

JOURNALING

Rejection sucks! Especially when you have poured in your blood, sweat and tears. Even when you haven't, rejection just doesn't feel good. Journaling can help move to a place of Gratitude, Trust and Alignment with Self.

- 1) What are your emotions around the situation?
All of your feelings are true and valid (ex: angry, sad, hurt, tired, resentful, jealous, annoyed...)
- 2) What does this emotion tell you? What can you say you are now more aware of or that you realized from the experience?
(example: I learned that I still desire to do this work, or... I am more annoyed at the politics)
- 3) Reframe your answers from question 1 and 2 to a 'Yes-And' statement.
(Example: **Yes**, I am angry that I didn't get the promotion, **and** I now realized that if I want to do that work I will have to leave the organization.)



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- 4) How does this statement feel to you? How does your body react?

- 5) Acknowledging that the experience is for your highest good, produce a 'Yes And' statement (ex: Yes, I did not get the job and I know this is the right next step. I trust the the right opportunity will arise).

- 6) Reflect on how you answered the questions. Feel free to complete multiple 'Yes And' statements, see how each one makes you feel differently. The feelings that resonate with you, are more in alignment with your true desires.

