself up over being rejected or cause any other problems or discrepancy. Just do your best, keep trying and always do better than the day before. Let's say you went for a job interview and were rejected because of your look. Are you willing to change your look just for the sake of securing one low paying job, or will you get upset and call the potential employer a derogatory name and walk out? **when it comes to employment you do not have to reach for the moon as much as you should lung for the stars of employment, unless you posses the degree, experience or knowledge which will allow you that immediate moon size salary that will sustain your lifestyle.** Here is why you should not walk out. First off,

your employment opportunities, because of your background, may very well be limited. In the above scenario you were being offered employment which not only means you would have *stable income coming in, it will also afford you the ability to purchase those necessities you will need to survive, pay bills, be responsible in many ways, open a savings account, stay out of trouble but most of all, it allows you to be a tax paying, law abiding citizen of society.* Why would you ever walk away from a free opportunity that will help advance your cause? Walking away is easy, sure but changing something within is much easier, especially when it comes to helping yourself and those around you. You change your clothes and hair every day anyways. Why should this be so difficult? You should always look at scenarios like this as someone trying to help you and especially when it comes to being employed. No one can be more responsible for that than you. Make no mistake about it you will always run into rejection or rejection will run into you. Some you can telegraph others you cannot and have no way of stopping. Take any sporting event for instance. You may get your ball rejected as you go up for a shot, rejected on the hockey ice, denied a touch down or robbed of a home run. You should **never huff and puff and take your ball away because the other kids won't let you play.** Take notes, get better then fit in with those who are of your own skill level. You may be rejected for a loan, school admittance, employment, group discussion or for any other unexplainable reason. You did everything possible you could do not to get rejected but it happened anyways so, what do you do? You simply grow from the experience. That's it, cut and dry. Be modest, grow from it and get better at what you can. It is all about taking the initiative toward working to improve your own life. There is not a single politician, teacher, entrepreneur, business owner, religious leader, man, woman or child who has not been or will not be rejected on some level. Rejection is a part of life and no one is immune from its service. Life is not always fair but you should also deal with it as a beneficial service to your future growth while maintaining a superb level of integrity. For, in the face of rejection you should take hold of the rocket booster, build steam and blast off toward prosperity. Rejection causes fear and fear rejection. Whatever the emotion involved do not allow rejection to make you fear trying again because trying is exactly what you are supposed to do, over again. Do not force yourself to be in other

people's comfort zone but you should not walk around wearing a shell either. The more you are rejected the more you should learn and gain experience in how not to continue to be rejected. **There is no real need to fear rejection; it comes with the territory of life.** when you prepare for it you will be better equipped to deal with it in a practical and acceptable manner that will keep you balanced when thinking of a reactionary decision to any scenario, knowing your decision will not only affect you, but also those around you. Rejection is like pain and is a serious assault on the ego but you should not have a nervous breakdown over it. When you bump your head or stub your toe the pain doesn't last forever. **Never get upset** or take action against anyone who rejects you. By and far rejection can be looked at in many different ways. You may feel like a failure and we know **getting rejected is a hard pill to swallow but one which must be swallowed with the least amount of damage and the greatest amount of beneficial out come.** Getting rejected is not validation but strength to motivate you to succeed and you should always do so using these two words...persistence/desire. Bouncing back from rejection is much easier than doing so from a nervous breakdown.