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Rejection proof pdf

Rejection Proof: How to defeat fear and become invincible You may avoid situations where you might be rejected. You're not going to take on that dream job. You're not asking for a pay rise. You're not asking that person for a date. But it doesn't have to be that way – the only thing that stands between you and your goals... It's you. Jia Jiang allowed his fear of rejection to rule his life. But he decided to take radical action: he quit his job and spent 100 days deliberately looking for scenarios where he would likely be rejected, from ordering doughnuts interconnected and iced as Olympic rings to asking the pilot of a light aircraft. And something remarkable happened; Jia not only learned how to cope with rejection, but also found that even the most outrageous request can be granted - if you ask in the right way. In this infectiously positive book Jia shares what she learned in her 100 days of rejection, explaining how to turn 'no' into a 'yes', and revealing how even you can become a rejection of proof and achieve your dreams. -- Predimation 1 2 3 ... 7 Next -- the help section or contact us Chapter 1 • We exaggerate fear and results Kate 2 • Fear has defused us. • Description: o doubtingo annoyed selfo sorry others to get scaredo uncertainty • Solution: be self-aware, think about what happened, and be deliberate in planning the next step. o Have funo projecting trust and staying calmo took breatho strength to make eye contact, and dove in • result: o Don't take it personally – feel confident and relaxed. and have fun • realization: o piquing the other person's interest in the joke chapter 1 • exaggerate fear and results Kate 2 • Fear defused us. • Description: o doubtingo annoyed selfo sorry others to get scaredo uncertainty • Solution: be self-aware, think about what happened, and be deliberate in planning the next step. o Have funo projecting trust and staying calmo took breatho strength to make eye contact, and dove in • result: o Don't take it personally – feel confident and relaxed. and have fun • realization: o Piquing a second person's interest with how you apply, you may be more likely than yeso communication style to be very important • confident, friendly, open Chapter 3 – fame • N/A Chapter 4 – Fighting Evolution • Rejection is harder to stomach than failure because it is more personal. However, it is not. o Usually after rejection, people either feel bad about themselves or reject other people's (revenge) about Revenge actually make us feel worse then • Rejection has an evolutionary root for survival. But now it's obsolete. However, it still causes real physical pain • Laughter is a painkiller, also with an evolutionary root. • I dream things that have never been, and ask why not - Robert Kenney Chapter 5 - Rethinking rejection • when you're not afraid of rejection you feel like you have nothing to lose, amazing things can happen • What kind of people ask? to welcome a spirito sense of humor curious about people's intentions and not to reject their request for a smile and a positive attitude is more important than looko never say no to the customer's request without first trying to find a solution • Rejection is human : People respond to the same request very differently And that didn't say anything about me, but more about them • Rejection is an opinion, influenced by social pressures to behave in a certain way (cultural factors, historical context, psychological factors) • Rejection has a number - try many Chapter 6 - S no • Stay around, and ask why: find out why, get referral • Retreat , don't run: back off, reconsider and try a new approach. edit your request from a different angle and smaller requesto if you can not do, you can do something else? o Ask for recommendations for other positions based on your qualifications • Work together, do not look at us vs. problem, not vs. meo you perceive them as collaborators Asking questions about the problems at your disposal, turn the other person into a co-worker Guess with the person always loseo Let it be clear that he had the freedom to say no • Switch, do not give up, try another person, try a different environment in other circumstancesa step back , rethink your talents and dreams, and conditions and environment = > ask why more = > Do research and evaluate conditions and environment. Prepare answers to no-s Chapter 7 - Location for Yes • Please specify why - explain the intention • Start with I - it sounds more original than they or you, without really knowing them • Acknowledge the doubts - adds confidence and comfort and simplicity, o In most cases other people's doubts do not disappear on their own. Instead, they can persist and are more likely to become the very reason for rejection if you don't take control of themo Honest Campaigno Bringing people in the open can be a powerful way to get their attention, their trust, and often accept them by being genuine and recognizing the skepticism that other people might charge • Select a target audience to prepare + add credibility = > how can I explain the intention better? = > What doubts to address? Chapter 8 - Giving no • not with patience