



## Rejected, Turned Down, and Refused

***Rejection stings. But it also reveals what you think you're worth. Time to check what story got triggered—and rewrite it.***

Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. Did today bring some kind of 'no' I wasn't ready for?  Yes  No

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2. Was I expecting too much from someone or something?  Yes  No \_\_\_\_\_

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3. What did I make that rejection mean about me? \_\_\_\_\_

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4. Did it hit an old story or belief I've carried too long?  Yes  No \_\_\_\_\_

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5. How did I respond, shut down, lash out, hide?  Yes  No \_\_\_\_\_

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6. Was I honest about how much it stung?  Yes  No \_\_\_\_\_

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7. What would I tell a friend going through the same thing? \_\_\_\_\_

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8. What truth can I hold onto that the rejection didn't erase? \_\_\_\_\_

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9. What am I still worthy of—even after this? \_\_\_\_\_

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10. What part of me needs a reminder that this 'no' isn't the end? \_\_\_\_\_

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