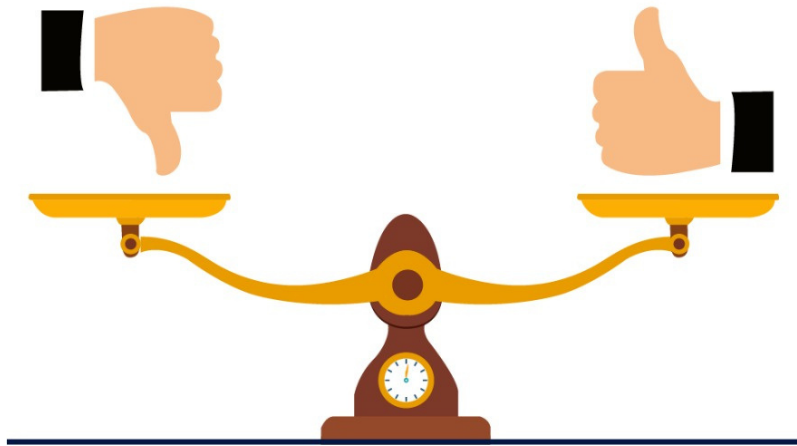


# **FUNSHEET TURNING REJECTION INTO REDIRECTION**



**ABSOLUTELY  
WRITE**  
WITH ADITI SURANA



## TURNING REJECTION INTO REDIRECTION

When we are rejected, our body biochemically sends the \_\_\_\_\_ into overdrive which leads to feelings of panic, uncertainty and fear.

How does it feel when you are rejected? What do you experience? Do you know the immediate reaction in your body? For each person it is different. Have you ever paid attention to the body's natural, instinctive reaction to rejection?

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Let's look at 5 ways to turn your rejections into redirections:

*1. Rejection doesn't mean you are wrong!*

Do you have any rejection that helped you grow? yes/no

Take out time to actually write about at least one such incidence.

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**If you are creative, trying to do something different and choosing an unconventional path, then rejection is given.**

*2. Rejection doesn't mean you are right!*

Think about a moment when you felt rejection :

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Is there really something you need to improve?

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Ask if I step away from this situation and look at it as a third person, what can I learn here?

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Just because someone is \_\_\_\_\_ in their judgement or uses a harsh tone, it doesn't mean what they are saying is incorrect.

Separate emotions from the \_\_\_\_\_.

### *3. Feedback in any form is a gift.*

To have people who can give you real, honest, clear feedback is a privilege. True or false

Many leaders and high performers have shared this over and over again. If you cannot have space for another person's objective view, then you will only be limited by your own understanding.

Do you take feedback easily?

If no, then what can you change about it?

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*5. Walk into rejection.*

If you are not doing things that are inviting rejections, then that is a sign.

A sign that you are stuck in your \_\_\_\_\_ zone.

Sign that you are not \_\_\_\_\_.

Sign that you are not \_\_\_\_\_ for your best possible version.



**"EAT REJECTION FOR BREAKFAST."**

Marie Forleo - Entrepreneur & Author

# CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

For this month of October, we are doing a special awareness drive called, 'Calmsutra with Aditi Surana'. Everyday for 12 minutes, Aditi will be doing a handwriting based meditation process, live on Instagram. All the details are mentioned on [www.aditisurana.com/calmsutra](http://www.aditisurana.com/calmsutra)



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We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website [www.aditisurana.com](http://www.aditisurana.com)