

# Accepting Rejection

The Cornerstone of Perseverance

Personal Development Tips, Tricks and Strategies

# We learn at an early age...

- We don't get everything we want
- **We have had to deal with rejection**
- This makes you think that people accept rejection easily
- **The exact opposite is usually true**

# Invisible shield against rejection

- People start to develop an invisible shield
- **Anger/resentment to those serving up the rejection**
- But, in many cases, it can show who is resilient
- **And...**
- Who is likely to continue until they get what they want

# Negative comments

- No one likes negative comments about themselves
- **People take it personally**
- However, knowing the reason for the rejection...
- **Can help change your direction**
- And so correct the aspects that made people reject you

# Won't work with everything

- E.g. Attracted to someone but the favour not returned
- **May be difficult or impossible to turn around**
- But numerous stories of people who persevered
- **Perhaps rejected time and again**
- And eventually won the love of their lives

# Another instance

- Rejection during a job interview
- **Possibly incompetence by the interviewer**
- Always evaluate the reasons why you were not chosen
- **Reasons not usually volunteered & few people ask**
- Many will feel you don't care if you don't ask

# Usually rejection is not personal

- In many cases, rejection is not personal
- **You may not have the skills or experience needed**
- But if rejection is personal it's possibly the best outcome
- **Your personality must match the job**
- E.g. aggressive personality or driving personality

# Use rejection to your benefit

- People who accept rejection & don't give up...
- **Are usually the ones who get that acceptance**
- If you persevere - turn rejection into acceptance
- **The next opportunity may be the one**
- You won't know unless you continue



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