

41 Affirmations for Courage to Try Again after Rejection

A moment to pause, reflect, and choose a useful next step.

1. I can make a considered attempt without controlling the answer.
2. I do not have to promise myself success before trying again.
3. I can remember the earlier no without predicting another.
4. I can seek support before submitting.
5. I can use previous feedback selectively.
6. A considered new attempt can include the past without repeating it.
7. I can take a considered risk without claiming to be fearless.
8. I can choose a challenge because it matters rather than because it impresses people.
9. I can notice the effort it takes to participate with uncertainty.
10. I can acknowledge the earlier disappointment.
11. I can choose an opportunity that fits better.
12. I can prepare one useful improvement.
13. I can ask for support before trying.
14. I can notice the limits of one past outcome.
15. I can submit an attempt without predicting acceptance.
16. I can make a manageable attempt rather than a sweeping gamble.
17. I can recognise effort independently of acceptance.
18. I can be open to a result without guaranteeing it.
19. I can choose an opportunity suited to what I offer.
20. I can let the new decision-makers have their own response.
21. I can stop rehearsing an old rejection as a current fact.
22. A beginner question can open a useful conversation.
23. The possibility of a no does not make every invitation foolish.
24. A new experience can be assessed after I learn something real about it.

25. I can separate the part that is mine to repair from the part that is not mine to carry.
26. I can recover from a hesitant sentence without beginning a private attack on myself.
27. I can improve one relevant part of preparation.
28. I can keep an alternative plan without assuming failure.
29. I can choose when trying again serves my goals.
30. I can make my first attempt small enough to learn from.
31. I can let a trusted person see me while I am still learning.
32. I can identify a relationship where my needs have room to exist.
33. I can recognise support that respects both my dignity and my independence.
34. A quiet act of integrity can tell me something real about my character.
35. I can ask what this new situation actually requires.
36. I can protect dignity while waiting for an answer.
37. I can admit that the attempt feels vulnerable.
38. An honest correction can be an act of courage.
39. Courage can include leaving an unsafe situation.
40. My next attempt can use experience rather than punishment as preparation.
41. I can leave some approval unearned and still make a considered choice.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/courage-try-again-rejection-affirmations/>