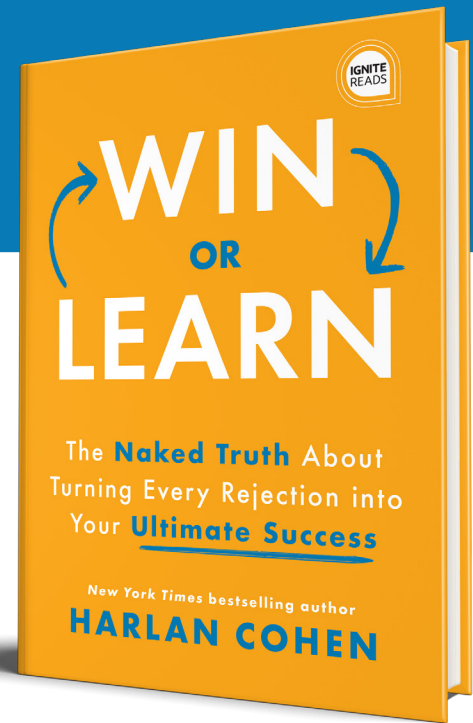


Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com



A Guide for Turning Rejection into Success:

Win or Learn

By Harlan Cohen

Includes printable worksheet for meeting participants

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WIN OR LEARN, YOU CAN'T LOSE

You are worthy and deserving of everything you want and desire.

BOOK DISCUSSION QUESTIONS

Chapter 1: What Do You Want?

1. What do you want to create, change or experience in the next coming months?
2. What's one personal risk you will take?
3. What's one professional/academic risk you will take?

Do not worry about how it will happen. Just practice wanting and dreaming big.

Chapter 2: Get Comfortable with the Uncomfortable

1. What makes you uncomfortable about taking your risk?
2. What scares you?
3. What intimidates you?
4. What might happen?
5. How can you reframe your risk so you can get comfortable with the uncomfortable using what you've learned about The Universal Rejection Truth?

Chapter 3: Think People, Places, and Patience

1. Who are three people you can lean on before, during, and after taking your risk?
2. Where are three places you can find connection, community, and information before, during, and after your risk?
3. When will you take your risk?
4. How long will it take you to get the results you desire? Be flexible with your timeline.

Chapter 4: Tell Your Story as If It Has Already Happened

1. How does it feel to reach your goal?
2. Pick a day in the future and tell yourself the story of what happened as if it's actually happened. *I reached my goal and accomplished (fill in). The most uncomfortable part was (fill in). The following three people helped me (fill in). I found support in the following three places (fill in). I'm so grateful and proud of myself.*

Chapter 5: Celebrate, Reflect, and Repeat

1. Celebrate the act of taking action! What can you feel GREAT about?
2. What went right?
3. What went wrong?
4. What can you change to get the outcome you desire?
5. Do you want to take the same risk or create a new one?

**“Want something. Know that you are enough.
Dream it. Believe it. Make it happen.”**

—HARLAN COHEN

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

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