

Dumped! NOT Dumped On!

How to stop reliving the negative impact of rejection in your life, business, and career!

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PREFACE

What is the challenge from the past, today, and in the future? It is that times, problems, technology, organizations, and people change. More than ever, people need to step up and take ownership of the fact that:

- Change is
- A need for change exists
- There are signals and consequences of ignoring the signs of change
- Our thoughts and behaviors associated with transformation must be different
- Success requires proactive navigation of the change

Let us be clear most people get internal and external signals that something is just not right. We question it, and that is as far as it goes! It is a fleeting thought as they are running 200 miles per hour after things that just do not matter. The result of not answering the question brings disbelief as they are now faced with change happening before them! As a result of this environment of rapid and complex change, people will experience rejection. However, our most

significant gains can come from change if we accept that change is constant, stay alert to the signals of change, and learn how to understand, challenge, and manage the individual negative experiences of rejection. People and organizations must be acutely aware, agile, and adept with the change to receive those gains.

According to the National Science Foundation, people have up to 60000 thoughts per day. And, over 85% of those thoughts are negative, with 95% of those negative thoughts *repeated*. That negative tape is continuously running in our heads uncontrollably. And too often, through that experience, we are blaming other people while beating ourselves up for allowing it to happen. The fear of rejection and its crippling effect is one of the main reasons for our negative thinking, which impacts our ability to succeed. The experience of rejection has the most significant impact on how we think and what we do as a result.

Most people know someone, or they have been fired, laid off, not hired, promoted, or accepted. People have lost clients, family, or friends. They have also lived or are living through a divorce or breakup. As mentioned, these experiences of rejection can have a significant negative impact on one's thinking, behavior, and results. Often people deny they've been dumped or rejected and pretend to others all is perfect! Attacking their self-esteem causes them to feel like they don't want to get out of bed! Most people get frustrated and angry taking it out on others while making themselves sick! Too many people continue living the rejection long after it has happened as it disrupts their need to belong. You were dumped! It does **NOT** mean you have to get dumped on!!! NOW is the right time to stop reclaiming and reliving the negative impact of being rejected.

The law of nature ensures that every adversity, defeat, setback, failure, heartache, and difficult circumstance experienced, carries within itself the **seed** of an equal benefit, not the whole fruit. I call it the mustard seed, which is the tiniest of seeds. To bear the fruit of rejection, people must be aware the seed exists to nurture the seed while practicing how to see the good in the situation with wise action.

This book will not help people altogether avoid the negative impact of being dumped and rejected. No one can control other people's decisions and choices. We only control ourselves! Nor will it remove them from the emotional rollercoaster rejection can bring. The experience of rejection hurts! We are emotional human beings. The neurological pain experienced by rejection hurts as much as if there is physical pain. This book will help people who want to:

- Use change versus being destroyed by the change
- Understand, challenge, and manage the pain of rejection that comes from change
- Understand how to create opportunity from change and rejection in all areas of life, business, and career
- Understand how to forgive themselves along with others who hurt them
- Get the clarity needed to succeed as they define success

Gladys Agwai leverages decades of global (US, Europe, Nigeria, Ghana, and Kenya), cross-industry, cross-function, and cross-cultural life and work experiences to walk everyone through a new and unique experience of recovery, replenishment, and renewal. She has helped many with

strategies and tactics to get clear, make wise choices, and take focused and fearless action resulting in more money, more freedom, more fun, and less stress after their own negative experiences with change and rejection. She will help them to recognize the signals to be proactive with change and positively channel rejection. Gladys' guidance will allow them to create new and successful opportunities accelerating and sustaining their growth even when they get dumped!