

Name: _____

Three Steps for Handling Rejection

Learn From It!

Get information about why you did not get the job; call and ask the interviewer what you could have done differently and use this information as you look for other jobs.

Think Positive Thoughts!

When you hear you didn't get the job, say positive things to yourself. For example, tell yourself you are a winner.

Write three other positive thoughts to tell yourself:

1. _____

2. _____

3. _____

Move on!

Stay positive and start working on your next move. Plan out how you will go for that next position.