



## ***Adapting Your Way To Success with The Rolling Explorer***

Featuring:  
**Jessica Jordan Ping & Whitney Reynolds**

At Marshalls, we believe that women deserve the good stuff in life. But for so many reasons, the things they want can feel just out of reach. That's why we're creating programs to help provide women with the tools, resources, and communities they need to feel financially empowered, make meaningful connections, embrace their self-worth, and show up with confidence. All in service of helping women access the good stuff in life. Because we want to bridge the access gap between where they are now and where they know they're capable of going. Between their vision board and their reality.

In partnership with Jessica Jordan Ping, content creator, podcast host, and professional speaker, Marshalls is bringing you tangible tools for building resilience in the face of changes, barriers, and adversity.

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# ***The Rejection Rescue Kit***

***"If you fail to plan, you plan to fail."***

Adversity, setbacks, and being told no are a part of life, and while you can't plan for specific situations, you CAN give yourself a road map to help you get back on track. This worksheet is designed to help you bounce back from rejection and get back to your fabulous self in record time.

## ***sad day ritual***

Whether your blue period lasts for an hour or a month, this is what you're contractually allowing yourself to do while you fall apart so that when the time comes, you have NO GUILT surrounding your "unproductive" behavior.



## ***BFM routine***

Crossing even one item off a to-do list can trick your mind into feeling like you have it together, even if you don't. So, write down at least one task you commit to doing, even on your worst day. \*It can literally be getting out of bed and moving to the couch.\*



## ***mood boosting media***

Focus on media that gets you up on your feet metaphorically and physically if you are able. Think comedies, pop anthems, inspiring talks, etc.



## ***past slays***

You've achieved incredible things in your life. Use this list as evidence against that voice in your head that tries to tell you that you're a "failure" when you're sad.



## ***no ways***

Under NO circumstances will you allow yourself to fall back into bad patterns and habits just because you're sad. Make your list and STICK TO IT.



I \_\_\_\_\_ agree to use this Rejection Rescue Kit the next time I face unexpected changes, barriers, or adversity.

***signature:*** \_\_\_\_\_



# Who Am I?

The number one thing that can help you combat adversity is a strong foundation of self-love. Use this worksheet to reflect on the person you are **RIGHT NOW**. Not who you used to be, not who you want to be, and not who anyone else wants you to be.

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*what do you like?*

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*what do you NOT like?*

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*what are you grateful for?*

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*how do you like to spend your time?*

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*what are your long-term goals?*

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*what are you proud of?*

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*what song or album defines where you are today?*

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*what energy do you want in your life?*

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