

1: Rejection - Turning it into Direction | Michael Nichols - Leadership Made Simple

Turning Rejection into Direction is a guest post by Jevonnah "Lady J" Ellison, an industry-leading Purpose Strategist and Executive Leadership Coach. She equips lawyers, doctors, engineers, professionals, and leaders with confidence and clarity so that they can live out their authentic purpose and experience incredible success.

There is no denying that all of us have suffered rejection in one way or another. It only differs on the degree and frequency of instances wherein we are being rejected. There are people who suffer from it on a daily basis and there are those who get rejected for few times. Yet it sounds amazing how some people find motivation and positivity from rejection. No one escapes from the reality of being rejected. We have been witness to so many horrible accounts how rejection has impacted their life. Some people say that they feel being abandoned. They felt unaccepted, unwelcome and worst they felt that they did not exist in the first place. This feeling consequently results in some cases, to suicidal attempts. For some people being rejected meant being unsafe in the environment they live in, so they find no value in the society hence the suicidal attempts. Rejection contradicts what most people want in this world: The brunt of rejection becomes evident when someone who was rejected becomes the subject of his own criticism. They start to get confused and ask the question: Why of all the people, I was the one who got rejected? From then on, the person will start to pick on himself. He starts to treat himself unfairly. He starts to figure out all his weaknesses and focus on them until he got knocked down and be depressed. The sadness will eat up on him. Indeed, rejection can render people become helpless. Rejection caused people to isolate themselves from others. They think that since nobody cares about them, why care for themselves? Accept that Rejection Is Real No matter what your social status you will never be spared from being rejected. We cannot change that reality no matter how we try to be at our best in front of other people because the truth is we cannot please everyone. Do not Take Rejection as a Personal Attack The problem occurs the minute you take rejection personally. People think that when someone rejects for instance their ideas, they think that they are being rejected. You have to see it in other perspective. Never take it personally. That means be rational about dealing rejection. It is not yourself that is being rejected. It is your idea, behaviour or service that is being rejected. Another example, when you offer a particular service and your potential customer rejects your offer, do not confuse yourself. What is being rejected is the service your offer and not yourself. Change the Lens through which You See Rejection To overcome rejection, you need to change the lens through which you see it. So, instead of spending our whole life trying to avoid getting rejected, why not make the best out of it? You cannot live your entire life the way it is. You have to decide to make a change in your situation. Most of the time, the problem lies in the way we deal with rejection. That goes to show what our irrational tendency is capable of inflicting to us. And since it was your wrong handling of rejection that causes negative feelings, it is up to you to make yourself feel comfortable with every rejection you receive. Remember, only yourself who can best uplift your spirit. That is the power of belief. If you believe that rejection does not define you. If you believe that you are bigger than your failure. If you believe that there is something you need to learn from failures. If you believe that there is no other option but to move forward, then you just made a big decision for yourself. Rejection teaches you so many things. It makes you realize the things that you really want. It teaches to be stronger. It teaches you to pursue things you are passionate about. In every rejection comes a sense of direction. Do not identify yourself with rejection. No one defines you. We got bullied, rejected, ignored or abandoned but only us who can change our circumstances. Nobody could do it for us. Knowing this, we have to believe on every ounce of our being. We need to stand up. The first thing to succeed in our goals in life is recognize failure. That is how we learn. About the Author Being a tutor, Amy Cowen has a great experience of work with students â€” from providing assignment help at Aussiesay to giving career advice. She often writes for different blogs in her free time. Affirmations - Words with Power Motivating and inspiring affirmations for every day and for every purpose, with all the guidance you need to make them work. Learn how to use affirmations effectively, to improve your life, achieve goals, and get the things you want. Hundreds of affirmations for almost every purpose.

2: Reject Me I Love It!: 21 Secrets For Turning Rejection Into Direction by John Fuhrman

The seed for every financial breakthrough begins in your mind. 9. Success is not an accident. It happens when prior proper planning and prayer meet opportunity.

Special to The Globe and Mail Published June 28, Updated June 28, This is part of a series looking at micro skills “ changes that employees can make to improve their health and life at work and at home, and employers can make to improve the workplace. The Globe and Mail and Morneau Shepell have created the Employee Recommended Workplace Award to honour companies that put the health and well-being of their employees first. Read about the winners of the award at tgam. Registration is now open for the Employee Recommended Workplace Awards at www. How prepared are you for rejection? Story continues below advertisement Rejection is something no one wants to experience. This micro skill provides a framework to move past rejection “ something few get through life without experiencing. Caring, trying and believing may not be enough to keep an important relationship or job. Rejection is the feeling of being unwanted. Once emotions are under control, being rejected is only information. What we do with this information eventually defines our happiness and ability to move forward. Placing blame or searching for answers seldom helps. Feeling the pain of rejection is nothing more than evidence that we really cared. One thought that can help a person move past rejection is accepting that these things happen. If we are the cause, accepting this is also beneficial for learning purposes. In human interactions the value we place on ourselves influences the value others put on us. What we do as we process rejection influences how others think of us. We bounce back faster when we stick to our healthy habits and routine to give us time and space to heal and dust off the rejection. This creates an opportunity to move forward to create a new beginning. Rejection “ Rejection can come in many forms and degrees. Not all rejection is the same, but all rejection can hurt. When you feel rejected, your first action is to determine how much you care and how upset you are, and then ask yourself how this will impact you. Sometimes you may feel relieved because you were already thinking about alternatives before you were rejected. Honesty and parking your pride can help you to be objective in order to move forward. Discovering why the decision was made is not as important as how it impacts your life. Focusing on how it will impact your life can help you decide how to reset toward what you want. If you have a breakup, the impact may be a sense of loneliness. The focus is not on what you lost but on the impact. To reset and move on requires an honest assessment of what you want in your future. Your resiliency and coping skills will help you push ahead and solve the challenges you face as you restart. We move past rejection when we accept that the only things we actually control are what we want and what we do. At this point we are in the position to make a plan to move forward to a new beginning. If you feel stuck and are unsure how to restart, discuss your situation with a trusted friend, family member or professional counsellor to get some ideas, advice and support. Having a plan and acting on it will be the best way to put a distance between you and the rejection. Story continues below advertisement Bill Howatt is the chief research and development officer of work force productivity with Morneau Shepell in Toronto. You can find all the stories in this series at:

3: How to turn rejection into something positive - The Globe and Mail

Use your rejection as an elevator and let it lift you to success. For more details, visit KICC book shop and purchase Pastor Matthew's new book: Turn Rejection To Direction.

4: Turn Rejection into Direction - Something New Everyday!

Details about Reject Me - I Love it: 21 Secrets for Turning Rejection into Direction. Be the first to write a review. Reject Me - I Love it: 21 Secrets for Turning Rejection into Direction.

5: Reject Me-I Love It by Fuhrman John - Book - Paperback | eBay

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Turning Rejection Into Direction The zen of rejection: let companies go in that other direction, i followed a different path to this mental state, starting with turning down cmu cs and going to cwru.

6: Turning Rejection into a Step in Personal Growth

Start by marking "Reject Me I Love It!: 21 Secrets For Turning Rejection Into Direction (Personal Development Series)" as Want to Read: Want to Read saving Want to Read.

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