



You Weren't Rejected – Your *Offer Was*TM

Reframe rejection, reclaim your
confidence, and move forward
Full Out

FULL OUT COACHING



WELCOME!

Rejection hurts. Whether it's a "we've gone with another candidate," a breakup you didn't see coming, or a door slammed on something you poured your heart into – it can feel like someone stamped not good enough across your forehead.

But here's the truth: **you weren't rejected – your offer was.** This guide is here to help you separate your identity from the "no," reframe rejection as direction, not destruction, and rebuild your clarity and courage.

You'll find:

- Mindset shifts to keep rejection from defining you
- Reflection questions to help you regain perspective
- Practical steps to keep you moving forward Full Out

The Rejection Reframe

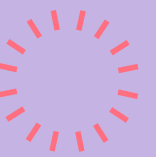
Rejection is about the offer, not about you. It's a response to a proposal, presentation, or pitch, not a verdict on your value.



- Mindset Shift #1: **Separate the Offer from the Self**



- Mindset Shift #2: **See “no” as direction, not destruction**



- Mindset Shift #3: **Your worth is not negotiable**

MINDSET SHIFT #1: SEPARATE THE OFFER FROM THE SELF



Rejection is a data
point, not a
declaration.

It's about the fit, the
timing, or the alignment
— not about your
worth.

Try this reframe:
Instead of “I’m not
good enough,” say:
“This wasn’t my yes.
My yes is still coming.”

MINDSET SHIFT #2: **SEE “NO” AS DIRECTION, NOT DESTRUCTION**



A “no” is rarely a closed door forever.

Sometimes it’s:

- A not yet
- A not this way
- Or a there’s something better

You’re already on the right path.

A “no” isn’t pushing you off course — it’s pointing you toward the next right step with even greater clarity.

MINDSET SHIFT #3: YOUR WORTH IS NOT NEGOTIABLE



Your value doesn't rise
or fall based on
acceptance letters, job
offers, or romantic
gestures.

It's already set —
steady, unshaken, and
not up for debate.

No “no” can take that
from you.



Unveiling the Courage Connection

Courage isn't about never feeling afraid. It's about showing up — even when the last “no” still stings.

When you align with courage:

- You stop letting fear dictate your next move
- You see rejection as a teacher, not a verdict
- You start living from truth, not from wounds

This is where your **A** in the **C.L.E.A.R. Method** comes in — *Align with Courage*. And today, we're going to practice.



10 Reflection Questions to Align with Courage

01

WHAT STORY AM I TELLING MYSELF ABOUT THIS REJECTION?

02

HOW TRUE IS THAT STORY?

03

IF REJECTION WASN'T PERSONAL, WHAT ELSE COULD IT MEAN?

04

HOW DOES THIS "NO" ALIGN ME CLOSER TO MY VALUES?

05

WHERE COULD THIS BE MAKING ROOM FOR A BETTER "YES"?



10 Reflection Questions to Align with Courage

06

WHAT WOULD I TELL MY BEST FRIEND IF SHE WERE IN MY SHOES?

07

WHICH OF MY STRENGTHS REMAIN UNSHAKEN?

08

WHAT ONE COURAGEOUS STEP COULD I TAKE TODAY?

09

WHAT'S ONE LESSON I CAN CELEBRATE LEARNING HERE?

10

IF I BELIEVED GOD HAS ALREADY PREPARED MY YES, HOW WOULD I SHOW UP NOW?

YOUR COURAGE-IN-ACTION

PLAN

Reflection Space: Reframe Your Most Recent Rejection

1.

Name the sting.

Acknowledge your feelings. Don't fake "I'm fine."

2.

Reframe the story.

Apply one of the mindset shifts above.

3.

Choose one small, bold move.

Make a call, send the email, pitch again.

4.

Track your progress.

Keep a courage journal.

5.

Celebrate micro-wins.

Every act of courage counts.

Resilience Rituals

Ways to strengthen your bounce-back muscle:

- **Daily gratitude:** Write down 3 things you're thankful for (yes, even on rejection days).
- **Affirmation practice:** Speak life over yourself every morning.
- **Courage playlist:** Create music that makes you feel unstoppable.
- **Community check-in:** Have at least one person you can text, "Got a no today" and they respond with, "Still proud of you."



Celebrating the No



You don't have to love rejection, but you can honor what it produces:



- Clarity about what you want



- Growth in resilience and courage



- Stronger boundaries and self-awareness



C.L.E.A.R. REJECTION QUICK CHECK

C – What clarity did this rejection give me?

L – Did I stay true to my values?

E – Am I still showing up authentically?

A – What courageous step is mine to take next?

R – How can I turn this learning into impact?

WHAT'S NEXT?




Full Out Coaching

Want to go deeper?

Book a complimentary Full Out Coaching Discovery Call and start creating your next brave step.

 [Book Here](#)

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ABOUT TANESHA L. MOODY

Tanesha Moody, MBA, PCC, is an ICF-certified coach, leadership facilitator, and speaker helping individuals and teams live, lead, and thrive Full Out. With a background in corporate leadership, theatre, and values-driven coaching, she blends insight, storytelling, and strategy to guide people toward purpose, identity, and courageous action.



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