

SHINE YOUR LIGHT - TRANSCENDING REJECTION

INSTRUCTIONS:

Give yourself time to go deep. Do not censor yourself.

1. REVEAL YOUR CURRENT DEFINITION OF REJECTION

a) When someone rejects you or you try and fail, what's the first thought that goes through your head? What do you make it mean?

For example: Everyone hates me. There's something wrong with me. I'm not smart enough, cool enough, pretty enough, good enough, young enough, fit enough, talented. I'm too much. I don't have what it takes,...

b) What are the things you think to talk yourself out of trying?

2. FLIP WHAT REJECTION MEANS TO YOU

Write down 1-2 new, empowering definitions/meanings that you can assign to rejection. What's your new rejection mantra?

For example:

- Rejection is God's (the Universe's) protection.
- The Universe hid my value from them because they're not assigned to my destiny.
- Rejection reminds me that I'm one of the brave ones willing to go for it.
- Rejection is a redirection.
- I trust that this is happening for me, not to me.
- This rejection is helping me to build resilience.
- Not everyone is going to understand my vision and that's ok.

3. APPLY YOUR NEW DEFINITION TO OLD SCENARIOS

Revisit a rejection scenario from the past and rewrite it by flipping the old story/old wound and applying your new rejection mantra.

4. TELL THE UNIVERSE TO BRING IT!

Let the Universe know that you're not afraid of rejection anymore:

Dear rejection, you might be big, but my resilience is bigger. BRING IT!