

## Rebuild Confidence After Rejection - Reflection Worksheet

Use this worksheet to reflect on a recent rejection and guide yourself toward clarity and renewed confidence. Write honestly, kindly, and without judgment.

### 1. What did I do well in the experience?

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### 2. What's the story I'm telling myself about this rejection-and is it true?

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### 3. What strengths did this situation reveal in me?

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**4. What wasn't actually a good fit about the opportunity I lost?**

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**5. What would a kinder inner voice say to me right now?**

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**6. What one small step will I take this week to move forward?**

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