

HOW I DEAL WITH **FAILURE/REJECTION**

LEARN FROM FAILURE

- Failure gives you an opportunity to learn and improve/adapt/modify.
- Plan for success, but don't get discouraged by failure.
- Learn from others and don't repeat same mistakes.

REJECTED APPLICATIONS AND GRANTS ARE ONLY TEMPORARY SETBACKS

- Rejections are not failures(!)
- Whenever possible, ask for feedback/comments on the decision for future reference.
- It's OK to be sad or frustrated, but come back strong.

SURROUND YOURSELF WITH PEOPLE WHO SUPPORT YOU

- You don't have to deal with failure alone.
- The need to see a professional is OK, not a failure!

FAILURE DOES NOT DEFINE YOU

- Failure only tells you that you are trying, not whether you will succeed or not.
- Dealing with failure shows strength, not weakness.