

THE DIAMOND MINDSET

Rejection Challenge Worksheet

“The first step to success is getting out of your own way. Give yourself permission to fail and not be perfect all the time.”

Person 1:

(Circle One) Success?

Failure?

How were you feeling before the approach? Nervous? Excited? Jot down your thoughts before approaching the person.

How are you feeling after the first approach? What went well? What didn't? What will you change before the next approach?

Person 2:

(Circle One)

Success?

Failure?

How are you feeling after the second approach? What went well? What didn't? What will you change before the next approach?



Person 3:

(Circle One)

Success?

Failure?

How are you feeling after the third approach? What went well? What didn't? What will you change before the next approach?

Person 4:

(Circle One)

Success?

Failure?

How are you feeling after the fourth approach? What went well? What didn't? What will you change before the next approach?

Person 5:

(Circle One)

Success?

Failure?

How are you feeling after the final approach? What went well? What didn't? What will you change before the next approach

Post Challenge Thoughts:

How do you feel after completing this challenge? Are you more or less afraid to fail? Write down any other thoughts you have from this challenge. Did you enjoy this? Was it worth your time?