



Productivity Game: Rejection Re-Framing Worksheet

The Goal:

See each rejection as specific and temporary. Change post rejection self-talk from: *"I'm a reject and I'll never recover,"* to:
"That was just a bad situation and I recover quickly."

When we learn to see rejection/failure as temporary and specific we are more willing to do things outside of our comfort zone. The more we are willing to be rejected, the more we learn, and the faster we succeed.

DAY1: Describe a past rejection:

Ex: Turned down, cut from a team, dumped, laughed at, criticized, poorly rated, etc.

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how did the rejection feel at the time?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how does the rejection feel now?

1 2 3 4 5 6 7 8 9 10

Name one reason the rejection was specific to that situation/time in your life:

Some clues: Specific person, specific environment, specific experience at the time, specific mental state at the time, etc.

DAY2: Describe a past rejection:

Ex: Turned down, cut from a team, dumped, laughed at, criticized, poorly rated, etc.

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how did the rejection feel at the time?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how does the rejection feel now?

1 2 3 4 5 6 7 8 9 10

Name one reason the rejection was specific to that situation/time in your life:

Some clues: Specific person, specific environment, specific experience at the time, specific mental state at the time, etc.

DAY3: Describe a past rejection:

Ex: Turned down, cut from a team, dumped, laughed at, criticized, poorly rated, etc.

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how did the rejection feel at the time?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, with 1 being unaffected and 10 being completely devastated, how does the rejection feel now?

1 2 3 4 5 6 7 8 9 10

Name one reason the rejection was specific to that situation/time in your life:

Some clues: Specific person, specific environment, specific experience at the time, specific mental state at the time, etc.