

One should always be prepared to use failure as a stepping stone and rejection as positive criticism.

Fall in love with your work but learn to accept rejection and treat the instance as failure and not yourself as a failure.



Rejections are an indication that you need to take a different approach. Failures are the fuel that helps your engine keep running. Push harder to taste the sweetness of success

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**REJECTION ISN'T
FAILURE, FAILURE IS
GIVING UP**

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Never give up! Failure and rejection are only the first step to succeeding.

Jim Valvano

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Some of the Coping strategies which can help to cope with failure are mentioned below:-

- **Develop Gratitude:** Appreciating what you have achieved even if it's a small achievement and being thankful for things you have is the smartest thing you can do and unfold positivism. Meditation and yoga are often very useful to keep our mind relaxed and calm.
- **Identify Positive Attributes:** Each rejection, each failure has something to teach us, concentrating on our mistakes and learning from them is the most positive thing you can do. Focusing on the positive aspect of things will keep up your spirit, thus motivating you to work hard for your dreams.
- **Companionship:** Talking to your friends and family and seeking help whenever necessary is very important. Relying on them in your tough times isn't a sign of weakness, it's okay to seek support when in need. Rather it's an act of bravery because it takes courage to express your emotions to others.

