

How to Beat Fear and Become Invincible Through 100 Days of Rejection

Rejection is one of the most common fears that people experience. It can hold us back from pursuing our dreams, taking risks, and living the lives we want. But what if there was a way to overcome our fear of rejection? What if we could learn to embrace rejection and use it to our advantage?

In this article, I'm going to share with you my experience of completing a 100-day rejection challenge. I'll tell you how I overcame my fear of rejection, and how it has changed my life.

The 100-Day Rejection Challenge is a personal growth challenge where you intentionally put yourself in situations where you are likely to be rejected. The goal of the challenge is to help you overcome your fear of rejection and to learn how to embrace it.



Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection by Jia Jiang

★★★★☆ 4.7 out of 5

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There are many different ways to complete the challenge. Some people choose to ask strangers for favors, while others choose to apply for jobs or go on dates. The important thing is to choose activities that you find challenging and that are likely to result in rejection.

I decided to complete the 100-Day Rejection Challenge because I wanted to overcome my fear of rejection. I was tired of letting my fear hold me back from pursuing my dreams.

I started the challenge by asking strangers for favors. I asked people for directions, I asked them to borrow their phone, and I even asked them for money. At first, I was terrified of being rejected. But as I continued to ask, I started to realize that rejection wasn't as bad as I thought it would be.

After a few weeks, I started to branch out and try more challenging activities. I applied for jobs that I was unqualified for, I went on dates with people I didn't know, and I even pitched my business ideas to investors.

I was rejected a lot during the challenge. But I also learned a lot. I learned that rejection is not the end of the world. It's just a temporary setback. I also learned that rejection can be a valuable learning experience.

The 100-Day Rejection Challenge was one of the most challenging things I've ever done. But it was also one of the most rewarding. I overcame my fear of rejection, and I learned how to embrace it.

If you're struggling with a fear of rejection, I encourage you to try the 100-Day Rejection Challenge. It's a great way to learn how to overcome your fear and to build your resilience.

Here are a few tips to help you get started:

- **Start small.** Don't try to do too much too soon. Start by asking strangers for small favors.
- **Be persistent.** Don't give up after a few rejections. Keep asking until you get a yes.
- **Don't take rejection personally.** Rejection is not a reflection of your worth. It's just a temporary setback.
- **Learn from your experiences.** Each rejection is an opportunity to learn and grow.

Overcoming your fear of rejection takes time and effort. But it's possible. If you're willing to put in the work, you can overcome your fear and achieve your goals.

Rejection is a part of life. We can't avoid it. But we don't have to let it hold us back. We can learn to overcome our fear of rejection and to embrace it.

The 100-Day Rejection Challenge is a great way to learn how to overcome your fear of rejection. If you're struggling with a fear of rejection, I encourage you to give it a try.

You may be surprised at what you're capable of.



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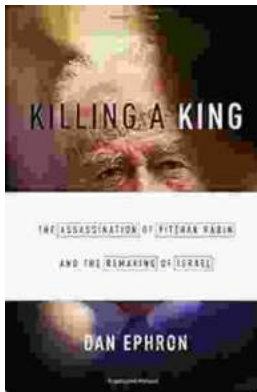
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