and respect - smile • be direct: it will always be bad news. do not be considering large settings and thinking before. you can give reasons then do not give yes ... but and unfortunately • offer an alternative: show that you reject the application, not the person. Chapter 9 - Upside Down Search • Motivation: turning rejection into motivational fuel. O from an early age, I felt like I wasn't like everyone else. I didn't even want to be like everyone else. I wanted to find my own way. I resonated with this line, so Self-improvement: using rejection as a tool to learn, adapt and improve a sign shouldn't be too vague - more specifically and more credibly, don't turn people into your message • Eligibility: sometimes it's good to be rejected, especially if public opinion is strongly influenced by group and conventional thinking. • Character building: Finding rejection in a difficult environment can build up mental toughness to take on larger goalso Just focus on those audiences who listen to you, not those that ignore youo comparisons always feel bad try self-confirmation Chapter 10 - Finding meaning • In the face of rejection is about the ability to endure rejection, because there is a profound reason to do so • Finding empathy : understand others bettero happy Quiet energy is infectious about happiness and meaning can combat severe rejection of empathy fuel connections, sympathy drives disconnection - reflection: do I sympathize with people more or empathize with them? • Finding value – That's fantastic!o if you don't know how much you want and the value of something, rejection can become almost a measure of sticko I'm still interested in trying again? What is your dream greater than your rejection? • Search mission: the most brutal rejections in life signal a new beginning and mission for rejecter Chapter 11 - The search for freedom • Freedom to ask: without asking, you never know what opportunity is out there • Freedom to accept yourself: o Any historical baggage?o Approval I'm looking for? Chapter 12 - Finding Strength • Attitude: Rest assured: get up straight, maintain eye contact, put a big smile - friendly, relaxed, and not pushy • Tactics: make intention clear • Mentality: Conquer fear, start having fun, then everything, including the use of sales techniques, would be much easier • Separation from results: only results oriented is more than shortsighted, leaving you unprepared to get a feedback that could help you along your wayo Give full focus to it what I could control • making eye contact • asking why • listening • not running after not UCLA's legendary basketball coach John Wooden's use of effort based on not results to measure success • Are you ready thoroughly? • play the best game?o play my best and not worry about the results – even if the stakes seem impossibly high • Tracy google job search: about focusing on effort – quitting jobo set time – 6 months to decide what she can control: • networking • improving your CV • applying for a job • preparing for an interview, which she can't control: • getting a response from a network request • securing an interview • having people like her • getting a job offer to focus tirelessly on her controllable tasks, always very upfront with her intention of being 100% authentic, who she was about iteration: use every rejection as feedback for learning • celebrate rejection so sadly! - can happen Summary: Learning List: 1. Rejection is human, opinion (more rejection than rejectee), number 2. Ask why before good-bye 3. Retreat - don't be allowed: try different pitches, quantitatively - I have to do it artfully 4. Work together, don't argue 5. Switch, don't give up 6. Motivation 7. Self-improvement 8. Eligibility 9. Character building - used to strengthen not weaken yourself mentally ... No more, I couldn't have done it just a short time ago. But now I do these things every day to build my business and inspire others. I want to teach you the secret to being fearless, and turn all of you into an opportunity. Rejecting Proof is not myo help book, but something I wrote to share my own story and what I learned about conquest fear of rejection. With that being said, I share with you how I learned to position myself to get more yeses in my life, negotiate, and overall not be afraid of people. In the process of my rejection of the trip, here's what I learned about rejection: Rejection is muscle. If you do not constantly work outside your comfort zone, you will lose it and you will become weak and shy. Rejection is a numbers game. Fight your way through enough no and eventually you'll find yes. Avoiding rejection is worse than accepting it. Most people believe avoiding rejection is a good thing, by avoiding something bad we dodged a bullet and we are somehow pure positive, but that's not true. When we avoid rejection we reject ourselves and our thoughts, as the world sometimes has a chance to reject. This is the worst form of rejection and, as a result, the world is ignoring us. The biggest lesson I've learned from rejection is no matter what, don't be ignored by the world. Click here to buy my book and not be ignored by the world. World.

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