

Dear [Your Name],

Receiving the news that I haven't been accepted into [College Name] was definitely not the outcome I had hoped for, but I am taking this moment to reflect and practice self-compassion. I understand that this decision does not define my worth or potential. It's important to remember that setbacks are a natural part of any journey, and they hold valuable lessons.

I am proud of myself for putting in the hard work and effort throughout the application process. I know that my path to success might look different than I originally imagined, but I remain committed to pursuing my dreams and finding the right place that aligns with my aspirations.

I acknowledge my disappointment, yet I also choose to focus on the opportunities that lie ahead. This experience has only strengthened my resolve, and I am excited to explore new possibilities and directions. I am grateful for the support of my family, friends, and mentors, who continue to encourage me along the way.

In time, I will look back at this moment as an important step in my personal growth. I am ready to embrace the next chapter with an open heart and an open mind.

Thank you.