

## Ten Tips for Surviving Rejection

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by Joleen James

1. Take a minute to grieve, but don't get caught up in the emotion.
2. Always push forward. Consult your business plan/goals.
3. Refocus your energy, whether into another project, or simply by sending your work out again.
4. Sort through the comments, take what you need to make your book better, discard the rest. Remember everyone has an opinion.
5. Stay positive.
6. Don't dwell on other writers' careers. Your turn will come.
7. Other writers are not your competition. Compete with yourself to do your best work.
8. Call a friend, especially a fellow writer. We all understand rejection and can sympathize.
9. Treat yourself to something special, maybe a massage, or a new book.
10. Remember: Action is the antidote to despair.