REJECTION PROOF

HOW I BEAT FEAR
AND BECAME INVINCIBLE
THROUGH 100 DAYS OF REJECTION
Jia Jiang
TURNING POINT

REJECTION PROOF
HOW I BEAT FEAR AND BECAME INVINCIBLE, ONE REJECTION AT A TIME
JIA JIANG
Founder of the 100 DAYS OF REJECTION Project
About Jia Jiang
MEETING REJECTION
FIGHTING REJECTION
FearBuster.com

- Rejection 1: Borrow $100 from a Stranger
- Rejection 2: Request a “Burger Refill”
- <fav> Rejection 3: Ask For Olympic Symbol Doughnuts
- Rejection 4: Deliver Pizza for Domino’s
- Rejection 5: Have a Tour in a Grocery Store Warehouse
- <fav> Rejection 6: Play Soccer in Someone’s Backyard
- <fav> Rejection 7: Speak Over Costco’s Intercom
- Rejection 8: Get Number One Spot In Best Buy’s Thanksgiving Line
- <fav> Rejection 9: Send Stuff to Santa Claus Through Fedex
- Rejection 10: Listen to Happy Birthday Song When It’s Not My Birthday
- Rejection 11: Learn Sales From the #2 Car Salesman in the Country
- Rejection 12: Ask Jackie to Talk To Millions of People
- Rejection 13: Take an Unregistered Exam
- Rejection 14: Give $5 to Five Random People
- <fav> Rejection 15: Be a Live Mannequin at Abercrombie
- <fav> Rejection 16: Ring a Bell for the Salvation Army
- Rejection 17: Borrow a Dog From the Humane Society
- Rejection 18: Give Weather Forecast on Live TV
- <fav> Rejection 19: Make Announcement on a Southwest Flight
- Rejection 20: Have Jeff Probst Sing a Song to My Son
- <fav> Rejection 21: Ask Strangers for Compliments
- Rejection 22: Get “Thai Torture” at Amy’s Ice Creams
- Rejection 23: Be a Greeter at Starbucks
- Rejection 24: Exchange Training With a Personal Trainer
- <fav> Rejection 25: Dance With a Dancing Santa
- * Rejection 26: Give a Lecture to College Student
- Rejection 27: Get Donation For Charity on The Street
- Rejection 28: Make a Sale For Best Buy
- Rejection 29: Learn Making Chai Tea From Barista
- Rejection 30: Slide Down the Firepole at a Firestation
- Rejection 31: Be a Santa to a Santa
- Rejection 32: Get a Free Room at a Hotel
- Rejection 33: Grill My Own Meat at Salt Lick
TASTING FAME
3rd. DAY Kreespy Kreme
BATTLING EVOLUTION

1. Rejection happens.
2. Don’t take it personally
3. Be tough and move on

Rejection vs. failure
The pain of rejection
The fear of rejection
1. Rejection is human
2. Rejection is an opinion
3. Rejection has a number
TAKING A NO

1. Ask “why” before good-bye
2. Retreat don’t run
3. Collaborate don’t contend
4. Switch up, don’t give up
1. Give my “why”
2. Start with why
3. Acknowledge doubt
4. Target the audience
GIVING A NO

1. Patience and respect
2. Be direct
3. Offer alternatives
FINDING UPSIDE

1. Motivation
2. Self improvement
3. Worthiness
4. Character building
FINDING MEANING

1. Finding empathy
2. Finding value
3. Finding mission
FINDING FREEDOM

1. Freedom to ask
2. Freedom to accept yourself
1. Detachment from results
LIVING A NEW MISSION

From interviewing Obama to finding Google
WEBSITE

http://fearbuster.com
Thank you

- Ann Marie and her team
- Sukhjit
- Lumembo
- Debbie and her team

After my rejection journey, I made a breakthrough. I realized that rejection isn’t something I should shy away from, but something I could use to my advantage.