

CHAPTER 10 · 5 EXERCISES

WHEN THE REJECTIONS COME

(rejection is data, not a verdict)

Print a fresh copy for every application. The free interactive lesson for this chapter is at attprofessionallanguageservices.com/dream-job/10/.

TRY THIS 10 minutes · after each rejection

FACTS, NOT STORY

After your next rejection, write down two things separately. **The facts:** "I wasn't offered the job after the second interview." **The story I'm telling myself:** "Nobody will ever hire me." Then ask: what's a more accurate, more useful story? For example: "I reached the final two out of many applicants. Something at the second interview didn't land. I'll ask what."

TRY THIS 10 minutes · after each interview rejection

THE FEEDBACK REQUEST

Write a three-sentence feedback request you can adapt: thanks, a specific question, and a line saying you'd be glad to be considered for future roles. Keep it in your template folder and send it within a few days of every interview rejection.

THE REJECTION REVIEW

STAGE	HOW MANY REACHED IT?	RATE TO THE NEXT STAGE
Target organisations identified		
Applications or approaches made		
First interviews		
Final interviews		
Offers		

Where is the biggest drop? Write one sentence: "My search is weakest at the _____ stage, so for the next four weeks I'll _____."

THE COMPARISON LOG

For one week, note each time you catch yourself comparing your search with someone else's.¹ Write who and what you compared, what you couldn't see behind it, whether the comparison helped you, and a fairer comparison (usually: your search now against your search a month ago). At the end of the week, count how many comparisons actually helped. Most people find the answer is close to none.

1. Adapted from Shaun Simpson, *Why Should I Give a Monkey's?* (2024), Exercise 18.

TRY THIS 15 minutes · once

WRITE YOUR SETBACK CARD

MY SETBACK CARD

Three things I've achieved in my search so far	
What I'll tell myself (a fact, not a slogan)	
Will this matter in five minutes, five days, five weeks, five years? ³	
One person I'll talk to	
One small action I'll take within 24 hours	
How I'll rest, without guilt	

Keep it on your phone or in your wallet. Use it the next time a rejection knocks you off course.