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.